

2015 Italy Field School Checklist

Before you go:

- Contact bank/credit card re: out-of-country status
- Scan important documents (passport, credit cards, etc.); email to self; pack photocopies in checked bag
- Inform close friends and family of your travel so no one wonders why you are 'missing'
- Purchase some Euros (for some banks, you need to pre-order; don't wait until the last minute! You can purchase at the airport but it will cost more.)
- List of emails and regular postal addresses should you be a postcard person!
- Purchase adaptor for your electronics (two-pronged round)
- Other _____
- For those travelling on to Milan: pre-purchase discount tourist cards

Pack in carry-on:

- Passport (readily accessible for departure)
- Other travel documents, e.g., e-ticket (readily accessible for departure)
- Medications, if needed, especially prescription or uncommon products
- Any liquids/gels/aerosols (e.g., hand-cream, hand-sanitizer, etc.) must be under 100 ml and in a **single** clear plastic bag, see: [Liquids, Food & Personal Items](#) Larger items go in your checked bag.
- Glasses/contact lenses/sunglasses
- Electronics (cellphone, camera, laptop, battery chargers, etc.)
- Adaptor for your electronics (two-pronged round)
- Stuff you can't do without should your checked bag go missing! E.g., basic toiletries, possibly even a change of underwear!
- Emergency snacks
- Pens, pencils, notebook (a size that fits into your bag)
- Other _____

Pack in checked bag:

- Clothes: pant(s), skirt, tops, socks, underwear, swimsuit (with plastic bag), accessories (scarf, though there are many to tempt you in Italy), sweater or fleece, all-purpose jacket
NOTE: if you're not going to wear it more than three times, don't pack it! Every piece of clothing you bring should complement every other item or have at least two uses.
- Chef jacket, apron, and hair elastics for those with long hair (no hair in our food!)
- Footwear: sandals, closed toe shoe for kitchen, flip flops for use in communal shower
- Toiletries: travel-size!! You can buy much of what you need but if there is a particular brand that you must have, then bring it. This is true of feminine hygiene products.
- Towel (camp-type: compact fast-drying)
- Other _____

Suggested useful items to pack:

A few ziplocs as they can be handy for items that might leak; rain poncho to pack in your day-bag (when it rains, it can pour); Swiss army knife (checked bag only!); band-aids; Tylenol/Advil or something similar for pain; toilet paper (you never know...); **small combination lock** – recommended for hostel security lockers, your bag, etc.; pocket flashlight; ear-plugs; wet wipes; laundry bar soap for quick hand wash items; sewing kit

Other notes:

May temperature range in Tuscany/Emilia-Romagna: 24-13° C; the weather can change quickly!!

Tip: Bags that look worn and dirty are less likely to be stolen than brand new ones! As well, make sure you can navigate your bag if we need to walk 20-minutes, which means DON'T overpack.

Tip: Leave the jewellery at home; buy in Italy 😊

Tip: When visiting a church, cover your arms and shoulders. Dress modestly. Italians tend to be quite fashionable compared to the average Canadian. If you pack shorts, wear them when we are lounging around together at the hostel NOT when we are out and about!

Create your own [Travel Checklist](#) (CATSA).