

PACKING YOUR BAGS

Our advice always is to pack for comfort and layered wear. Pack comfortable broken-in walking shoes. Please note that proper attire, such as long pants (rather than shorts) for men and pants (or a skirt) and a shirt with sleeves for women, is required for entrance into many religious institutions, especially the Vatican.

Additionally, there are a few things we recommend you DO NOT bring with you, such as valuable jewelry or other precious or sentimental items, expensive gadgets, and generally, anything you can't afford to lose. You don't want to ruin your trip by worrying about your possessions.

When deciding what to pack, remember airline baggage rules can be complicated and vary from airline to airline. Depending on the airline, the baggage allowance is normally one 50-pound bag but please remember that many airlines now charge a fee for checked luggage. Check with your airline before departure for the most up-to-date information on baggage allowances, restrictions, and fees.

As you may be responsible for carrying your own bags for quite some distance, you should aim to bring no more than 50 pounds or one large suitcase. If you cannot carry your bags, they are too heavy. You will be responsible for carrying your luggage to your housing and many places do not have elevators. In addition, many cities in Europe are not set up with wheelchair ramps and, consequently, you may need to carry your rolling luggage.

When packing, also remember that you will be responsible for keeping your luggage with you at all times, even while you are traveling before or after the program. It is very expensive to have bags shipped home or consigned at an airport or train station. Most participants find that they can get by on much less than they brought. Plus, you will want to save room for souvenirs and other items you might purchase!

Helpful Packing Tips:

- Do not pack your passport, currency, jewelry, medication, other travel documents, or valuables in your checked luggage. Keep them in your carry-on bag and insight.
- Keep one change of clothing and a toiletry kit in your carry-on luggage in case your checked luggage does not arrive on your flight. Be sure to check [airport security/TSA guidelines for carry on items](#).
- Take all the medication you need to last the duration of the program plus a little extra. Leave it in its original container and bring a copy of your prescription (this includes birth control). Bring an extra pair of prescription eyeglasses and contact lenses.
- Take versatile items of clothing that are easily layered, think "[capsule wardrobe](#)".
- With numerous cultural activities, excursions, and on-site activities, you will be doing a lot of walking. Comfortable shoes are a necessity; make sure they are well broken in before you leave.
- Europeans do not generally wear sweatshirts, shorts, sweatpants, flip-flops, or jeans with holes or tears. You may feel more comfortable if you try to dress to "fit in." Wearing dressy clothes is obviously not practical for everyday purposes, and you can get by wearing nice shirts, blouses or sweaters with pants or nice jeans.
- If you are visiting churches, please dress respectfully. Your shoulders must be covered and pants/skirts/dresses must reach the knee for entrance into these churches. An easy way to cover your shoulders in the summertime is to have a lightweight scarf with you. You can also buy a scarf there in a shop as a souvenir!
- Flat, comfortable shoes are a MUST. Montepulciano is a hill town with uneven roads.
- You may want to consider bringing your favorite brand name products such as your favorite brand of shampoo or antiperspirant, pain relievers and other OTC medications, particular brands of contact lens supplies, etc. Brand name items may not be available abroad, though you can almost always find a local equivalent.
- Pack three photocopies of the photo page of your passport in your checked luggage. They should always remain separate from the actual documents.

PACKING CHECKLIST

OFFICIAL DOCUMENTS & NECESSITIES

- Passport
- Photocopies of the photo page of your passport (packed separately)
- Airline ticket/e-ticket itinerary and photocopy (packed separately)
- Debit card(s), credit card(s), local currency (Euros)
- List of credit card numbers and photocopies, important phone numbers, etc. (leave a reference copy with a friend or family member in the U.S.)
- Health insurance policy card and claim forms (CISI)
- Medical Masks (KN95)
- Hand Sanitizer (Mini)

SCHOOL SUPPLIES

- Backpack (also good for carry on and overnight/weekend trips)
- Course textbooks (recommend online or online PDF versions for lighter packing)
- Pens, Pencils, Notebooks
- USB Flash Drive
- Laptop and Charger
- Other supplies as directed by your professors

CLOTHING

- Walking shoes (thick soled, broken in, comfortable) (NO flip-flops or heels)
- Layered, versatile clothing – bring options for churches (modest)
- One or two sets of nice/dressy clothes (Good for meetings with important individuals/companies and for a celebration dinner at the end)
- Light jacket (It can get chillier at night especially in early summer)
- Rain jacket

MISCELLANEOUS PERSONAL ITEMS

- An outlet adapter (universal adapters are useful if you plan to travel between Europe)
- Prescription medications in their original containers (be sure to include copies of the prescriptions)
- Extra prescriptions for medications, glasses, and contact lenses (enough for the length of your stay)
- Phone numbers and addresses for friends and family
- Health kit with aspirin, bandages, etc. – Over the counter medicines that may not be available abroad
- Dietary supplements (protein bars, vitamins, etc.)
- Toiletries (make sure the sizes of these items are TSA compliant or in checked luggage)
- Small folding umbrella
- Camera (include USB cords, chargers, and extra memory cards)
- Phone Charger & portable charger
- Journal and supplies
- Small travel bag for weekend trips (backpack recommended)
- Fold up compact travel duffel (in case you need an extra bag)
- Maps, guidebooks & budget travel guides such as Lonely Planet, Rick Steves, Let's Go, etc.
- Book or wired headphones for the flight
- Reusable Water Bottle (tap water in Italy is good to drink)
- Small personal objects that will help you feel comfortable away from home