

# Packing List for Italy

Traveling light but intelligently is the always best way to travel in Italy. You may have to carry your luggage upstairs, over cobblestone streets, or on and off trains and public transportation to your lodging. Xperitas recommends packing everything in small to medium sized suitcase. Pack a small backpack in your suitcase or use it as your carry on.

## CARRY IN A MONEY BELT OR NECK POUCH

- ☐ Passport (and other visas, green cards, or documentation)
- ☐ Small amount of cash (\$50-\$100) in local currency
- ☐ Credit or debit card
- ☐ Travel itinerary with addresses and phone numbers of your hotels, host family and leaders

## BEST LEFT AT HOME

- ☐ Jewelry
- ☐ Hair dryers, curlers and straighteners – they are heavy and only work with a heavy converter
- ☐ High heeled or uncomfortable shoes
- ☐ Laptop, or other expensive devices

## FOR YOUR CARRY-ON

- ☐ Travel alarm clock or watch
- ☐ Essential medicines (keep prescriptions in original bottles and carry generic names of all prescriptions)
- ☐ Deodorant
- ☐ Memo book to track purchases
- ☐ Journal and pens
- ☐ A change of clothes
- ☐ Menstrual items (tampons, pads) if applicable
- ☐ Digital camera or smart phone, charger, travel adaptor/converter (if necessary) and any fragile electronics
- ☐ Toothbrush and toothpaste
- ☐ Travel size hand sanitizer that contains at least 60% alcohol
- ☐ Travel pack tissue/Kleenex
- ☐ Disinfecting wipes
- ☐ Face/cloth masks
- ☐ Eyeglasses, contact case and solutions (if needed)
- ☐ Photocopy of your passport or government-issued photo ID
- ☐ Printed copy of your insurance card
- ☐ Anything else you would not want to do without in the rare event that your suitcase is lost and catches up with you a day or two later

# What Goes In Your Suitcase

Check with your airline for specific luggage guidelines and applicable fees. Most airlines allow one checked bag for international travel (no larger than 62" linear – sum of height, width and length) and weight ranges from 44-50 pounds. Fees vary by airline. In your carry-on, TSA currently only allows liquids or gels in 1 clear, quart-sized bag, with only 3oz bottles or smaller. Make sure you bring enough layers of clothing for different temperatures Roll clothes instead of folding – it saves space and helps with wrinkles. Pack electronics in your carry-on. Checked luggage gets tossed around, so don't pack anything fragile in there. . *This may vary depending on the length of your stay abroad. It is a good idea to check the 10-day weather forecast ahead of time so you can pack accordingly.*

## CLOTHING & ACCESSORIES

- ☐ 4-5 changes of clothes that can be mixed, matched and layered. Dress in layers to be prepared for extremes in weather. Belgium can be chilly and rainy or sunny and warm.
- ☐ Gloves and hat if needed.
- ☐ 1 business casual outfit; dress pants, dress shirt/collared shirt, skirt/dress and blouses for visiting schools, churches, etc.
- ☐ Rain gear – coat, hat, umbrella and/or poncho. Articles that dry quickly are ideal.
- ☐ 1 pair of comfortable shoes to hike in (old tennis shoes are great) and one pair of sandals (we recommend sandals with covered toes, such as Keens)
- ☐ Underwear and socks
- ☐ fruit, nuts, crackers)
- ☐ Reusable water bottle
- ☐ Ear plugs and eye mask for possibly loud hotels in big cities
- ☐ Pajamas
- ☐ Swimsuit, flip flops and towel (for summer programs)
- ☐ High factor sunscreen, lip protector, sunglasses and hat
- ☐ Gift for your host family, and photos of your family and friends/scrapbook
- ☐ Photocopy of your passport
- ☐ Flashlight or head lamp
- ☐ Plastic bag for dirty clothes/shoes
- ☐ A small backpack, purse or messenger bag to bring along on your day outings (this could be your carry-on)
- ☐ Non-perishable snacks to stave off hunger while sightseeing (granola bars, dried

## TOILETRIES & PERSONAL CARE

- ☐ Shampoo & conditioner (in small containers)
- ☐ Soap
- ☐ Deodorant
- ☐ Contact solution, contact case & extra contacts (and your glasses)
- ☐ Razor & shaving cream
- ☐ Hair products
- ☐ Lotion
- ☐ Cosmetics
- ☐ Brush