



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, must be in containers no larger than 3.4-ounces each, and all of these containers must fit within a single, 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.

Please Note: The only full-sized bottle of liquid that *should* be zip-bagged and packed in checked luggage is **contact lens fluid**. See: <http://coopervision.com/blog/packing-with-contacts>

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! If you'll be staying at a B&B next, 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 nearest to your first lodgings' post code.

Superdrug: <http://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 **Tesco Superstore**.



Asda: <http://www.asda.co.uk/>

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

Everything you could possibly need while driving in 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 discount grocery stores.

Spend some time thinking about the things you enjoy having with you when road tripping wherever! Those are the items that belong on your Asda/Tesco shopping list.

If you'll be staying in hostels, but didn't bring a sleep sack, consider purchasing: a towel, twin set of sheets and a pillow case, and a pillow.

From Miller: "Although I don't usually stay in a hostel more than once each trip, I often buy a cheap pillow and pillow case. 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.

Pack-a-Lunch

Whether for your midday meal and snacks between sites, or for late-night-noshing in your room, you'll save a lot of money by stocking up on inexpensive light meal items.

Purchase packaged meals that don't require refrigeration, as well as fruits and vegetables, cheeses and breads. If you buy a cheap Styrofoam cooler and some ice, you can pick up 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 water on the morning of the second day.

If any of your meals require a microwave, you'll find one at the Welcome Breaks (rest stops) along any Motorway, or in the kitchen of almost 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 Travelers

John West Light Lunches are wonderful!



Both Asda and Tesco stores carry the John West light lunch salads. None of them require refrigeration. Each is small, easily fits in a touring bag or backpack, and contains a disposable fork. Best of all, they all are absolutely delicious! If you like salmon and tuna, buy several of each variety.



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

For Travelers Who Don't Like Seafood

Many other kinds of 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 non-perishable, 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.

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Suggested UK Toiletries Shopping List:

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

Suggested UK Driving Supplies Shopping List:

- Travel Coffee Mug
- Small Styrofoam ("Polystyrene") Ice Chest
- 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 packing precious souvenirs.
- Pillow & Pillow Case
- Twin Set of Sheets (For hostels.)
- Towel (Ditto.)