

Knowlton London Study Abroad Spring Break 2018

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The information below is provided as an outline to help you in packing. Make sure to pack these 3 important items below:

- **Common sense**

Traveling in the airport: The airports we are traveling through are busy. Unattended bags will be confiscated as a security risk. Also this applies when we are in by tube, bus and traveling as a group.

Traveling as a group: It will be rather obvious that we are tourists and we should be aware of our surroundings so that we can have the best experience possible. **Holding all bags close** on public transport, making sure your **bags are closed and zipped, don't have money hanging out** of or on the edges of your wallet, pockets, or bags should help to alleviate any problems.

Traveling alone or separate from the group: Have common sense in not being alone if you go out at night. Do not venture into dark alleys or streets, even in a group. Walk where there is the most amount of action or lighting to help make your trip as safe as possible.

- **Courtesy-** we are guests in a country. We need to be respectful to the customs, culture and people of the country we are visiting.
- **Flexibility-** Many things will be different and new to us, and we have to be open to new experiences. This is also true about the schedule. The schedule is a framework, but may change depending on what is going on that day (weather, our visits, etc)

Luggage

If you have black luggage- so will about 95% of the other travelers. Marking it with some distinctive color (belt or tie) will make it much easier for you to identify, and less likely of others confusing with what they think might be their bag. Make sure all of your luggage, even carry on, is identified with a tag with name, address, etc. Sometimes things shift around or might get moved and this way it is easily identifiable. Check the **Air Canada** website, as to regulations for bags size and contents.

Checking in at the airport and customs:

All bags will be security checked. Your checked luggage will be processed, along with your carry on baggage- perhaps even several times.

When proceeding in customs, if they ask any questions, answer them clearly and fully. State that we are **just visiting (not studying)** and you should have no problems.

General items to prepare for traveling:

- **SKETCHBOOK (minimum 8"x 5")**, guidebook, **map**, drawing utensils including Pens/Pencils/Markers, sharpeners, fixative if desired, etc.
- Copy of passport, credit/debit cards, travelers checks serial numbers, plane ticket, drivers license. Keep the copies in a different place than the originals.
- Mini first aid kit with cold medicine, band aids, Neosporin, Advil, Pepto Bismol, ankle wraps, etc.
- Prescriptions in original packaging with prescription clearly attached
- Small backpack or bag large enough for sketchbook, camera, water bottle, etc to carry your stuff around during the day. (This could be the bag you use as a carry on perhaps)

- Locks for bags may be something you want to consider (**DO NOT** lock checked bags as they will cut off locks or break your luggage)
- Passport or money holder also another item to consider. 2 versions: around your neck or around your waist. You wear them under your clothing so the valuables are protected and not obvious.
- Travel pillow as a suggestion (mine inflates so I can pack it small)
- Pack all wet items (shampoo, perfumes, etc) in plastic bags, even better in sealable (Ziplock) bags. The changes in pressure can make your liquids leak, or just in case anything did break it will save the rest of your luggage. Also helpful to bag items that could stain if wet, such as leather shoes.
- Travel or small size bottles of toiletries will save space and less weight to carry

Packing List:

London and travelling in general, be prepared for all weather, including rain. *Packing light* will be helpful in traveling through to and from airports and customs.

Carry with you on the plane:

toothbrush, toothpaste, toiletries for one day

prescriptions for several days

one day's change of clothes

cameras and or any items of value

digital storage media (or perhaps in your checked, this one is a personal choice)

Clothes

2 pairs of *comfortable* shoes for

lots of walking

2-3 pairs of pants

long sleeve shirts (layering*)

short sleeve shirts (layering*)

1-2 warmer sweater or sweatshirt

spring jacket (lighter, not winter coat)

undergarments/socks

***Dressing in layers** is helpful so that you can change easily if it is warmer or cooler based on the weather that day

Personal Items

Soap/shampoo/conditioner

Toothbrush/toothpaste

Eyeglasses

Sunglasses (hopefully we can use them)

Extra contacts/solution/cleaner/case

Over the counter medicines (see mini first aid kit suggestions)

shaver (w/converter if electric)**

shaving cream

washcloth if you use them

Other Items

watch or device to tell time

Rain gear: water resistant jacket is best, (*small* umbrellas only, but not recommended)

hat (helpful for rainy days)

gloves- light pair if you get cold easily

addresses to send postcards

water bottle

alarm clock

camera, digital storage media AND cables or battery charger for camera if needed

adapter/converter

granola bar/snacks

ankle wrap/medical supplies

coin purse

Not recommended/with warnings

Hair straighteners/curling irons

****Electricity in the London is 220 volts AC.**

US is 110 volts. If you use a hairdryer or other electrical appliance, plan to buy an adapter (to change the shape of the plug) and a converter (to change the voltage).

You don't need a converter, but beware that items will run twice as fast and can short circuit easier.