



Below is a rundown of what we suggest. In making these recommendations, we have borrowed heavily from Rick Steves, whose entire career has been based around travel to Europe.

SUITCASE:

Bring one (and only one) rolling suitcase that weighs <50 pounds. Remember that you may want to bring back a few items which will mean added weight. Overweight bags will cost you a LOT of money. Also remember that anything that rolls easily will be helpful to you as we move from city to city.

Be sure that your suitcase has your phone number and email on an outside tag as well as inside of it. Put something on the handle or exterior of the bag that makes it distinctive so you can easily recognize it at baggage claim. We also recommend putting an airtag in your bag just in case (Delta has lost Dr. W's luggage to the UK twice).

Do not attempt to bring any illegal substances (marijuana is illegal in the UK and international bags are often searched or sniffed by dogs). We won't bail you out of jail!!!

CARRY-ON / Day Bag:

We recommend that you bring a small or medium-sized carry-on, ideally in the form of a backpack that can do double-duty as a day bag. Be sure that your carry-on has your name and contact information on its exterior as well as somewhere inside. Be sure to pay attention to the packing instructions below in terms of what to bring into the airplane cabin with you.

Passport	Telephone	Entertainment
Credit card	Medicines	Toothbrush and toothpaste
Sleep aids	Headphones	Book/Kindle

CLOTHING

Tops. Bring a mix of short-sleeved and long-sleeved shirts or blouses. Shirts with long sleeves that roll up easily can double as short-sleeved (Columbia, REI, and other companies make shirts designed for this with straps to keep them rolled up). Look for a wrinkle-camouflaging pattern or fabric. Synthetic-blend fabrics (such as Coolmax or microfiber) usually dry overnight, can be easily washed in your hotel room sink, and show fewer wrinkles. Lightweight, light-colored clothes are more comfortable in very hot weather.

Bottoms. We suggest two to three pairs of lightweight cotton pants and a skirt or two. If you prefer jeans, choose the lightest-weight pair you have (heavy denim can be too hot for summer travel and is slow to dry). Wearing comfortable jeans on your flight saves room in your bag. Button-down or zippered wallet pockets are safest (though still not nearly as thief-proof as a money belt). Shorts can double as a swimsuit when swimming in lakes or the sea.

Underwear and socks. As with most clothing I recommend, lighter material dries quicker. Bamboo, cotton/nylon-blend, and merino wool socks dry faster than 100 percent cotton. Double-layer socks can help prevent blisters.



Shoes. Comfortable walking shoes with good traction are essential. Mephisto, Ecco, Merrill, Allbirds, and Rieker look dressier than sneakers, but are still comfortable. Sturdy, low-profile tennis shoes with a good tread are fine, too. If you bring more than one pair, consider sandals in summer or waterproof shoes in winter or rainy weather. No Flip-flops! Whatever shoes you bring, make sure they're well broken in before you leave home.

Sweater, Fleece, Vest (warm layer). Warm and dark is best for layering and dressing up. Vests and cardigans can be mixed-and-matched to give you several different looks as well as layers. Art museums and northern England at night can be surprisingly chilly.

Jacket. Bring a light and water-resistant windbreaker with a hood. A hooded jacket of Gore-Tex or other waterproof material is good if you expect rain. Scotland and Yorkshire get frequent rains in the summer (Rick Steves always pack for rain in Britain and Ireland.) I recommend a zippered fleece to be prepared for most cooler weather.

Swimsuit. Only bring a swimsuit if you are brave enough to jump into the North Sea (which will be roughly 60 degrees).

Sleepwear/loungewear. Comfy streetwear—such as shorts, leggings, T-shirts, tank tops, yoga pants, and other lightweight athletic gear—can get triple use as pajamas.

Accessories. For instant respectability, bring a **tie** or **scarf**, which can break the monotony and make you look snazzy. Consider a light, crushable, wide-brimmed **hat** for sunny days, especially if you're prone to sunburn. Don't forget a **belt**.

DOCUMENTS & MONEY/CARDS

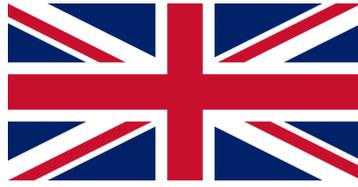
Organizing your possessions, travel documents, money, guidebooks, and maps is just as important as assembling your wardrobe. Be sure anything you'll need at the airport or absolutely cannot lose is either on your body or in your carry-on — not in checked luggage.

Money belt. Rick Steves and many Americans love money belts for the sense of comfort they bring (they are almost impossible to steal/pickpocket). However, they are also cumbersome and largely unwarranted. We do not use them. Use one only if you are very concerned.

Money. Bring a debit card and a credit card. Be sure that you have ample balance on both in case of emergency. Also be sure to contact your bank and credit card company to notify them of where and when you are traveling (otherwise they may deny charges as fraudulent).

Documents. Bring your **passport and driver's license**. Scans or photocopies of **key documents** and a couple of **passport-type photos** can help you get replacements more quickly if the originals are lost or stolen. A printed copy of key **reservations** such as flights, hotels, trains, or rental cars, are handy as back-ups if technology isn't cooperating when you need it.

Guidebooks. We recommend digital guidebooks; you aren't so obvious as a tourist and you can have them on your phone and thus with you whenever you need them.



Journal and Pen. An empty book to be filled with the experiences of your trip will be your most treasured souvenir. Attach your itinerary. Use a sturdy journal designed to last a lifetime, rather than a floppy spiral notebook. A great brand with a cult following among travel writers is Moleskine. Also note that you will have assignments related to journaling and taking notes at Chester and Teesside.

TOILETRIES & PERSONAL

Even if you check your suitcase, always carry on essential medicines, especially prescription medications (don't get caught without medications if your luggage is lost/delayed and don't let the time difference trick you into forgetting a dose). Because sinks in many hotels come with meager countertop space, I prefer a **toiletries kit** that can hang on a hook or a towel bar (there are also TSA-approved toiletry bags for carrying on liquids in case you don't want to use a plastic baggie). In-flight pressure changes can cause bottles to leak, making it a good idea to seal all squeeze bottles in plastic baggies, whether you carry on or check your bag.

Essential Items. Pack a toothbrush, toothpaste, floss, sunscreen, deodorant, hairbrush/comb, razors, and nail clipper. Before cramming in every cleanser, lotion, and cosmetic you think you will use, ask yourself what toiletries you can live without or simply buy there.

Conditioner, Soaps. Hotel bathrooms usually have tiny toiletries or "green" dispensers for soap, shampoo, and conditioner.

Medicine. Keep your prescription medicine in their original containers, if possible, with legible prescriptions.

Glasses/contacts/sunglasses. Contact-lens solutions are widely available in Europe. Bring extra contact lenses. Be sure to bring your glasses in a hard protective case. Bring your sunglasses.

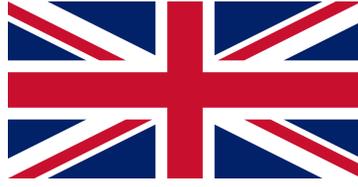
Face masks. Smart to have on hand in case you find yourself crowded into a poorly ventilated space with someone exhibiting signs of something you'd rather not catch — or if you aren't feeling tip-top yourself. We recommend you wear face masks when snoozing on the flights.

Hand sanitizer. A small container of hand sanitizer keeps hands clean when you don't have access to soap and water.

Sink Suds. It is better to pack lighter and plan to wash clothes once during the trip. Do not count on hotels to do washing; instead, bring detergent (Sink Suds dry detergent) and hand-wash underwear, socks, and quick-dry clothes. You can use hair dryers to dry out washed clothes when in a rush.

Personal care items. If you use disposable personal hygiene products, bring a supply to avoid buying full boxes in Europe.

Earplugs. If night noises bother you (e.g., a snoring roommate), you'll love a good set of expandable foam plugs. They're handy for snoozing on trains and flights, too.



ELECTRONICS

Bring the minimum amount of electronics you need to stay comfortable and safe. The more electronics you bring, the more chargers you'll need, the more items you'll need to keep up with, the more things you'll have that can break or get stolen. Phones can take the place of myriad electronics!

Phone. Your smartphone can serve as your camera, alarm clock, flashlight, magnifying glass, GPS, white noise machine, and more. Use it to keep in touch with folks back home, and access email, travel apps, and maps on the road. Prior to departure, be sure to check with your carrier to ensure coverage in the UK and costs. We strongly recommend the purchase of an International Plan, especially for data (you can cheat and use data and Wifi for video calls rather than direct calling).

Camera. We do not recommend taking a separate camera unless you are an avid photographer. Cell phones will suffice.

Tablet/ebook reader. Download apps, ebooks, and music before you leave home (or download on the go with a Wi-Fi connection in Europe).

Laptop. We highly discourage students from bringing laptops on this trip. You will not need them for homework and you can connect to the internet and to home via your phones or a tablets. We recommend phones only.

Headphones/earbuds. These are a must for listening to music, tuning in to audio tours, or simply drowning out whiny kids on the plane. (I never travel without my noise-canceling headphones.)

Chargers/batteries. Bring a charger for each device or consider a charger capable of charging multiple devices at once. Portable chargers are a handy way to keep your electronics running throughout a long day of sightseeing.

Plug adapters. You'll need a UK plug adapter (you do NOT need a voltage converter).

Optional Bring-Alongs

We don't advocate bringing everything listed here. Choose the items that fit with your travel style and needs. When in doubt, leave it out: You can buy most of these in the UK if you need them.

Hairdryer. These are generally provided in hotel rooms or are available from your hotel's reception desk. If you can't risk a bad-hair day, buy a cheap, compact hairdryer in Europe or bring a travel-friendly one from home.

Water bottle. The plastic half-liter mineral water bottles sold throughout Europe are reusable and work great. If you bring a water bottle from home, make sure it's empty before you go through airport security and then refill it before getting on the plane.

Inflatable pillow/neck rest. Some people swear by these for sleeping on flights. I don't use them or find them particularly comfortable. Some travelers also swear by an **eye mask** for blocking out early-rising or late-setting sun.



Address list. If you plan to mail postcards, create a mailing list on your phone (e.g., iphone notes).

Reading material. There's plenty of empty time on a trip to either be bored or enjoy a good book. We recommend you use one of the many ebook apps on your phone and/or bring your Kindle (Kindle has an app that you can use on your phone). You may also consider audiobooks.

A guilty pleasure. It's worth sacrificing a little bit of space to bring something that makes you happy. Feel free to bring something that brings you joy or comfort.