



Supplies
To Purchase
IN the UK

An Outlandish Extra PDF

OutlandishScotland.com

A Novel Holiday Travel Guidebook

Outlandish Scotland Journey Supplies to Purchase in the UK

While some necessities 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 tote them with you.

▶ **Our suggested shopping lists are on the last page.**

Toiletries

Remember that all carryon liquids, pastes and gels (including *cosmetic* liquids, pastes and gels!), must be in containers no larger than 3.4-ounces each, and **ALL** of these containers must fit within ONE, 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 items from inevitable pressure leaks), but the weight of these things quickly adds up.

Instead, pack only travel sizes of 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 Needs** section of the **UK Travel Packing Pointers**.)

Travelers lodging in major city hotels *usually* will find overnight sizes of the basics in the bathroom. They are yours! Take them with you when you check out.

Those who don't often lodge in hotels can cheaply purchase small sizes of all necessary toiletries at either of the two popular drugstores ("Chemists") found in every UK city:



Avoid shopping at the Superdrug or Boots located in airports and railway stations—prices are often higher in these places. Instead, plan ahead and use the Store Locator on each company's website to locate the Chemist closest to your first lodgings' post code.

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

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

▶ If you'll be renting a car immediately after landing, toiletries can be purchased even less expensively at a discount department store—which is where you'll be buying your Driving Supplies.

Driving Supplies

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



Asda: <https://www.asda.com/>

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

Everything you could possibly need while driving around the UK can be purchased cheaply at either of these popular discount department stores. Use the Store Locator on each company's website to locate the Asda or Tesco Superstore nearest to your rental car agency's post code. Copy the address into your SatNav/GPS Programming List.

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 grocery stores.

Spend some time thinking about the things you enjoy having with you when road-tripping in your home country. Those are the items that belong on your UK Driving Supplies shopping list.

If you'll be staying in **hostels**, but didn't bring a sleep sack, consider purchasing a towel, a twin set of sheets, a pillow case, and a pillow when shopping at an Asda or Tesco Superstore.

From CD Miller: "I don't usually stay in a hostel more than once each trip—and I make sure that the hostel provides bed linen. During my Driving Supplies shopping trip, however, I always buy a cheap pillow and pillow case. In addition to using this personal pillow in the B&Bs and Hostels where I lodge—I like more than one pillow when sleeping—it's handy to have a pillow in the car in case I need to pull-over and nap somewhere."

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.

Stock Up on Beverages

Bottles of water, sodas (soft drinks), BEER and WINE, are far less expensively purchased at an Asda or Tesco Superstore than at a corner grocery, or (gasp) from Room Service. Load the boot of your car with plenty of water as well as your favorite beverages.

Purchase Pack-a-Lunch Items

Whether to tuck in your travel bag and enjoy as a midday meal or snack while Outlandering, or for late-night-noshing in your room, you'll save a lot of money by stocking up on light meal items at an Asda or Tesco Superstore.

- Purchase packaged meals that don't require refrigeration, as well as fruits and vegetables, cheeses and breads, crackers and cracker toppings.

- If you buy a cheap Styrofoam cooler (“Polystyrene cool box”) and some ice, you can purchase a few items that *do* need to be kept cool. Ice crammed into a small cooler will last at least two days if you pour-off the melt water on the morning of the second day.
- If any of the meal items you buy require a microwave, you’ll find one at every Welcome Break (rest stop) along any major UK Motorway, or in the kitchen of any B&B. (B&Bs rarely offer more than breakfast, so your hosts usually will be happy to let you use their microwave at other times during the day.)

For Seafood-Loving Outlanderites:

John West **Cracker Toppers** and **Lunch on the Go** salads are Fabulous!

- Both Asda and Tesco Superstores carry John West Light Lunch products.
- None of these products require refrigeration!
- Each is small, and easily fits in a touring bag or backpack.
- Each of the Lunch on the Go salads contains a disposable fork.
- Best of all, they *all* are absolutely delicious!

From CD Miller: “I discovered the John West **Lunch on the Go** salads while wandering an Asda store at the start of my 2008 trip to Scotland. I was amazed that they didn’t require refrigeration. Later, I was even more amazed by how scrumptious they were! I don’t think the Cracker Toppers were available then—but, they sound delicious. At any rate, I highly recommend buying bunches of these John West products to put in the boot of your rental car.”

Use the link below to preview these and other John West light lunch products.

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

The **Cracker Toppers** are not far from the top of the page.



Scroll down a littler farther to find the John West **Lunch on the Go** salads.





Again, none of the Lunch on the Go salads require refrigeration, and each contains a disposable fork.

For Travelers Who *Don't* Like Seafood

Many other kinds of non-perishable light meals are available. Additionally, you can always buy boxes of crackers—simple saltines or gourmet varieties—and your favorite cheeses. (Remember that most cheeses don't require refrigeration, and are more flavorful when at room temperature.) Pickup a few small tins of chicken or ham. These days, meat tins usually have pull-top openings and don't require a can opener.

Be creative! The important thing is to purchase plenty of food to stow in the boot of your rental car so that you can avoid having to eat in restaurants during the day. Tuck something in your travel bag each time you reach a new site.

Suggested UK Toiletries Shopping List:

- | | |
|---|---|
| <input type="checkbox"/> Body Wash (or soap) | <input type="checkbox"/> Deodorant |
| <input type="checkbox"/> Washcloth or Body Sponge (UK hotels and B&Bs don't always offer washcloths.) | <input type="checkbox"/> Hand Sanitizer |
| <input type="checkbox"/> Shampoo and Hair Conditioner | <input type="checkbox"/> Hand Lotion |
| <input type="checkbox"/> Toothpaste and Mouthwash | <input type="checkbox"/> Sunscreen |
| | <input type="checkbox"/> Shaving Cream & Plastic Razors |
| | <input type="checkbox"/> Etcetera ... Etcetera ... Etcetera ... |

Suggested UK Driving Supplies Shopping List:

- Travel Coffee Mug
- Small Styrofoam Cooler ("Polystyrene Cool Box")
- Bag of Ice
- Sodas or Other Canned/Bottled Beverages
- Bottled Water—lots of it!
- Small Package of Plastic Cups
- Small Package of Plastic Forks/Spoons/Knives
- Non-Perishable Travel Snacks
- Non-Perishable Boxed Lunches
- Fruits, Veggies, Cheeses
- 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*
- Small Travel Umbrella (For your touring bag.)
- Sturdy, Large Umbrella (To keep in the car.)
- 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 packed precious souvenirs.
- Pillow & Pillow Case
- Twin Set of Sheets (For hostels.)
- Towel (Ditto.)