



Travel Tips

Appliances/Electricity

If you are traveling with any small appliances (i.e. hair dryer, curling iron, iron), you will need a voltage converter and a three prong adapter.

Registrants have access to college laundry/ironing facilities, however, you may wish to bring your own travel iron.

Banking

Check with your bank to make sure you will be able to withdraw money via an ATM in the UK.

Alert your ATM or credit card issuers of your travel plans (at least a week) before departure in order to avoid blockage due to suspicion of fraudulent charges being made overseas.

Cellular Phones

Remember that your cell phone will not work internationally unless your provider accommodates international service

Climate/Dress

England is beautiful in the summertime; however, it can often be cool, damp and overcast. Plan for daytime temperatures between 70 and 90 degrees Fahrenheit.

Layering is recommended due to variations in climate. Casual dress and comfortable footwear will serve most occasions.

A raincoat and/or umbrella are a must.

For church services, women may wish to wear a skirt and blouse or dress while men may wish to wear a sport coat, shirt and tie—no formal or semiformal events are planned.

English Currency

Britain's common currency is the Pound Sterling—not the Euro

We strongly recommend carrying only minimum funds in pound traveler's checks.

ATM, Visa, MasterCard, or American Express cards yield the best exchange rates and are widely accepted at most hotels and shops throughout the UK. You may wish to

convert dollars to pounds prior to leaving the states or you may do so upon your arrival in England. We recommend that you access needed cash in pounds via an ATM machine immediately upon clearing customs. Your bank may charge you a small international transaction fee.

Flight

You can choose to arrive at either London's Heathrow or Gatwick airports. While Heathrow is a half hour closer to our conference sites, access to the university cities is fairly convenient from either airport. Your destination airport will depend largely on the airline you have chosen to fly.

Approximate flight times to London are

From New York—6 ½ hours

From Chicago—7 ½ hours; from Los Angeles—11 hours.

We recommend that you eat light before departure and drink adequate fluids in flight—tomato juice, for example, helps keep you hydrated. Taking water with you through security is no longer possible; however, you may purchase bottles of water once you have been screened.

Before your flight, you may want to obtain a product to help relieve jet lag, like melatonin.

Upon boarding, set your clock immediately to UK time to begin your adjustment period and cut down on jet lag.

Health Care

Be sure you know how your health care service works, should you need medical treatment while overseas. If you are taking prescription drugs, carry a copy of your prescriptions described by their generic names together with a cover letter from your doctor, just in case you need additional supplies.

Identification

Have a valid passport, driver's license, and your airline ticket. Be sure to allow adequate time to secure your passport (due to the high numbers of people now required to have them for traveling within North America, please allow up to six months to receive your passport).

Insurance (travel)

We strongly encourage you to obtain travel and trip cancellation insurance by contacting Travelex Insurance at 1-800-228-9792 (reference group #05-0222) or your travel agent.

Luggage

Check with your airline regarding the number and weight limit of luggage allowed each passenger.

Before you go, itemize the contents of your luggage as this will assist you in the event you need to file an insurance claim.

Put your home address and destination address on the outside and inside of each piece of luggage, including carry-on bags.

Packing—Don't forget to bring:

- Maps, housing confirmation forms, travel tips and other appropriate information from this packet
- Airline ticket
- ATM card/credit cards (don't forget to notify your credit card company and/or bank)
- Passport and driver's license
- Alarm clock
- Ethernet cable (if applicable for desired internet access should you bring a laptop)
- Prescription drugs, a listing of your prescriptions described by their generic name, as well as a cover letter from your doctor confirming your prescriptions and your health insurance card.
- Voltage converter and adapter (UK is 220V)
- Make-up mirror
- Washcloths
- Umbrella and raincoat
- Camera/film
- Sunglasses
- Robe, slippers, or appropriate shoes if you do not have an ensuite room
- Walking shoes
- Bible, journal and notebook
- ID tags on luggage
- List of all baggage contents