



# UK Travel Packing Pointers

An Outlandish Extra PDF

[OutlandishScotland.com](http://OutlandishScotland.com)

A Novel Holiday Travel Guidebook

# Outlandish Scotland Journey

## UK Travel Packing Pointers

Begin your packing preparation by studying the tips and lists provided by our two favorite travel experts—Rick Steves and Reid Bramblett—then peruse our Extra Packing Pointers.

### Rick Steves' Packing List

<https://www.ricksteves.com/travel-tips/packing-light/ricks-packing-list>

Rick also offers a list specifically for Women:

<https://www.ricksteves.com/travel-tips/packing-light/packing-list-women>

Rick Steves' travel store offers a variety of handy travel gadgets for sale. (Check out the Hide-Away Tote Bag!)

<https://store.ricksteves.com/shop/travel-accessories>

And, wow! Rick Steves sells **UK electric socket adapters** for only a buck a piece!

<https://store.ricksteves.com/shop/p/uk-power-adapter>

We suggest that you buy several of them, and follow Steves' suggestion:

"I connect [a UK electric socket adapter] to [each of my travel appliance charging cords] with a bit of electricians' tape so they don't accidentally stay behind in the wall."

### Reid Bramblett's Ultimate Packing List

[http://www.reidsguides.com/t\\_pa/t\\_pa\\_packing\\_list.html](http://www.reidsguides.com/t_pa/t_pa_packing_list.html)

Reid's Five Cardinal Rules of Traveling Clothes:

- 1) Nothing White
- 2) Nothing that Wrinkles
- 3) Clothes you can Layer
- 4) Lots of Pockets
- 5) Very Few (Clothes)

"Clothes take up the most space in your luggage, so don't pack many. Just get used to doing a bit of laundry each night or two in your room."

Be particularly attentive to packing items and suggestions that are *duplicated* by Rick Steves and Reid Bramblett. Clearly, repeated tips are the most important ones to follow.

## Extra Packing Pointers

### Important Personal Identification Practices

**Keep Original ID Documents on Your Person at All Times,  
and Pack Photocopies of Them in Everything That You Carry**

Savvy sojourners know to stash photocopies of all important identification documents somewhere within their luggage. This practice assists with obtaining replacements if any of your original ID documents become lost or stolen while traveling abroad.

We suggest that you print several sets of important ID document copies, so that one set can be stashed within each item of checked luggage—as well as within each carryon bag. That way, no matter what bag goes missing, you’ll always have a stashed set of ID document copies.

Because ID documents usually are valid for several years, their photocopies can be left in your bags. You’ll not have to recreate, reprint, and re-stash them every time you travel.



Mark each important ID document copy with a statement such as **“Copy for Travel Purposes”** in a place that doesn’t obscure personal information, but prevents someone from using the copy to create a false ID.

Whether neatly typed on a scanned jpg file before printing, or penned on a printed photocopy with permanent marker, the trick is to interrupt water marks, seals or emblems, so that your **“Copy for Travel”** statement cannot be removed without destroying the document copy’s legitimate image.

[Personal info is blurred in these PDF-published pix. Do not obscure your personal information in ID copies.]

### Carry at Least TWO Photo IDs with You

Your passport will be one of them.

A driver’s license works well as the other. If you don’t have a driver’s license, bring another form of Photo ID with you, such as an Employee or State-issued ID card.

Include travel-purpose-marked **copies** of both photo IDs in your document stash.



### Baggage Identification

All airlines dutifully instruct travelers to attach baggage ID tags to the handles of checked bags. They even provide paper baggage ID tags with flimsy elastic attachment bands for folk who don’t have them. Unfortunately, few airlines ever advise travelers to **tag the bags they carryon**, nor do they advise travelers how to **ensure that checked or carryon bags retain identification information**.

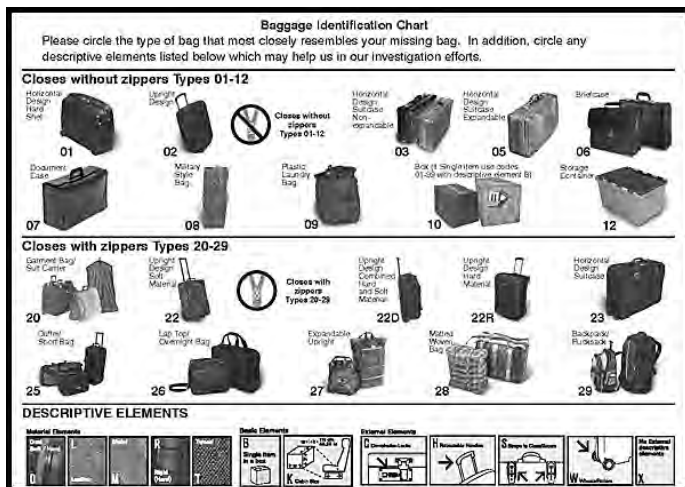
**Important Baggage ID Practices:**

- Put your **Name** and **UK cell phone number** on each external baggage tag.
- **Do not put your home address or home phone number on your external tag when heading to the UK.** You're not going home—you don't want your bags sent back there! You also don't want unsavory types easily obtaining the address of your unoccupied home.

Instead, put the address and phone number of your **first UK destination's lodging** on your external baggage tags, so that you can be contacted *there* (or your bags delivered *there*) if one or more of your bags go missing while enroute to the UK.

- If you'll be flying to other locations during your holiday, list the address and phone number of your *next* destination's lodging on the tag for each flight.
- **Stash a copy of your contact information INSIDE each piece of baggage.** If your external tag is lost or damaged—something that *can* happen, whether the tag is paper or leather—having contact information stashed inside is invaluable to being reunited with a lost bag. The internal contact info document should include all your travel dates and first-lodgings-after-a-flight contact information, as well as your home address and phone number.
- **Tag ALL CARRYON ITEMS in the same way!** Carryon items can be lost or stolen almost as easily as checked bags. Without accurate first-lodgings-after-a-flight information attached to (and stashed within) carryon items, airline personnel may not be able to contact you when a lost carryon is found.
- The only time you should put your home address and home phone number on your external baggage tags (for both checked and carryon baggage), is when you are **on your way home.**

**Pack Photos of Your Checked Bags and Carryon Items**



Filling out a lost luggage claim is a *nightmare* for a variety of reasons, in addition to the fact that something you need has been lost or stolen.

While some airlines offer photos of standard luggage types to assist in filing a lost luggage claim (such as the Baggage Identification Chart at left), generic luggage pix really *aren't* that helpful.

The best thing to do is to snap photos of *all* the bags and carryon items you might be traveling with—whether or not you’re taking all of them to the UK.

Paste each of those pix into a document file. Note each item’s dimensions above or below its pic. (Include Model Numbers if pertinent.)

Print several copies of your travel baggage photo page and stash one copy in each bag.

This practice is invaluable if something comes up missing. Just give your baggage photo page to the lost luggage rep and have them photocopy it. Then, circle the missing item’s pic on the photocopy and submit it with your claim.

**Please Note:** When filing a lost baggage claim, be sure to mention that your baggage and contact info is also stashed *inside* the lost item.

Like personal ID documents, your luggage and carryon items don’t change that often. Thus, a baggage pic page can remain stashed in your bags for future trips.



### Prescription Medication Issues

Rick Steves promotes packing prescription (Rx) medications in their original containers, because they are labeled with Rx identification and replacement information. If you take more than a couple Rx drugs, however, packing each container can take up a ton of room. Additionally, if the pills within each original container aren’t cushioned against travel motion, they may become damaged (pulverized to dust) during travel. [Pill Packing Pointers are provided on an upcoming page.]



[Again, don’t obscure your personal info in these document copies.]

**Instead, we suggest packing the original copy of the most recent Tax Receipt for each of your Rx drugs in your carryon bag,** and stashing copies of these Rx receipts in all other bags, along with copies of all your other important documents.

Rx tax receipts contains all information that Transportation Safety Administration (TSA) personnel may want to see—as well as all information vital to replacing lost or damaged medication.

▶ **Insulin-dependent (diabetic) travelers,** or those who require other forms of *injectable* Rx medication, should also bring a signed physician’s statement—written on an official prescription pad page—attesting to your need for carrying **syringes with needles.** TSA personnel may consider these items to be potentially dangerous, and Rx receipts bearing your name aren’t commonly pasted on syringe packages.

## Your Baggage Stash Checklist

Below is a checklist of *all* the important information and document copies that should be stashed in each of your checked and carryon bags. It includes all previously-mentioned items, as well as items we've not discussed.

**Yes, there is a lot of stuff on this list.** But, everything described below will fit into a single envelope that can be hidden in the lining of any-sized bag—especially if related information is printed on the front *and* back of each page.

### Baggage Stash Document Checklist

- Photocopies of all personal identification documents.**
- Your interior baggage contact information page.**
  - The page that includes your UK cell phone number, all your travel dates and first-lodgings-after-a-flight contact information, as well as your home address and phone number.
- Baggage photos and dimensions information page.**
- A page containing the model and serial numbers (with photos) of any expensive personal belongings you travel with—such as cameras, laptop computers, and the like.**
- Copies of your prescription medication tax receipts (and Doctor's syringe note if needed).**
- A list of all the Credit Cards you'll be traveling with.**
  - ◆ Note the account number for each credit card, but *not* its expiration date or verification number (the 3 numbers near the signature strip on back, or the 4 numbers on the front of an American Express card).
  - ◆ Note the **toll-free phone number** found on the back of each card, in case you need to cancel a stolen or lost credit card while abroad.
- Your Travelers Checks List.**
  - If you'll be purchasing Travelers Checks, put a copy of the check numbers (and denominations) list in each stash envelope. If you include a check in each envelope, note each hidden check number's location.

## Pack an In-Flight Needs Bag—or *Two!*

When flying across the pond, there likely will be a little movie screen on the headrest of the seat in front of you. Having a personal choice of movies to watch during a long flight is fabu for making time fly by. Unfortunately, the computer unit required to grant this amenity hogs at least half of the space beneath the seat in front of you. No normal-sized carryon bag will fit there.

The solution: pack a small bag containing the items you'll frequently need to access while in-flight, and put it in one of your carryons. Actually, a *couple* gallon-sized zip bags work well for this purpose—one containing in-flight personal care items, one stuffed with SNACKS.

After reaching your assigned seat, tuck things such as your book or eReader, magazines, writing materials, and your **WATER BOTTLE**—hydrate, hydrate, hydrate—in the seatback pouch in front of your seat. Stuff your small in-flight bag(s) under the seat in front of you, and stow your carryon(s) in the overhead bin.

### Items Often Needed In-Flight

- Gum or chewy candy to defeat cabin pressure ear effects.
- Any medications or supplements you may need during the long flight.  
DC Carson recommends **No Jet Lag**, “an herbal supplement that keeps you feeling fresh while adjusting to the time change.” <http://www.nojetlag.com/>
- Saline eye drops and nasal spray to help you stay hydrated. Remember to move them from your **TSA liquids quart-sized zip baggie** to your **in-flight personal care bag**—ditto for items such as travel-sized toothpaste, lotion, lip balm, wet-wipes, and the like.
- Toothbrush, comb, ear plugs, etc.
- “Facial tissue” —for blowing your nose. Take a 1- to 2-inch stack of tissues from a large box of tissues and fold it (pull-flap side out) into a quart-sized zip baggie. Roll out the air and zip it. Voilà! You now have a small bag containing far more tissues than pricy commercial tissue travel packs provide. From CD Miller: “**Lotion Puffs!!!**”
- Snacks (see suggestions below).
- Anything else you anticipate needing during a long flight.

### In-Flight Snacks

These days, airline meals and snacks are rarely plentiful, and often aren't free. Thus, it's a good idea to pack plenty of non-perishable and crush-proof snacks. Happily, healthy snacks are often the best kinds to travel with. Snack-sized zip bags work great for containing treats that aren't individually wrapped. And, after collecting and packaging a variety of travel snacks, you can toss the lot into a single gallon-sized zip bag. What follows is a list of our favorite travel snacks.

- Crunchy vegetables that aren't easily squished, such as peeled baby carrots, celery sticks, broccoli and cauliflower sprigs, edible-pod snap peas.
- Apple slices (rinse with lemon juice to prevent browning).
- Pretzels are a popular snack and aren't easily crushed to dust. However, **excessive salt intake can cause increased jet lag and fluid retention**. If you want to peck at pretzels while on the plane, pack the *unsalted* kind.
- Rice cakes, hardtack crackers, or dry Chow Mein noodles (a CD Miller favorite) are great, relatively crush-proof, low-calorie snacks to pack.
- Unsalted nuts and any kind of dried fruits. (“Craisins mixed with dried banana chips are *fabu!*”)
- Individually wrapped, single-serving cheeses.  
**Please Note:** Cheese does *not* have to be refrigerated. In fact, all cheeses are more flavorful when served at room temperature.
- A variety of Hard Candies to suck on—sugar-free if you're counting calories.
- Any other non-perishable, crush-proof snacks you might enjoy.

## Keep It Close or Closed

### **Baggage Rule #1: *Nothing* of significant value should ever be put in your checked baggage.**

If you're going to travel with something valuable, put it in a carryon and keep it with you.

### **Baggage Rule #2: Luggage locks are ludicrous.**

They usually are flimsy things, easily broken by rough baggage handling, or when becoming caught on parts of an automated baggage distribution system.

#### **Thieves scoff at luggage locks.**

Most can be snapped with a pair of pliers and a flick of the wrist. And, if they aren't TSA-recognized locks, you'll have to be present whenever checked baggage inspections occur to avoid TSA personnel breaking them.

#### **Furthermore, external zipper compartments *rarely* can be secured by luggage locks.**

The first time CD Miller watched someone's *intimate items*—along with other contents from an unsecured external zipper compartment that had opened during transport—circling around a baggage claim turnstile she vowed to *never* use external zipper compartments to store *anything*, unless the compartments could be securely closed.

## **The Answer? Plastic-Coated Twist-Ties!**

Plastic-coated twist-ties can be re-used multiple times, and work exceptionally well for keeping checked baggage compartments closed. They don't catch on anything and TSA personnel can search your bags anytime they need to.

According to CD Miller:

"In all the years I've been securing my checked baggage openings with plastic-coated twist-ties, TSA personnel have never failed to re-twist-tie the closures after inspection."

The best twist-ties for securing luggage compartments are those created from **tin-tie strips** used to close bags of gourmet coffee. Tin-tie strips consist of two heavy-duty wires enclosed in thicker plastic than that which covers individual (light-duty) plastic-coated twist-ties. The *two* twist-ties created when one tin-tie strip is cut down the middle (as seen below) are each super strong and durable.



**Main baggage compartments** are usually closed by two zippers coming together, anywhere along the zipper track. When united, they form a common canal where a ludicrous luggage lock could be



employed. Thus, it's easy to use a strong and durable plastic coated twist-tie to secure main compartment zippers together. (Pic below left.)



**EXTERNAL zipper compartments, however, are rarely closed by the meeting of two zippers.**

To secure external zipper compartments, insert a large, sturdy safety pin just beyond the place where each external zipper closes, giving you an anchor to twist-tie the zipper fob to. (Pic above right.) Yes, a safety pin could snag on something during baggage handling. But, but it takes far more force to break a sturdy safety pin than it does to open an unsecured zipper.

### Pill Packing Pointers

If you only have one or two prescription (Rx) medications and want to keep them in their original containers for TSA reference and medication replacement needs, stuff several cotton balls inside each container to keep travel motion from turning them into dust.

Travelers who take several Rx meds or vitamins may use pill organizers at home, loading the compartments with daily doses for a week (or more). These organizers are far too bulky to pack and, like Rx bottles, don't protect pills from being pulverized by travel motion. But, they are handy for pill packing preparation.

Buy some tiny zip bags—available at any craft or hobby store for less than \$5 per package of 100 bags. (These tiny baggies also are handy for packing things like extra batteries.) Load your organizer, then dump each day's collection of pills into one little zip baggie.

**Be sure to pack at least *TWO* extra days of drugs and vitamins in case your return home is delayed.**

If you're like CD Miller and take a slew of vitamins and Rx meds at bedtime, but only two vitamins in the morning, you can pack the morning pills in several daily dose tiny zip bags, *or* pack enough of them in one tiny zip bag each. Similarly, if you take some Rx meds or vitamin supplements only a few times a week, pack enough of them in a single tiny zip bag.



At left is a photo representing CD Miller's **12-day Trip Supply** of Rx meds and vitamins, including 2 extra days' supply.

In the lower left corner are only 4 tiny zip bags of Miller's daily bedtime pills—14 of those baggies would be too big a pile to photograph while including the other bags in one frame!

In the lower right corner are two tiny zip bags, each containing 14 days-worth of Miller's two morning vitamins.

What's in the *snack-sized* zip bag at top? Miller's ibuprofen—generic Advil. (She likes to have plenty on hand when traveling.)

**Over-the-Counter pain meds are far more expensive in the UK than in the US or Canada. Pack plenty with you.** If you're a Tylenol (acetaminophen) fan, it is called "paracetamol" in the UK.

Once you've packaged all your meds, drugs, and vitamins into tiny- or snack-sized zip bags, stuff the lot into one quart-sized zip bag.

Add the original copy of your most recent Tax Receipt for each Rx drug to the bag. (A copy of these receipts will be stashed with your other important documents in each item of baggage.)

Roll out the air, zip the bag, and pack this cushioned collection of your pills **in a carryon**—do not pack your meds in a checked bag.

Bingo! You're ready to fly.



## Zippity Doo DO!

Extra zip lock bags are incredibly handy to pack and bring with you, for a multitude of reasons. According to Rick Steves:

"Bring a variety of sizes ... they're ideal for packing leftover picnic food, containing wetness, and bagging potential leaks before they happen. The two-gallon jumbo size is handy for packing clothing. Bring extras for the flight home, as they can be hard to find in Europe."

In addition to being perfect for packing **an extra pair of underwear in your carryon**, zip bags are wonderful organizers for things such as sales receipts with attached VAT forms, miscellaneous expense receipts, post cards and pamphlets—the list of stuff you can protect by storing them in a zip bag is endless!

While zip bags *can* be purchased in the UK, it is far cheaper to buy them in the US or Canada. And, since empty zip bags can be condensed down to such a light weight, low volume package, there's no reason not to pack extras. Take several sizes of empty zip bags and put them into one gallon-sized bag. Roll out the air, zip it, and stuff it in a checked bag.

If you buy a box of jumbo, two-gallon zip bags for packing small items of clothing (instead of, or in addition to, commercial clothing zip bags like **Samsonite Space Saver Bags**), roll up a few extras, fold them in half, and stuff them into your one-gallon bag of extra zip bags.

<https://www.amazon.com/Samsonite-Compression-12-Piece-Pouch-Carry/dp/B00BBJJ1I6>

There's no need to bring extra of the tiny zip bags, because you'll have plenty of empty ones after taking the pills, or using the batteries, that you packed in them.

Please remember that all your carryon liquids and gels must be in 3.4-ounce or smaller containers, and **all of these items must fit within a single, QUART-size zip bag**.

## Bring a Travel Journal with You

By religiously recording at least a quickie account of each day's adventures, you create an accurate record that will help you reclaim the experience long after your memory of it has begun to dim. In fact, every time you open an old travel journal you'll find yourself transported back in time, and will derive renewed enjoyment of the events you smartly preserved for posterity.

Yes. Travel journal *books* are rapidly being replaced with Internet travel blogs. (See our **UK Internet Access PDF**.) But, even if you'll be blogging each evening, having a *notebook* in your pocket or travel bag is handy for jotting down thoughts and observations while actually Outlandering. You can transfer those thoughts to your blog when next you post on it.

<http://OutlandishScotland.com/UKinternetAccess.pdf>

### From Rick Steves:

“Choose your travel journal carefully. I prefer a minimalist journal: light, yet with stiff enough covers to protect the pages and to give me something solid to write on (since I often write on the fly without a convenient table). I like invitingly empty pages—not pages decorated with extra literary frills and verbose doodads. ... I use black ink or a mechanical pencil. ... Avoid spiral notebooks—they fall apart quickly. A bound book will become a classic on your bookshelf.”

<https://blog.ricksteves.com/blog/the-art-and-value-of-journaling-as-you-travel-2/>

[BTW: Steves' article (above) also includes great tips for good journaling.]

Although travel journals of all shapes and sizes are readily available in local stores, you can purchase a Steves'-type travel journal in the shop on his website. Two sizes are offered.

<https://store.ricksteves.com/shop/p/moleskine-travel-journal-ruled> \$19.99

<https://store.ricksteves.com/shop/p/moleskine-pocket-journal-ruled> \$14.99

## Miscellaneous Must-Haves

Many of the following items can be purchased inexpensively at a local discount department store prior to traveling. Most are also available on Amazon.com. We provide Amazon.com links for the majority of these items so that you can view the type of product we're referring to.

### Balega Hidden Comfort Socks

A *Novel Holiday* travel consultant Tara Miller swears that she's never suffered a single blister since discovering these socks. "Though I've worn and washed them many times over the years, the first Balega socks I bought are still protecting my feet. Well worth the price!" A variety of sizes and colors are available.

<https://balega-socks.implus.com/product/balega-hidden-comfort-running-socks>  
<https://www.amazon.com/Balega-Hidden-Comfort-Socks-White/dp/B00TA2XDOE>

### Binoculars

The size and expense of binoculars needed vary according to individual interests.

CD Miller only carries a small pair of plastic folding binoculars she once received as a party gift. Although they cannot be focused, their 3x18 magnification allows for reading street signs a block away. ("Saves having to backtrack because I went the wrong direction.")

Travelers interested in enjoying close scrutiny of UK flora and fauna from a distance should bring the binoculars they're used to using—or purchase something similar but smaller to pack.

### Carabiners

A carabiner is a metal loop with a spring-loaded gate. Mountain climbers use heavy-duty carabiners for quick and easy attachment or detachment of equipment to or from a belt—or, for securing fall-preventing lifelines to anchors embedded in rock. <https://en.wikipedia.org/wiki/Carabiner>

The light-duty, not-for-climbing variety of carabiners are far less expensive, and perfect for a traveler's needs.



When you need your hands free to take photos, clip your shopping and travel bags into a carabiner on your belt (or belt loop) instead of setting them down.

Yes. While your bags are clipped to your waist, you may look like a silly tourist. **You are a tourist.** Embrace it!

More importantly, you won't wander away from your bags—leaving them unattended—or forget to pick them up before moving on. After snapping pix, unclip your bags.

Amazon.com offers a 6-pack of **Grizzly Grip Utility Carabiners** for \$9. An individual traveler, however, doesn't need more than 2 or 3 of them. If you can find a smaller/cheaper package of non-locking, not-for-climbing, light-duty Carabiners at a local discount store, buy that package and bring them with you.

<https://www.amazon.com/Grizzly-Grip-GG-9001-Utility-Carabineers/dp/B000JCV80A>

## A Compass is Crucial

You *must* have a compass! Whether meandering o'er the moors, hiking the Scottish highlands, or simply strolling through a big city, it is easy to become confused about the cardinal directions.

**From CD Miller:** "Even the cheap, pin-on, plastic versions work well. I bought mine at Walmart for a couple bucks."

**From DC Carson:** "I have a keychain compass permanently attached to my jacket. It's come in handy when trekking through the mountains near my Colorado home more than once."

Below left is Miller's Walmart compass pin. Below right is one of the many Keychain Compasses available on Amazon.com. Each can easily be attached to the zipper of a jacket or touring bag.



[Photos above are not of equal scale and do not represent a size comparison.]

## Condensable Zip-Out Travel Bags

DC Carson says: "I have one of those nylon bags that zips-out to be quite large. It's great for grocery shopping, or for stowing several bags of stuff purchased during a day's tour, or for packing the few things I'll need on a short train trip. When empty, it folds down to about the size of a coaster! Wouldn't go anywhere without it."

Rick Steves' Hide-Away Tote Bag retails for \$20. When rolled up and turned into its pouch, it is only 6"x10" and weighs 4.8 oz. When unfurled, it is 22" x 8" x 16".

<https://store.ricksteves.com/shop/p/nylon-tote-bag>

Check your local discount department stores for more inexpensive varieties if you like. Whatever zip-out travel bag you buy, consider purchasing and packing *two* of them in case of a blow-out, or an unbridled shopping spree.

## Flashlight

Buy at least one small, inexpensive LED flashlight (aka "torch") to bring on your trek. Keep it in your touring purse, bag, or backpack. Pack a reload of fresh batteries in a tiny zip bag if your flashlight isn't disposable.

Something along the lines of the **EverBright 4-Pack Aluminum Flashlight** set is marvelous, because it's great to have a flashlight stowed in more than one of your bags. Each is powered by 3 AAA batteries.

<https://www.amazon.com/EverBrite-4-Pack-Aluminum-Flashlight-Assorted/dp/B01H6JS4IC>

## Insect Repellent

The UK—especially Scotland—is home to malicious little monsters called **MIDGES**. Though some insist that a midge bite is less painful than a mosquito bite, a swarm of midges can inflict about 3,000 bites in an hour, and up to 40,000 midges can land on an unprotected arm over the same period. Furthermore, the aftermath of each midge bite is just as itchy and uncomfortable as any individual mosquito bite. Learn more about midges by reading the following article:

<https://www.scotsman.com/lifestyle/outdoors/midges-in-scotland-what-are-they-where-do-you-get-them-and-how-to-avoid-their-bites-1-4939806>

### **What does the BRITISH ARMY use to repel midges? Avon Skin So Soft!**

<https://www.independent.co.uk/life-style/royal-marine-commandos-moisturiser-repel-insects-jungle-desert-deet-repellent-a7904086.html>

The original form of Avon Skin So Soft (SSS) credited with repelling midges is the dry oil body spray packaged in green bottles. Pink bottles of Avon SSS don't repel anything.

Since the accidental SSS midge repellent properties were discovered, Avon has created a version of SSS with extra repellent; **Skin So Soft Bug Guard Plus Picaridin With Vitamin-E & Aloe**.

While you can order it directly from Avon, it is less expensive on Amazon.com. For instance, the first link below is for *two* 4oz SSS Bug Guard pump spray bottles, and the set costs \$19.73. The second link below is Avon's *single* 4oz SSS Bug Guard pump spray bottle. It costs \$15.

<https://www.amazon.com/Avon-Skin-So-Soft-Guard-Picaridin-Vitamin/dp/B00LE1E0GY>  
<https://www.avon.com/product/skin-so-soft-bug-guard-plus-picaridin-pump-spray-31314>

BTW: A "Family Size" (8oz) SSS Bug Guard pump spray bottle is available. We prefer the 4oz size, however, because it takes up less room in a travel pack or purse. You'll need at least 4oz per week of Outlandering in Scotland. Put your SSS Bug Guard pump spray bottle(s) in a quart-sized zip bag, and pack that in your checked luggage. If concerned about leakage, double-zip-bag it.

## Going in Style Laundry Kit, Travelon Laundry Soap Sheets, & Tide-To-Go Sticks

These three items are small, light weight, and vital to minimizing the amount of clothing you pack by allowing you to conveniently wash clothes in your hotel or B&B room. Pack them in your checked baggage.

The Laundry Kit includes a sink stopper (something not always found in a UK hotel or B&B bathroom), and a special laundry line for hanging hand-washed clothes to dry. "Simply attach your damp clothes through the rubber braiding—no need for clothespins"

<https://www.amazon.com/Going-Style-Laundry-Clothesline-GIS-C103/dp/B00COU63TQ>

Travelon Laundry Soap Sheets are a super light weight, compact, and convenient way of packing laundry detergent for hand-washing.

<https://www.amazon.com/Travelon-Laundry-Soap-Sheets-50-Count/dp/B000Y0CL8K>

A Tide-to-go-stick conveniently fits in your purse or travel bag and can be used on the spot to remove stains—thus, also preventing stains from setting.

<https://www.amazon.com/Tide-Instant-Stain-Remover-Liquid/dp/B01C3NAT16>

### Paper Clips

Put a bunch of them in a tiny zip bag and stick it in a quart- or gallon-sized zip bag. Use that bag for saving purchase receipts *paper-clipped* to VAT forms.

### Disposable Rain Ponchos

Hooded, full-sized, *disposable* rain ponchos are constructed of durable plastic, weigh only a few ounces, and—when not removed from their original package—take up barely any room at all.

Since they cost only a couple bucks each, buy several to stow in your checked luggage. Once in the UK, stick one in your touring purse, bag, or backpack. If you use it, put a new one in your bag when back at your lodgings. Your host might be interested in keeping the used poncho to give to other lodgers.

<https://www.amazon.com/dp/B076ZHMR3S>

### Shower Shoes

Cheap, rubber thongs—aka Flip-Flops—are important to personal hygiene when using any form of public shower (Hotel, B&B, Hostel) and can double as slippers. Flip-Flops are light weight and easily fit in a gallon-sized zip bag when moist from use.

### Best Glide ASE Sewing and Repair Kit

A super suggestion provided by DC Carson, this marvelous ASE (Adventure Survival Equipment) kit contains everything you might need for a wide variety of clothing or luggage repair jobs. It even includes a short roll of brass wire and 36 inches of Duct Tape.

<https://www.amazon.com/Best-Glide-ASE-Survival-Sewing/dp/B004IAEFXQ>

**Speaking of Duct Tape:** Most travel-size rolls of duct tape (such as the item mentioned next) come in packages of two 4-foot (48") or 50" rolls. If you buy the Best Glide ASE Sewing and Repair Kit, you'll *not* need to buy additional Duct Tape, unless you're restocking your kit.

**Please Note:** Because the Best Glide ASE Survival Sewing Repair Kit includes a "Military Approved Derma Safe Knife" (a razor blade that folds into a plastic handle for safe storage), it must be **packed in your checked baggage**.

### Travel Rolls of Duct Tape

<https://www.amazon.com/S-L-Survive-Outdoors-Longer/dp/B004H87UGS>

Both Rick Steves and Reid Bramblett identify duct tape as being a vital item to pack.

Obviously, duct tape comes in handy for any number of clothing or luggage repair-related reasons. But, here's a use many may not know about: If you've suffered blistered feet during holiday walking in the past, protect the previously blistered areas with duct tape *before* you go out walking. It is important that the tape is applied smoothly—no wrinkles!

**Please Note:** Some travelers suggest making your own travel roll of duct tape by winding duct tape from a large roll onto a golf pencil or old credit card. Many who've done that, however, report that the rewound duct tape ends up sticking to itself, becoming difficult (if not impossible) to use. We prefer saving time by spending a couple extra bucks to purchase pre-packaged travel rolls of duct tape. That way, we know that the tape we pack is quick and convenient to use in times of need.

## A Whistle

When meandering o'er the moors or hiking the Scottish highlands—places where cell phone reception may be nonexistent—you *must* have a whistle with you. A whistle also can be helpful within metropolitan areas, should you need rescuing for any reason.

The international signal for “I need help” —three long whistle blasts—is *different in the UK* and the Alps. In the UK, give SIX long whistle blasts. Rest for one minute, then repeat the six blast pattern. Repeat as often as you can.

If you forget and use three long blasts, no worries. People likely will understand that you are signaling for help, especially when you keep repeating the three long blasts.

If you hear someone *signal back* to you with three whistle blasts, it means, “We hear you. We are coming. KEEP SIGNALLING!” Until they can see you, they need to hear you to find you. So, keep signaling.

At night, use your torch (flashlight) in the same manner.

“Follow the same process for torchlight, flashing the light [six times] instead of whistling.

However, if a Search & Rescue helicopter is nearby, **shine the torch on the ground, not at the helicopter**, as the bright light will affect the pilot’s Night Vision equipment.”

<http://www.mountainsafety.co.uk/EP-Whistle-or-Torch.aspx>

## Miscellaneous Must-Haves Check List

- Balega Hidden Comfort Socks
- Best Glide ASE Sewing and Repair Kit
- Binoculars
- Carabiners
- Compass
- Condensable Zip-Out Travel Bag(s)
- Disposable Rain Ponchos
- Flashlight(s)
- Going in Style Laundry Kit
- Insect Repellent
- Paper Clips
- Shower Shoes
- Tide-To-Go Sticks
- Travel Rolls of Duct Tape
- Travelon Laundry Soap Sheets
- Whistle
- Zip Lock Bags (a variety of sizes)