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## TEABAGS, YOUR OWN PILLOW, A CHILDHOOD TEDDY AND MARMALADE - JUST SOME OF THE THINGS BRITS INSIST ON TAKING ON HOLIDAY WITH THEM, ACCORDING TO RESEARCH FROM M&S BANK

Research from [M&S Bank](#) has revealed the home comforts that Brits like to take abroad with them, and found that tea bags (43 percent), crisps (37 percent), slippers (36 percent) and coffee (35 percent) top our packing lists.

Anti-bacterial cleaning fluid (30 percent), your own pillow (25 percent), a travel kettle (19 percent) and tins of beans (18 percent) also make an appearance in the household items we don't like leaving behind.

A tenth (11 percent) insist on taking their childhood teddy on holiday, with a further 10 percent opting to bring their favourite mug.

Air freshener (nine percent), washing up gloves (seven percent) and water filter jugs (four percent) also make an appearance in Brits luggage.

Looking at why we pack our home comforts, four in ten (41 percent) admit they take certain items 'just in case', while a third (33 percent) want to make sure they have them on hand in case the place they are visiting doesn't have them.

A further one in three (33 percent) like to make sure they have their favourite food and snacks, with 31 percent wanting to have their home comforts around them.

Not wanting to buy items while away (24 percent), maintaining the same routine as home (18 percent) and making sure you have the materials you need to clean if you want to (18 percent) are also motivators for packing these 'home-to-holiday-essentials'.

However, the study found that British holiday makers almost always forget some obvious things when heading off into the sunset, with suncream (21 percent), phone charger (20 percent), sunglasses (20 percent), travel adaptors (17 percent) and toiletries (17 percent) all making the list.

One in six (16 percent) have arrived at the airport only to realise that they have no foreign currency or travel insurance (15 percent), while 10 percent have even turned up without swimwear or shoes (nine percent).

More than one in twenty (seven percent) have forgotten prescription medicine or even to update their passport (seven percent).

**Nic Moran, from travel money and travel insurance provider, M&S Bank, said:** “Planning a holiday is an exciting time and even though many of us will have been thinking about our next break for quite some time, it’s still easy to forget certain things.”

“It sounds simple, but making a list of everything you intend to take or sort pre-trip – paying particular attention to your passport if travelling abroad, along with tickets, travel money and insurance – can ensure that you’re well prepared and can spend more time relaxing on your getaway, when it comes around.”

Despite starting to pack a week (46 percent) or a day (23 percent) before the holiday, we forget an average of two essential items every time we go on holiday.

Putting items aside and forgetting to put them in your bag (29 percent), having a lot on your mind (26 percent) and having too much to remember (22 percent) are the main reasons for leaving holiday essentials behind. One in five (19 percent) admit they leave all their packing to the last minute which results in missing items, while a further 19 percent were so excited, some essentials just slipped their mind.

Almost half (49 percent) feel annoyed when they realise they’ve forgotten something, 46 percent say they feel frustrated, while 18 percent are left feeling panicked.

It is no wonder we get annoyed when forgetting to pack something, with these holiday essentials costing holidaymakers an average of £137 to replace.

One in five (20 percent) have found themselves having to start their holiday searching for a shop to buy replacement items, while a further 19 percent had to purchase items in the airport.

Almost half (46 percent) say they have written a packing list to reduce the chances of forgetting something, while four in ten (42 percent) write a holiday checklist.

Almost a third (29 percent) lay everything out and pack well in advance, with a sixth (15 percent) setting a series of reminders on their phone.

13 percent put sticky notes around the house to remind them what to pack.

A third (33 percent) would describe themselves as overpackers, cramming as much as possible in their luggage, just to be on the safe side, while one in four (24 percent) organise everything into day and activity type. 19 percent confess they pack at the last-minute.

Nearly four in ten (39 percent) have had to pay extra at the airport because their luggage was too heavy, with 37 percent saying they’ve had to remove items from their bags before jetting off.

The worry that you might have forgotten something (23 percent) is one of the most stressful parts of the holiday, topped only by ensuring you arrive at the airport on time (27 percent), according to those surveyed.

## TOP 40 ITEMS THAT BRITS WILL BE TAKING ON HOLIDAY WITH THEM THIS YEAR:

1. Teabags	43%
2. Crisps	37%
3. Biscuits	36%
4. Slippers	36%
5. Coffee	35%
6. Anti-bacterial cleaning fluid	30%
7. Your pillow	25%
8. A travel kettle	19%
9. Tinned food such as baked beans	18%
10. A loaf of bread	15%
11. A digital alarm clock	14%
12. Your journal	13%
13. Your favourite squash	13%
14. Salt and pepper	13%
15. A hot water bottle	13%
16. Your favourite tippie	13%
17. Cutlery	12%
18. Your childhood teddy	11%
19. Kitchen utensils	10%
20. Jam	10%
21. Your favourite mug	10%
22. Pictures of friends and family	10%
23. Air freshener	9%
24. Tinned soup	9%
25. Your lucky charm	8%
26. Pots and pans	7%
27. Yeast spread	7%
28. Washing up gloves	7%
29. Photo of a pet	7%
30. Fitness equipment, like a yoga mat	7%
31. A kite	7%
32. Scented candles	6%
33. Marmalade	5%
34. Family photo albums	5%
35. A water filter jug	4%
36. Crystals	4%
37. An electric blanket	4%

38. Incense	4%
39. Toilet seat covers	3%
40. A family heirloom	3%

## ENDS

### Notes to Editors:

Research of 2,000 UK based Brits was commissioned by M&S Bank and was conducted by [Perspectus Global](#) in April 2023.

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### About M&S Bank

M&S Bank (the trading name of Marks & Spencer Financial Services plc) launched in 2012 on the foundations of M&S Money, which was established in 1985 as the financial services division of Marks and Spencer plc. In November 2004, HSBC bought 100 per cent of the share capital of Marks and Spencer Retail Financial Services Holdings Limited.

Today, M&S Bank operates as a joint venture arrangement between HSBC and Marks & Spencer, however, M&S Bank has its own banking licence and its own Board.

M&S Bank offers a broad range of financial products, including the M&S Credit Card, and a range of loans, savings and general insurance products, while its travel money service offers one of the widest ranges of currencies available on the high street.

### HSBC UK

HSBC UK serves around 15 million customers across the UK, supported by 26,000 colleagues. HSBC UK offers a complete range of retail banking and wealth management to personal and private banking customers, as well as commercial banking for small to medium businesses and large corporates.