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TEABAGS, YOUR OWN PILLOW, A CHILDHOOD TEDDY AND A TRAVEL KETTLE - JUST SOME OF THE THINGS BRITS INSIST ON TAKING ON HOLIDAY WITH THEM, ACCORDING TO A NEW STUDY FROM M&S TRAVEL INSURANCE

Research from [M&S Travel Insurance](#) delved into the home comforts that the nation will take on holiday with them when they finally get to head off on vacation this year, and found that tea bags (44 percent), biscuits (40 percent), coffee (37 percent) and slippers (35 percent) top the list.

Anti-bacterial cleaning fluid (30 percent), your own pillow (21 percent), a travel kettle (19 percent) and tins of beans (17 percent) also make an appearance in the household items we don't like leaving behind.

A sixth (16 percent) will make sure they take a loaf of bread, while 13 percent won't leave home without clothes pegs.

Air freshener (10 percent), kitchen utensils (nine percent), pots and pans (six percent) and even water filter jugs (five percent) will also make an appearance in Brits luggage, while a tenth (10 percent) will insist on taking their childhood teddy and their favourite mug (nine percent).

Despite four in ten (42 percent) admitting that their family and friends tease them about the household things they take on holiday with them, 44 percent say they take them just in case they need them, while four in ten (37 percent) want them on hand in case the place they are visiting doesn't have them.

One in three (34 percent) simply want their favourite food and snacks with them, with 29 percent preferring to have their home comforts around them.

Not wanting to buy items while away (25 percent), maintaining the same routine as home (22 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 also found that British holidaymakers almost always forget some holiday essentials when heading off on holiday, with suncream (20 percent), phone charger (19 percent), sunglasses (18 percent), travel adaptors (17 percent) and toiletries (16 percent) all being left at home, along with headphones (15 percent) and swimwear (10 percent).

14 percent have arrived at the airport only to realise that they have no foreign currency, or have forgotten to take out travel insurance (11 percent). One in 12 (eight percent) have turned up at the airport without shoes or underwear, while a further seven percent have forgotten their prescription medicine.

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Your child's favourite toy (four percent), insurance information (three percent) and guidebooks (three percent) are also amongst items regularly forgotten.

In fact, despite starting to pack a week (50 percent) before a holiday and a third (33 percent) of us describing ourselves as organised packers, we forget an average of three essential items every time we go away. The most common reasons for forgetting items are putting them on the side and forgetting to put them in a bag (31 percent), having a lot on our mind (29 percent) and having too much to remember (21 percent).

One in five (19 percent) admit that leaving their packing to the last minute has resulted in them missing items, while a further 18 percent said they have been so excited to go away that they have forgotten things.

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."

On average, it costs British holidaymakers £140 to replace the items they've left behind when away, leaving over half of us annoyed (52 percent) and frustrated (46 percent), with one in five (19 percent) saying they feel a wave of panic when they realise they've left something at home.

It's no surprise that nearly a third (29 percent) have found themselves hunting out a shop as soon as they land in order to buy replacement items, while a further 27 percent have had to purchase bits at the airport.

Over half (52 percent) write a packing list to reduce the chances of forgetting something, while three in ten (32 percent) lay everything out and pack well in advance.

The survey also found the most stressful things about a holiday, with waiting around at the airport (28 percent), getting to the airport on time (28 percent) and the fear you've forgotten something (26 percent), all considered the biggest worries.

Washing all the clothes when you get home (19 percent), flying (16 percent) and waiting to find out if your bag is the right weight (15 percent) also gets Brits' hearts pumping.

It's no surprise that weighing luggage stresses us out as 31 percent have had to pay extra because their bag was too heavy, with 31 percent even taking items out in order to get to the right weight.

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

1. Teabags – 44%
2. Biscuits – 40%
3. Coffee – 37%
4. Slippers – 35%
5. Crisps – 35%
6. Anti-bacterial cleaning fluid – 30%
7. Your pillow – 21%
8. A travel kettle – 19%
9. Tinned food, such as baked beans – 17%
10. A loaf of bread – 16%
11. A digital alarm clock – 15%
12. Salt and pepper – 14%
13. Your favourite squash/cordial – 14%
14. Clothes pegs – 13%
15. Your journal – 12%
16. Cutlery – 12%
17. Your favourite tippie – 12%
18. A hot water bottle – 12%
19. Air freshener – 10%
20. Your childhood teddy – 10%
21. Jam – 10%
22. Pictures of friends and family – 9%
23. Your favourite mug – 9%
24. Kitchen utensils – 9%
25. Tinned soup – 8%
26. Your lucky charm – 7%
27. Yeast spread, such as Marmite – 7%
28. Pots and pans – 6%
29. Photo of a pet – 6%
30. A kite – 6%
31. Marmalade – 6%
32. Fitness equipment like a yoga mat – 6%
33. Washing up gloves – 6%
34. Scented candles – 6%
35. A water filter jug – 5%
36. Toilet seat covers – 4%
37. Family photo albums – 4%
38. Crystals – 4%

39. An electric blanket – 3%

40. A family heirloom – 3%

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Notes to Editors:

Research of 2,000 Brits was commissioned by M&S Bank and was conducted by [Perspectus Global](#) in July 2024.

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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

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