

## Packing Checklist

This list is just a guideline but we highly recommend packing light. You will be responsible for moving luggage around the airport, on the street, etc. so you want it to be manageable.

There will be some sites that require coverage of shoulders and knees.

You will have some access to washing machines or laundry services.

- 5 shirts/blouses: long- and short-sleeve
- 1 sweater or lightweight fleece
- 2 pairs pants/ skirts
- 1 pair shorts
- 1 swimsuit
- 5 pairs underwear and socks
- 1 pajamas/nightgown
- 1 pair of walking shoes (we will walk a lot)
- Slippers or flip flops for in the hotel
- 1 rainproof jacket with hood
- Money belt
- Money—your preferred mix of:
  - Credit card (call company to make sure it will work in Italy)
  - Dollars to be exchanged or Euros from the bank before you go or a CC that can be used at an ATM
- Passport and any supporting docs (needed only for things like: non-American citizens or people who can't go through airport scanners...)
- Essential electronics
- Appropriate chargers
- Electronic converter
- Daypack
- Empty water bottle
- Toiletries (soap, shampoo, toothbrush, toothpaste, floss, deodorant, sunscreen)
- Medicines (the group leader can carry EpiPens etc. if need be)
- Glasses/contacts/sunglasses (with prescriptions)

\*\*\*\*\*note that **all fluids** must be in three-ounce or smaller containers and fit within a single quart-size baggie. For details, see [www.tsa.gov/traveler-information](http://www.tsa.gov/traveler-information) .