

# PACKING LIST – SOUTHERN ITALY

## PACK YOUR BAGS!

The AdventureWomen team has curated this list for your adventure to Southern Italy. It is meant to provide packing guidelines, but please also think about how you travel and what works for you as individuals. If you have any questions, please don't hesitate to ask! It's what we are here for.

## Dress for the Weather

The weather in Southern Italy will be very agreeable – mid 70°s to high 80°s, with plenty of sunshine. It can be cold and windy at the top of some of the volcanoes, especially Mt. Etna, so you'll want to bring a fleece and dress in layers. Please check the weather before you leave. You'll want to bring a few dressier items for dining out, too. Also, keep in mind that you'll be moving hotels quite a bit on the trip, and many of the accommodations have stairs, so please try to pack light.

## Don't Forget...

In addition to the items below, a good pair of broken-in hiking boots are a must as well as sun protection (hat and sunscreen), water bottle(s), and a good supply of hiking socks.

## PACKING CHECKLIST

### Clothing & Gear

- Duffel bag or small suitcase
- 1 daypack – we recommend a comfortable backpack large enough to carry sunscreen, insect repellent, water & extra layers
- 1 pair broken-in hiking boots or trail runners
- 3-5 pairs hiking socks (wool suggested)
- 4-5 short sleeve shirts (quick dry recommended)
- 1-2 long sleeve shirts (quick dry recommended)
- 1 medium weight fleece sweater/jacket for cool evenings and hiking
- 1-2 pairs of pants
- 2-3 pairs of shorts
- Warm top layer for hiking
- Dressier outfits for dinner
- 1 pair of comfortable shoes for walking and evenings
- Bathing suit
- Sleepwear
- Water bottle(s) or bladder
- Waterproof jacket/windbreaker
- Hat for sun protection
- Underwear & bras
- Optional Telescopic Trekking poles (must be in checked baggage on flights, so be sure they collapse and fit into your luggage)

### AdventureWomen Essentials

- Travel documents (passport, airline tickets/itinerary, travel insurance policy number) and money
- 2 spare passport photos (in case of lost passport)
- Optional locks for your luggage
- Optional travel alarm clock with spare batteries
- Optional camera, memory cards, battery charger
- Plug adapter(s)
- Power bank (optional)
- Optional travel towel

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- Optional spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch
- Sunscreen and lip balm with SPF
- Hand wipes/hand sanitizer
- Toiletries: *(most of the accommodations will offer some of these items. They will not be provided on the ferry.)* - soap, shampoo, and conditioner; toothbrush, toothpaste; small packet of tissues; tampons and panty liners (avoid plastic applicators)
- Insect repellent/bug spray
- Earplugs – we recommend silicone earplugs
- Optional assorted stuff sacks and bags – consider bringing nylon or silicone bags to reduce the use of disposable plastics
- Reading material/journal and pens

## Personal First Aid Kit

- Prescription medicine you usually take (in original containers)
- Personal epi pen – if you need one, don't forget to pack it!
- Seasick/airsick medication (if prone to sea sickness)
- Bandages, gauze, ace bandage, blister prevention
- Antiseptic wipes/spray
- Antibiotic ointment
- Cotton-tipped applicators
- Oral rehydration tablets/packets – helpful to rehydrate at higher altitudes
- Antidiarrheal medication
- Mild laxative
- Antacid
- Cold remedies
- Ibuprofen/acetaminophen
- Eye drops
- Tweezers, scissors (travel size), safety pins

*Please note you'll be taking different modes of transportation that could cause motion sickness, and you'll be tasting many different foods. Please be sure to consult a travel doctor if you have any concerns and bring prescription and over-the-counter medicine you feel YOU will need for this trip.*