

Packing for a Semester Abroad

Please use the below list as a guideline to pick and choose what is essential for you. Please refer to the website for the most up-to-date packing list. Do additional research to identify items you may want to bring abroad. This is a basic list for reference.

Clothing

- ☐ Comfortable walking shoes
- ☐ Socks
- ☐ Underwear
- ☐ Shorts
- ☐ Swimsuit
- ☐ Professional outfit (a nice pair of pants/skirt; nice button-down top or blouse)
- ☐ Skirts/pants
- ☐ Shirts
- ☐ Scarves and gloves
- ☐ Sweaters/sweatshirts
- ☐ Jackets/coats (for various weather conditions)
- ☐ Sleepwear
- ☐ Athletic wear (for exercising, sports, hiking)

Medicine and Toiletries

- ☐ Prescription medicine
Make sure you can travel internationally with your prescription; verify what documentation you need to legally transport your prescription. If possible, consult with your doctor about obtaining a supply of all medications for the duration of the program.
- ☐ Comb/brush
- ☐ Travel sized toiletries and cosmetics
- ☐ Deodorant
- ☐ Over-the-counter medicine
- ☐ Feminine hygiene products
- ☐ Extra eyeglasses and sunglasses
- ☐ Contact lenses and solutions
- ☐ Sunscreen/bug spray

Documents

Please refer to your specific visa/travel process for documents or materials you will need to travel with. The below items are a general guidance for all students.

- ☐ Passport
- ☐ Visa documents (if applicable)
- ☐ Flight itinerary (boarding pass will be issued directly to the participants by the airline at the airport)
- ☐ Photo ID
- ☐ Copies of all credit/debit cards, passport and visa (and leave copies at home)
- ☐ Health insurance card/documentation
- ☐ Emergency contact and arrival information

Miscellaneous

- ☐ Laptop/charger
- ☐ Adapter and voltage converter
- ☐ Phone/charger (and/or camera)
- ☐ Portable charger
- ☐ Headphones
- ☐ Earplugs
- ☐ Books (or e-readers)
- ☐ Water bottle
- ☐ Duffle bag/backpack
- ☐ Towel/washcloth
- ☐ Umbrella/raincoat
- ☐ Scientific calculator (only applicable to certain courses)
- ☐ (Optional) A small amount of local currency (\$50–\$100)
- ☐ Textbooks (if applicable)

Things to Consider When Packing

What we provide:

- ✓ Bedding including bedsheets, comforter and pillows
- ✓ Kitchen essentials including basic utensils, a tea towel, pots and a frying pan– enough to get you started on the two hobs and microwave standard in all accommodation
- ✓ You will be provided with an Oyster Card to support your travel to and from campus to your accommodation

Don't bring...

If you want to add to your room set up with any of the following items, you can easily order them online via Amazon once in London:

- ✗ Airfryer
- ✗ Fan
- ✗ Toaster
- ✗ Extension cord
- ✗ Kettle

Please note, you will have access to printers on campus.

As a reminder, items that are **illegal** in the UK, and should **not be brought** include, but are not limited to:

- ✗ Firearms
- ✗ Mace/pepper spray
- ✗ Marijuana
- ✗ Tasers
- ✗ Knives

Please review [this link](#) for more information.

Top 10 things not to forget:

- ✗ Passport, photocopy of passport and paper copies of all visa documents
- ✗ Paper copies of health insurance policies and member ID card
- ✗ Any medication you're currently taking, paper copies of medical records for pre-existing conditions you need treatment for in the UK and glasses/contact lens prescriptions
- ✗ A copy of confirmation of enrollment onto your course
- ✗ Comfortable shoes suitable for walking around the city all day
- ✗ A raincoat and clothes for both warm and cold weather (it may still be warm enough for shorts in September) and a smart outfit for more formal NU London events
- ✗ Slip-on shoes for moving around the student accommodation, to take out rubbish and use washing machines
- ✗ Laptop or tablet to create and edit documents and access course materials online
- ✗ A comfortable, sturdy bag which can fit your laptop and be carried all the way from your accommodation to campus
- ✗ A couple of adaptor plugs for British sockets

Due to the limited storage space within student accommodation, we recommend that no more than **two suitcases** are brought with you to the UK. We recommend focusing on clothing that layers well along with a supply of toiletry/hygiene products to get you through the first few days on-site. There will be plenty of shops and pharmacies available locally where you can purchase additional items you may need throughout the program.

We thankfully do not get extreme winter weather in the UK with even snowfall being a relatively rare occurrence. At least one set of warm rainproof clothing will be needed.