

## **Packing for Italy**

Pack for comfort with layered clothing and broken-in walking shoes. Proper attire is required for many religious sites, including the Vatican—men should wear long pants, and women should wear pants or a skirt that covers the knees with a sleeved shirt to cover the shoulders.

Avoid bringing valuables, expensive gadgets, or anything you can't afford to lose (sentimental items). Airline baggage rules vary, so check with your airline for weight limits and fees. Generally, one 50-pound bag is allowed, but you'll need to carry your own luggage—many places do NOT have elevators or ramps.

It is very expensive to have bags shipped home or consigned at an airport or train station. Most students find that they can get by on much less than they brought.

Pack light, and don't forget to save room for souvenirs to bring home!

### **Helpful Packing Tips:**

- Keep essential items—passport, money, jewelry, medication, and travel documents—in your carry-on, not checked luggage.
- Pack a change of clothes and toiletries in your carry-on in case of delays. Follow TSA guidelines for carry-on items.
- Bring enough medication for your trip, plus extra, in original containers with prescriptions. Pack spare contact lenses and glasses.
- Expect lots of walking, so wear well-broken-in, flat, comfortable shoes—Montepulciano has uneven, hilly roads.
- Opt for a versatile, layered capsule wardrobe. Europeans typically avoid sweatshirts, shorts, sweatpants, flip-flops, or ripped jeans. While dressy clothes aren't necessary, nice shirts, blouses, sweaters, and well-kept jeans or pants will help you blend in.
- Dress respectfully for church visits or you will NOT be allowed to enter—cover shoulders and wear knee-length pants, skirts, or dresses. A lightweight scarf is a great option for covering shoulders.
- Bring your favorite brand-name toiletries and OTC medications, as they may not be available abroad.
- Pack three photocopies of your passport's photo page in separate locations from the original.

## **Suggested 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 credit card numbers and photocopies, important phone numbers, etc.
- ☐ Health insurance policy card
- ☐ Hand Sanitizer (Mini)

### **SCHOOL SUPPLIES**

- ☐ Backpack or small bag (also good for carry-on and overnight/weekend trips)
- ☐ Course textbooks (recommend online versions for lighter packing)
- ☐ Pens, Pencils, Notebooks
- ☐ 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 modest options for churches
- ☐ One or two sets of nice/dressy clothes (good for a nice dinner)
- ☐ Light jacket (It can get chillier at night, especially in early summer)
- ☐ Rain jacket

### **MISCELLANEOUS PERSONAL ITEMS**

- ☐ An outlet adapter and/or converter (universal adapters are useful if you plan to travel within Europe)
- ☐ Prescription medications in their original containers (be sure to include copies of the prescriptions)
- ☐ Extra prescriptions for medications, glasses/contact lenses (for the length of your stay)
- ☐ Phone numbers and addresses for friends and family
- ☐ Health/first aid kit with aspirin, bandages, etc.
- ☐ Favorite snacks or comfort foods (non-perishables)
- ☐ Toiletries (make sure the sizes of these items are TSA compliant or in checked luggage)
- ☐ Your preferred feminine care products
- ☐ Sunscreen
- ☐ 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 bag (in case you need an extra bag or for shopping/groceries)
- ☐ Maps, guidebooks & budget travel guides such as Lonely Planet, Rick Steves, Let's Go, etc.
- ☐ Book or wired headphones for the flight
- ☐ Reusable Lightweight Water Bottle (tap water in Italy is good to drink)
- ☐ Small personal objects that will help you feel comfortable away from home