



## Packing Advice for your move to Uppsala!

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### **For many of you, the time has come to start packing for your move to Uppsala!**

While this can often cause a lot of stress for some people, it does not have to. After moving internationally several times myself, I have a few helpful tips for you to help make this process easier. Below you will also find a few links that may also share insight into packing for a move to Sweden as well as the Customs or Regulations requirements to be aware of before you pack or start your trip here!

### **Helpful Links**

#### **Study in Sweden**

While I am more than aware that packing is a highly personal activity for any length of trip....there are still a few points that I feel are good to remind you of before you hop on a plane or train. I have also provided two links from our friends at Study In Sweden concerning Packing Essentials and Clothing.

1. <https://studyinsweden.se/blogs/2020/07/10/packing-for-sweden-the-essentials/>

2. <https://studyinsweden.se/blogs/2020/07/16/packing-for-sweden-clothing/>

#### **Customs and Restrictions**

There is no point in packing something if it will be taken from you or cause you to get a fine/ticket at customs. Check Swedish Customs before packing. **Example:** A friend of mine from Shanghai wanted to bring some dried fruit, dried meat, and spices but was not allowed even though it was pre-packaged. Check these websites or your airline to get more information on restrictions when entering the EU and Sweden.

1. <https://www.government.se/government-of-sweden/ministry-for-foreign-affairs/diplomatic-portal/diplomatic-guide/13.-customs-privileges-and-duty-free-import/13.5-restrictions/>

2. <https://www.iatatravelcentre.com/se-sweden-customs-currency-airport-tax-regulations-details.htm>

## **Buddy Coordinator's 9 Personal Tips for Packing:**

### **1. Don't wait!**

In fact...you may want to try and pack your bags as much as a week before your move. This way you can pack it with everything that you want. Then, a few days later when you forget what you packed, go back through your case to see all of the things that you realize you don't need! You will be surprised at what you will take out after a few days! *(My personal packing ritual)*

### **2. Bring what can't be replaced!**

This means most important documentation, health equipment, medications, and other personal items that you need on a daily basis. Beauty and personal care products may be expensive, but are also something to consider just replacing once you get here unless you need them daily.

**Tip:** Before I started Packing I put everything that I knew I needed and used on a daily basis in a box to see what I actually had to bring. I was surprised with how much was in there, and was even able to take several things out after I realized I could easily replace them once I arrived in Sweden.

### **3. Versatile Clothing is Best!**

We all have that one jacket or shirt that we love to wear but doesn't go with your other clothing. Instead of bringing too many clothes, pick clothing that can be worn in multiple ways over the different seasons. I prioritized bringing clothes over other things as I knew they are more expensive on average in Sweden. I packed for all 4 seasons. If you lack clothing like winter wear, it may be best to buy it new or second hand when you arrive. It also gives you an excuse to go shopping! **(Buy this in the summer and the prices will be even lower!)**

**For Winter Arrivals:** If you are arriving in winter, try to bring the clothing that you know you will need to deal with the cold and wet weather. A warm jacket, sweaters, undershirts, warm pants, warm socks, scarf, gloves, and even a pair of waterproof boots are all recommended over shorts and such. Swedish Winters are cold and dark....but you would be surprised at how wet your clothing and shoes will get. Layering is a Lifestyle!

#### **4. Avoid bulky items!**

Blankets, towels, and home goods can be bought when you get here, so don't worry. Uppsala and Sweden in general has a large variety of department stores and home good stores. So, you will not be missing out on the selection of things you will need. If there is something that you really want to have in your new home, it may be smart to ask someone to mail it to you once you are in Sweden to avoid putting large or heavy things in your luggage.

#### **5. Watch the weather!**

Watch the local Uppsala weather before you arrive! The seasons here are diverse and the weather can change a few times a week. Watch the weather before you arrive to make sure that you will be prepared for what may come your first few days while you get settled.

#### **6. Electronics!**

We all have multiple devices that need their own plugs and attachments. Make sure that chargers, devices, or appliances can handle the 230V outlet supply and the Type c/f power outlets. Some electronics like electric toothbrushes, hair dryers, and chargers may be best to replace when you get here! (See my "Best and Cheapest" pdf for electronic or home good stores)

**Forget something....don't worry....it's not the end of the world!**

It's not the end of the world. Sweden offers practically everything that you need to live comfortably. If you forget something it will probably be easy to replace it once you get here. Ask your Buddy or Coordinator if you need advice on where to find products that you may have forgotten to pack!

#### **7. Check It Twice!**

Check your luggage limits from your airline/transport and know what you can/can't bring into Sweden. Depending where you are traveling from, different rules and regulations apply to what you can bring in to Sweden and the EU. Try not to pack more than you can carry or move by yourself. Most, but not all accommodation in Sweden has a lift/elevator, so you may find yourself carrying your bags up several sets of stairs.

## 8. Most Important!

Know how you are going to get from the Airport to your accommodation. If you are not arriving on the Welcome Days, make sure to know what transportation is available to you and the route you need to take at the time you arrive. If you need help planning this, please ask the welcome day planners, your buddy when you know your assignments, or the Buddy Coordinator. Using Google Maps and the UL app will also help you plan a trip from the Airport to your destination by using the correct time and date! Hope this proves to be helpful!

## 9. Ask for Help

While packing can be a very personal thing, don't forget that you can always ask for help from family and friends. This can be an excellent way to spend some time together before you move, but they may also have some great advice to share with you or remind you of something important that you forgot!

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**Have I missed anything? Feel free to contact me with any other information that you think need to be on the list!**

**There are more Advise Sheets like this one on the Buddy Program Page on the Uppsala Student Union [Website](#).**

**Hoping this helps better prepare you for your time in Sweden!**

Best wishes,

**Nicholas Cialdella**

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