



## **Packing advice for your move to Uppsala!**

Welcome to Uppsala!! We are so excited that you will be joining us in one of Sweden's most vibrant and historic student cities. Life here is a unique mix of academics, traditions and social activities through the famous student nations. To help you settle in smoothly we have put together some packing advice so you arrive prepared, comfortable and ready to make the most of your experience.

### **Bring what cannot be replaced**

Pack items that are difficult or expensive to replace in Sweden. This could include prescription medication, specific toiletries, important documents or personal items from home. While most things are available here, certain brands or product may be hard to find or more costly here.

### **No cash is necessary**

Sweden is a largely cash free society. Most places accept card or mobile payments and many do not accept cash at all. Make sure that you have a functioning debit or credit card. Apps like Swish are also commonly used but require a Swedish bank account.

### **Formal wear**

Student life in Uppsala include many formal dinners, so called "sittningar" or "gasques". These often have dress codes, so it is a good idea to bring at least one formal outfit, such as a suit, dress or a jumpsuit. While you of course can find options in Sweden, having something ready means saving money and stress from finding the perfect outfit in a new country.

### **Versatile clothing**

The weather in Uppsala (and Sweden) can change quickly, especially between seasons. Bring clothes that can be layered and mixed easily. This helps you stay comfortable whether it is cold, rainy or unexpectedly warm. Think practical and adaptable rather than very seasonal items. Before starting to pack, it can be good to watch the weather apps and see how the weather will be during the time you will be spend in Uppsala. The weather is very different depending on season. **Note:** during the winter months (November to march) the weather can go under zero degrees Celsius and so a proper winter jacket, shoes, gloves and a hat might be necessary to use.

### **Avoid bulky items**

Try not to overpack large or heavy items like bedding, kitchenware or decorations. These can easily be bought in Uppsala, often at affordable prices or second hand. Packing light will make your journey easier and give you flexibility when settling in.



## **Electronics**

If you are bringing electronics, check that they are compatible with European voltage (230V) and bring a suitable power adapter. Sweden uses Type C and F plugs. Adapters can be bought locally, but it can be convenient to have one when you arrive.

## **Customs and restrictions**

Before traveling it is important to check what you are allowed to bring to Sweden, especially regarding food, alcohol and medications. For up to date information, visit the Swedish customs website:

<https://www.tullverket.se/en/startpage/private/throughcustoms/goodssubjecttospecialrules.4.311bf4f016e69d6ea0db94.html>

## **Drinking water**

Tap water in Sweden is safe, clean and of very high quality. You can drink it directly from the tap. Still water bottles can otherwise be bought at the supermarket.

## **Getting to and from the airport**

The easiest way to travel between Stockholm Arlanda airport and Uppsala is by train or bus. Trains are the fastest and take about 20 minutes, however there is an entrance fee to get onto the platform. Busses (e.g UL) are slightly slower but a lot cheaper. Taxis are also available but more expensive.

## **Ask your buddy!**

Once you have been matched with your buddy and they have reached out, don't hesitate to ask for help. Your buddy is here for you and to help you before, during and after your exchange! Maybe your buddy has some more general tips about what is essential to pack for the best Uppsala experience.