2009 UCI SUMMER SESSION @
PEMBROKE UNIVERSITY, CAMBRIDGE
PACKING GUIDELINES FOR A SUMMER IN THE UK

August 2nd – September 5th, 2009
Average High Temperature for June to July: 80°F
Average Low Temperature for June to July: 65°F

Here’s a suggested packing list. It’s up to you to make adjustments to best fit your needs!
You will want to pack light! About 90% of returnee students report that they wished they had brought less. You should be able to carry your entire luggage, unassisted, for at least 20 minutes and be able to lift bags as needed. We recommend a maximum of one carry-on and one checked bag for the departing trip. You may wish to pack a small bag in your larger bag to have more space for your return items. Do not bring anything of great value as you are at your own risk. Travel Study is not responsible for any lost or stolen items. Always pack two or three copies of your passport and credit cards; place one in your carry-on and one in your checked bag.

PACKING WISDOM:
A. LAYERS: no heavy + bulky! focus on mixing & matching layers for warmth + style
   “Weather in Cambridge can be wacky. One minute the sun is shining and the next minute is overcast with a small bit of rain” - Dr Oldfield of Cambridge University
B. CROSSOVER + NEUTRAL: stuff that can be dressed up or down
C. LESS IS MORE: Keep it simple- remember, you can always shop abroad. Shoes are heavy so try to limit them.

PACKING STRATEGIES TO CONSIDER:
1. DO A TRIAL RUN: Take everything you would ideally want to bring and arrange it on your bed. Now divide it in half! Or at least take away a third!
2. DON’T GET OVERWHELMED: Pack as if you’re going away for 7-10 days instead of 30-35. Let’s face it, you already have a set of clothes you tend to use, so don’t feel the need to bring stuff you normally don’t wear (aside from the fancy/formal stuff)!
3. TEST-DRIVE YOUR BAGS: Once you’re packed, carry/roll/schlep all of it around the block twice, and up and down two flights of stairs. If it’s cumbersome, repack and try again.
4. BRING AN EXTRA BAG or nest your small bag into a larger one. A duffel bag that you can lay flat inside your suitcase is best. It will be useful for weekend trips and extra items you bring home.

*Note: Computing All student rooms will have Internet access points, as well as wireless coverage within the College grounds. Students who apply for laptop access on their registration forms and who wish to add their computers to the network once in Cambridge will be responsible for the University’s £10 access fee, payable on arrival. Please be advised there is a 5-10 working day wait between ordering login accounts and receiving them. Public workstations will be available for students who do not wish to bring their own computers.
In spite of its romantic charm, Great Britain is a thoroughly modern country. Merchandise normally available in U.S. stores can be purchased there, so it is not necessary to over pack consumable items.

**THE LIST:**

**Clothes:**
- _Shirts:_ 3 short sleeve + 3 long sleeve + 5 tanks or T’s
- _Pants:_ 2 pair of jeans + 1 pair of pants (maybe khakis)
- _Shorts:_ 2 or 3 pairs (girls: shorts and/or skirts)
- _Sweaters/Sweatshirts:_ 1 of each and an additional light weight hoodie for girls
- _Jacket:_ 1 lightweight, rain repellant
- _Socks & Underwear:_ 10 pairs
- _Sleep/lounge wear:_ 2 sets
- _Swimsuit
- _1-2 dressy outfits (if not already covered in the above list) for formal halls_

The trip to Edinburgh will include an exciting and invigorating wilderness hike in the Trossachs, an area described by Dorothy Wordsworth: ‘Here we are completely alone and everything that we saw was loveliness and beauty in perfection’.

This will be a physical hike lasting approximately 2.5 hours and covering about 5km. It is absolutely imperative that you wear appropriate clothing and walking shoes - _a lightweight waterproof jacket and sturdy sneakers with good traction or hiking boots_ are a must. _Long sleeve shirts and insect repellent_ are also recommended.

The hike will be guided but you are responsible for ensuring you are dressed for it!

**Shoes and stuff:**
- _Shoes (1 pair of each):_ comfy hiking shoes with traction, sandals/flip-flops, nice shoes (for dinners)
- _Accessories:_ 1 Hat + Tie (guys) or Scarf (girls) + Belt

**Toiletries/Medical:**
- _Basics:_ Toothbrush + Toothpaste, Soap + Deodorant
- _Hair stuff: _ shampoo, conditioner, brush, gel (consider buying a hair dryer overseas)
- _Small hand towel (bath towel and bed linens are otherwise included)_
- _Saline solution + extra contacts_ 
- _Miscellaneous:_ Small nail clippers + sewing kit + safety pins + ear plugs
- _Prescription medication / Allergy medication_
- _General aspirin/ibuprofen + Imodium D (anti-diarrhea) + Benadryl (antihistamine)_
- _First Aid: _ Bug repellent, Anti-itch medication, Band-aids, Lip balm, Sun block
- _Small laundry soap and fabric softener (optional as can easily be purchased in Cambridge)_
Other goods:

_____ Passport, copies (2) of passport, credit cards, ATM cards brought with you, additional insurance and medical info (if applicable)

   *Keep copies of your Passport, credit/ATM cards (front and back), prescription, traveler’s checks, and return plane ticket separate from the originals*

_____ Contact information of Cambridge program contacts for any arrival issues

_____ Watch/clock with alarm

_____ Travel Journal + Guidebook(s)

_____ Sunglasses

_____ Small album of personal photos to share (your family, friends, previous travels, etc)

_____ Ziploc baggies (always comes in handy)

_____ Digital goodies: laptop, mp3/iPod player, camera, film, batteries

_____ Power converter for above if needed (Note: UK electricity is 220 volts at 50 cycles, so if you plan to bring any electrical items that do not have dual voltage, you will need to bring a power converter, which are expensive to buy in the UK. Most laptops, digital cameras and mp3 players have dual voltage – cheaper items such as hairdryers may not, so consider buying these items in the UK if you need them)

_____ Pre-addressed mailing labels (really saves time when you’re writing a ton of postcards!)

_____ Umbrella “Definitely bring the tiniest umbrella you can find, you’ll need it”

_____ Security goods: Money belt + Locks for luggage

_____ Daypack / backpack for day trips

_____ School stuff: notebook, pens, pencil (consider buying these overseas)

   "I wouldn't bring school supplies, just buy them there. All you will need is a thin notebook and a pen or two. Computers (many) and a printer are available for free at the college."

Remember, these are just guidelines. Don’t blame us if you bring an umbrella and it never rains! Also, you’re not going to Mars…so pack light and know that you’ll have resources (supermarkets, etc.) to purchase stuff abroad. Specific questions should be directed to your overseas program reps or use the web to research…of course you can always contact us! 😊