

Italy Packing List (spring semester)

Personal Documents Folder

- Make photocopies of necessary and useful documents and make a folder for yourself, as well as one for your emergency contact(s) at home. You may also use a scanner or scanning app to create a digital backup copy to share with them. Here are the essentials to include:
 - Passport info page
 - Visa page in passport
 - Other form of ID (ex: driver's license)
 - Proof of international insurance coverage and insurance company assistance
 - Abroad contact info
 - Letter of enrollment
 - Credit/Debit cards and issuing institution client assistance abroad contact info
 - Prescription medication documents (if applicable)
 - Ticket(s) for your flight(s)
 - CDC vaccination records (specifically COVID-19 vaccines)
- Finally, put photocopies of your ID inside each piece of luggage.

Carry-on Luggage

- Personal documents folder
- Purse or wallet
- Valid passport with visa
- Cell phone, charger, and adapter
- Laptop computer and charger
- Power bank (optional)
- Prescription medication with doctor's note (if applicable)
- Local currency (recommended: €100. Optional: \$40 USD for immediate purchases upon returning to the USA)
- Keys to your checked luggage
- In-flight toiletries
- Headphones and/or earplugs
- Extra change of clothes (in case luggage is temporarily lost)
- Comfort item from home (ex: photos, stuffed animal, small blanket)

Checked-in Luggage (try to pack only one checked bag)

- Most of the space in your checked luggage should be taken by clothing and footwear. Bring only starter amounts of personal hygiene products and cosmetics: you will find everything you need in Italy. Do not forget some favorite over the counter medication –

just in case – and remember the old study-abroad student maxim: Our biggest regrets are not for the things we have not brought with us, but for those we carried to Italy to never be used.

- Another copy of ID and travel documents
- 1 pair of comfortable, everyday walking shoes for warm weather
- 1 pair of comfortable, everyday walking shoes for cold, rainy weather
- 1 pair of sneakers/trainers for outdoor activities
- 1 pair of flip-flops/slippers for the home
- 5-10 casual outfits based on items you can mix and match. For example:
 - 3-4 pairs of pants/skirts
 - 6-10 nice blouses or shirts (tie optional)
 - 2-4 sweaters or sweatshirts
 - Plenty of undergarments (underwear, socks, bras, etc)
- 1-2 sports/gym outfits
- 1 rain jacket
- 1 warm winter coat
- (Optional) Bathing suit
- Daypack or shoulder/bookbag
- Reusable water bottle
- Over-the-counter medication and a thermometer (pain relievers, cold medicine, fever reducers, laxatives, anti-diarrhea medicine, travel sickness medicine)
- Starter pack of personal hygiene items, toiletries, make-up
- Small first aid kit and band-Aids
- (If applicable) Retainer and/or contact lenses with a small bottle of solution

Final Packing Tips:

1. Pack a pair of basic clothes and loungewear in your carry-on in case your luggage is misplaced for a couple of days.
2. Instead of folding clothes, roll them.
3. Pack all the smaller items at the end after you're done packing the voluminous stuff.
4. Always use Ziploc bags for your toiletries: they are approved by TSA, ideal to keep your toiletry free from any contamination, and spill-proof.
5. Put a photocopy of your ID in each suitcase or backpack.

A Note on Electrical Devices:

If you are planning on bringing a device that is designed to heat up, don't. The voltage levels in Italy are twice that of those in the US, and almost all devices that are meant to heat up (curling irons, blow driers, heated blankets, etc) will either explode or melt if plugged into an Italian plug. Buy these things once you get abroad to stay safe.