



Packing Pointers

Supplies to Purchase *in* the UK

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A Novel Holiday Packing Pointers **Supplies to Purchase *in the UK***

While some things are more expensive in Great Britain (such as over-the-counter pain meds and batteries), many daily-needs items can be purchased cheaply after you land, which means you'll not have to pack and pull them with you.

Trudge-Free Toiletries

Remember that all carryon liquids and gels must be in containers no larger than 3.4-ounces each, and **all** of these **containers** must **fit within a single, quart-size zip bag**. You could stow larger bottles of shampoo, hair conditioner, and whatnot in your checked luggage (sealed in zip bags to protect other packed items from inevitable pressure leaks), but the weight of unnecessary liquids and gels quickly adds up.

Please Note: The only full-sized bottle of liquid that *should* be zip-bagged and packed in checked luggage is the **contact lens fluid** required by those who need it.

Instead, pack only the toiletries you'll need **on the plane**—things like saline eye drops and nasal spray for staying hydrated, a tiny tube of toothpaste, lotion, lip balm, a little zip bag of wet-wipes, and the like. (See the **In-Flight Supplies and Sustenance Packing Pointers**.)

Travelers lodging in major city hotels *usually* will find overnight sizes of the basics in the bathroom. But, for the rest of us, small sizes of all necessary toiletries can be purchased cheaply at either of the two popular drugstores ("Chemists") found in every UK city:



Avoid shopping in the small Superdrug or Boots stores located in airports and railway stations. Instead, plan ahead and use the **Store Finder** on each of their websites to locate the full-sized cheap Chemist nearest to your first lodgings' post code.

Superdrug: <http://www.superdrug.com/>

Boots: <http://www.boots-uk.com/>

Our Suggested UK Toiletries Shopping List:

- Shampoo and Hair Conditioner
- Body Wash (or soap)
- Cheap Washcloth or Body Sponge (UK hotels and B&Bs don't always offer washcloths.)
- Toothpaste and Mouthwash
- Deodorant
- Shaving Cream & Plastic Razors
- Sunscreen
- Etcetera ... Etcetera ... Etcetera ...

If you'll be renting a car immediately after landing, however, toiletries can be purchased even cheaper at an **Asda** store or **Tesco Superstore**—which is where you'll be buying your **driving supplies**.

Driving Supplies

Your first destination after renting a car to tour outside of London—or any major UK city—should be an **Asda** store or **Tesco Superstore**.



Asda: <http://www.asda.co.uk/>

Tesco: <http://www.tesco.com/>

Everything you could possibly need on the days you'll be driving in the UK can be purchased cheaply at either of these popular discount department stores. Use the **Store Finder** on each of their websites to locate the Asda or Tesco Superstore nearest to your rental car agency's post code. Copy the address into a file that will be handy for your first SatNav/GPS programming.

Please Note: Only the **Tesco Superstores** are similar to an **Asda**, which is the UK's version of Walmart—in fact, Asda is *owned* by the Walmart Corporation. The smaller Tescos are simply discount grocery stores.

Spend some time thinking about the things you enjoy having with you when road tripping in the US, Canada—or wherever! Those are the items that belong on **YOUR** Asda/Tesco UK shopping list.

Our Suggested UK Driving Supplies Shopping List:

- Travel Coffee Mug
- Small Styrofoam ("Polystyrene") Ice Chest
- Bag of Ice
 - Frozen gel packs cannot always be refrozen at your lodgings. Ice is cheap and readily available. Just toss what you don't use. Ice crammed into a small cooler will last at least two days if you pour-off the water on the morning of the second day.
- Sodas or Other Canned/Bottled Beverages
- Bottled Water
- Small Package of Plastic Cups
- Small Package of Plastic Forks/Spoons/Knives
- Non-Perishable Travel Snacks
- Non-Perishable Boxed Lunches (See the upcoming **Pack-a-Lunch** section.)
- Wine, Beer, or Alcohol
 - This is not for drinking while driving! It is for imbibing after arrival at each evening's

lodgings. Wine, beer, or alcohol is far less expensive when purchased at an Asda or Tesco than at little village stores or from hotel bars. Have boot—will stock it!

- ❑ Cheap Canvas Folding Chair
From DC Carson, "Sometimes it's nice to pull over at one of the many scenic spots you'll encounter and get out of the car for awhile. A cheap folding chair is perfect for comfortable rest-stopping. If they made cheap fold-out hammocks, I'd buy one of those, too!"
- ❑ Cheap Fleece Blanket (Whether for snoozing in the car or keeping you warm while sightseeing o'er the moors!)
- ❑ Tube of Super Glue—Gel Style
- ❑ Full-Sized Carton of Wet Wipes
- ❑ Full-Sized Box of Kleenex or Puffs, *with Lotion*
- ❑ Sturdy, Large Umbrella (In addition to the small travel umbrella that fits in your tour bag.)
- ❑ Travel Coffee Pot (with a UK Plug)
If you've confirmed that each of your booked lodgings offers an Electric Kettle in the room—as almost all hotels and even B&B's do—you can skip this item.
- ❑ Cheap Suitcase
Fill it with dirty laundry, shoes, and other non-breakables, then check it for the trip home. That leaves room in your sturdier luggage for carefully packing precious souvenirs.

For Travelers who—like CD Miller, regrettably—are still cigarette smokers, here are three other important Asda or Tesco Superstore shopping items:

- ❑ Package of Cheap Lighters
"Rental cars no longer *have* push-lighters. They only have Power Outlets."
- ❑ Cheap Ceramic Mug to Use as an **Ash Tray**
"Rental cars no longer *have* ash trays. But, there always are two mug holders in the center console. I keep a little bit of water in my Ash Tray Mug while traveling, properly dump and rinse it out each night, then add fresh water. After returning the car, the mug becomes my road trip souvenir."
- ❑ Full-Sized Bottle o' **Febreze** (or the like)
"I keep the nearest window open—or at least cracked—when smoking, and liberally spray the non-smoking rental car's passenger compartment after parking each night. When fueling-up before returning the car, I liberally spray *all* of the car's compartments, including the boot. Then, I give the bottle away to whomever is gassing-up nearby."

If you'll be staying in several Hostels, but didn't buy and pack a sleep sack, consider purchasing any of the following items (in order of importance):

- ❑ Cheap Twin Set of Sheets & Pillow Case
- ❑ Cheap Towel
- ❑ Cheap Pillow

From Miller: "Although I don't usually stay in a Hostel more than once each trip, I often buy a cheap pillow and pillow case. It's handy to have a pillow in the car in case I need to pull-over and nap somewhere while driving in the UK."

If you'll be renting a car immediately after landing, add TOILETRIES to your Asda or Tesco Superstore shopping list. (See our Suggested Toiletries Shopping List on page 1.)

Please Note: Reusable items you'll not be packing home can be *gifted* to the host of your last UK lodgings. B&B hosts are particularly grateful for things they can use or give to subsequent lodgers.

Pack-a-Lunch

Whether for munching on the go while touring during the day, or for late-night-noshing in your room, you'll save a lot of money by purchasing and packing inexpensive light meal items so you can avoid having to eat in restaurants several times each day.

When shopping at an Asda or Tesco, stock up on packaged meals that don't require refrigeration, as well as fruits and vegetables, cheeses and breads. If you buy a cheap Styrofoam cooler and some ice, you can purchase a few packaged meals that *do* need to be kept cool. And, if any of them require a microwave, you'll find one at each of the Welcome Breaks (rest stops) along any Motorway, or in the kitchen of almost any B&B. (B&Bs rarely offer more than breakfast, so your hosts will usually be happy to let you use their microwave at other times during the day—as long as you don't wake them up to use it.)

For Seafood-Loving Travelers

Nothing is as wonderful as the John West Light Lunches!



Both Asda and Tesco stores carry the John West Salmon and Tuna varieties of light lunches. None of them require refrigeration *or* a microwave. Each is small, easily fits in a touring bag or backpack, and contains a disposable fork. Best of all, they all are absolutely delicious! If you like salmon and tuna, buy *several* of each variety.

<http://www.john-west.co.uk/products/light-lunch/>

For Travelers Who *Don't* Like Seafood

Asda and Tesco stores offer many other kinds of light meals that may or may not require refrigeration. Plus, you can always buy boxes of crackers (simple saltines or gourmet varieties), your favorite cheeses, and non-perishable tins of chicken or ham. These days, meat tins often have pull-top openings and don't require the purchase of a cheap can opener.

Be creative! The important thing is to purchase plenty of food to stow in the boot of your rental car or a cheap cooler, and pack in your travel bag, so that you can avoid having to eat in restaurants.