

# LONDON PACKING LIST

Packing the right gear (and the right amount) is the first step to an incredible travel experience.

## Follow these tips to pack like a pro:

1. **Travel light.** Pack only the essentials. You'll need less than you think and remember, you will find cool clothes and items to buy along the way.
2. **Leave your non-essential valuables behind.** While traveling, it's easier for things to get lost, stolen, or damaged. Keep any prized possessions safe at home.
3. **Check with the TSA.** Make sure your luggage complies with TSA regulations, especially your carry-on. Useful tip: Pack an empty water bottle and fill it up after security.

## Carry-On

A medium-sized backpack (30-40 liters) or duffel bag is recommended as it may be useful for day trips or potential overnight trips.

Use the below checklist to assist in your packing:

	Passport		Headphones
	Laptop		Change of clothes
	Optional: E-reader such as Kindle		Water bottle
	Photocopies of passport info page and CISI Number (Medical Insurance ID)		Snacks (no fresh fruit, meat, or dairy)
	Wallet/money		<b>Prescription medication &amp; copy of prescription (enough for the semester)</b> <b>*Must place in carry-on bag</b>
	Book and/or journal + pens		All Flight Itineraries
	Optional: Vaccination card (and photocopies)		Verto emergency contacts and address where you will be staying (provided by Verto prior to travel)
	Phone		Chargers, adapters & converters

Camera (if bringing a camera in addition to your phone)	<b>Wearing your Verto T-shirt and a COVID-19 mask for your international flight is highly recommended!</b>
---	--

## Checked Luggage

A 70-90 liter duffel bag or backpack is a good option, but you can also use a roller bag if you prefer. Remember, you have to be able to carry your own luggage, so pack accordingly.

## Clothes & Gear

Keep in mind students do laundry about once per week.

Socks (7)	Rain jacket (highly recommended!)
Underwear (10)	A fleece/light down jacket
Lightweight Pants (1-2)	Winter Coat
Jeans (1 - 2, or optional, but you'll need pants!)	Gloves & Scarf
1-2 outfits for nicer formal occasions (A button-down shirt is a good option. Make sure you have at least one outfit that covers the knees and shoulders).	Rain boots (though you can buy them in country)
Nice shorts (1-2)	Sweatshirt/hoodie (1-2)
T-shirt (4-5)	Indoor slippers
Sweaters (1-2)	Dresses/skirts (1-2), if you wear these
Tank tops (2)	Belt Bag or Purse
Pajamas	Beanie/Winter hat
Swimsuit (1)	Sunglasses
Long sleeved shirt (2-3)	Comfortable dress shoes/boots (1 pair)
Travel Towel - if planning to stay in a hostel	Medium-sized backpack
Padlock - if planning to stay in a hostel	Comfortable, everyday walking shoes or sneakers (1-2 pairs)
Optional: Gym clothes and shoes (1-3 outfits)	<b>Washable COVID-19 mask (bring at least 2)</b>

## Toiletries

Below is a list of key toiletry items you can consider packing. Verto alumni have recommended purchasing most toiletry items once you have arrived, especially soaps and shampoos (unless you have a preference for a very specific brand you may not be able to get on-site). **It may be helpful to bring enough toiletries to last the first week.**

Toothbrush	Feminine hygiene products
Toothpaste	Contact lenses & solution (enough for the semester)
Hair brush/comb	Wet Wipes
Hand Sanitizer	Deodorant
Personal first aid kit (band aids, preferred over the counter medications)	Commonly used medications: (Pepto Bismol, pain reliever, cold medicine, etc.)

## School Supplies & Academic Technology Items

While you generally don't need to pack much for school supplies, having a few basics with you will set you up for a successful start to the semester. And, depending on your courses, you may need to bring a few additional items.

2-3 pens/pencils	Laptop* with charger & adaptor or tablet with wireless keyboard
1-2 notebooks	<b>Biology Students</b> in sites where Bio is offered: a scientific calculator that can do algebraic work such as Texas TI30XA or Casio FX-260.
Paper academic planner	<b>Math Students:</b> Enrollment in MATH 1110, 1115, 1117, 1118 or higher may require the use of a graphing calculator. If you have one, bring it! <b>If you don't, download the free app from Desmos or use their web-based <a href="#">Desmos Graphing Calculator</a>**.</b>

*\*\*Verto does not have any relationship with Desmos - this is just a recommended free online graphing calculator.*

## Miscellaneous

- A type I power converter/adaptor:
  - The converter converts the electrical voltage from the outlet so that foreign devices can be used safely. An adaptor allows you to utilize the differently shaped plugs in the UK. You may want to bring a power board with multiple outlets so that you can charge 2-3 devices at one time.
  - If traveling to Europe, they use different adaptors than the UK.
- A small daypack, purse, or tote bag for daily use
- Watch/alarm clock

## Packing Tips

### WHAT TO BRING:

#### Prescription medication/contact lenses

Make sure you have enough of this to last your entire semester! Bring it with you, as having it posted to London can take several weeks (if customs even allows it through) and you do not want to be left without medicine! Make sure you pack it in your carry-on, not your checked luggage.

#### Clothes for all seasons

The transition from season to season brings a multitude of weather changes in London, so make sure you pack some warm and waterproof clothes as well as clothes that can be layered to adapt to temperature fluctuations!

#### Copies of your important documents

As a precaution, make sure to make copies of your important documents such as your passport, driver's license, student ID and so on.

#### Plug adaptors

The plugs are different in London, so make sure you bring adaptors for your chargers, computer, etc.

#### Laptop

It is mandatory for all Verto participants to bring their own laptop and chargers. A sturdy case is also a good idea as you will be transporting your computer daily to and from class.

#### Money belt/zip purse

Or any safe means of carrying around your valuables. Small wallets and bags with zip closures are ideal.

### DO NOT BRING:

#### Hair straighteners and hair dryers

Due to the voltage differences between the U.S. and Europe, items such as hair straighteners and hair dryers will malfunction if you use them through a regular plug

adaptor (and sometimes even a voltage converter!). London staff can give you information on where to purchase a cheap hair straightener and dryer in London.

**Bedding, pillows, blankets, etc.**

You will be provided with fresh linens in your accommodation. You can buy extra pillows and blankets easily in London.

**Towels**

You can buy these quite cheaply upon arrival and you won't have to worry about it taking up valuable room in your luggage!

**Mace and pepper spray**

Mace and pepper spray are illegal in London.