

PACKING LIST - DOLOMITES VILLAGES & CULTURE

PACK YOUR BAGS!

The AdventureWomen team has curated this list for your adventure in the Dolomites. 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

Summer in the Dolomites is usually sunny and pleasant, however, please be prepared for a range of weather and *dress in layers*. Expect mainly warm (sometimes hot!) sunny days, and a few rainstorms. Please note the potential for either warmer or cooler days - weather in the mountains is always unpredictable! In June, July, and August, temperatures range from 50-80°F in the valleys, and 30-70°F in the mountains.

Luggage Restrictions

There are no luggage restrictions for this trip, although we always suggest packing light!

PACKING CHECKLIST

Clothing & Gear

- Daypack (20-30L) - we recommend one comfortable and large enough to carry your extra layers, rain gear, water, camera, snacks, sunscreen
- Daypack cover or liner (for rain protection)
- 1 set of telescopic trekking poles
- 1 pair of hiking boots with ankle support (make sure these are broken in!)
- 1 pair of comfortable shoes for the evenings
- 1 lightweight fleece, sweater, or down jacket
- 1 medium-weight fleece, sweater, or down jacket
- Lightweight hat and gloves (e.g., fleece beanie & fleece gloves)
- 1 waterproof/breathable rain jacket (GoreTex suggested but any fully waterproof material is fine)
- 2 short sleeve shirts (quick-dry recommended)
- 1-2 long sleeve shirts (quick-dry with sun protection recommended)
- 1-2 pairs of pants (quick-dry recommended for hiking) / Pro tip: zip-off pants that can turn into shorts are a great option!
- 1 pair of shorts (quick-dry recommended)
- A couple casual outfits for evenings/non-hiking activities (nothing fancy!)
- 1 pair of short gaiters
- 2-3 pairs of good wool socks
- 1 bathing suit
- Hat for sun/rain protection
- Sunglasses with UV protection
- Underwear & bras
- Sleepwear
- Water bottle(s) or bladder - 1-2L capacity
- Plug adapter(s) - Type C/F or universal

AdventureWomen Essentials

- Travel documents (passport, airline tickets/itinerary, travel insurance policy number) and money
- 2 spare passport photos (in case of lost passport)

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- Optional locks for your luggage
- Optional travel alarm clock with spare batteries
- Headlamp with spare batteries
- Optional camera, memory cards, battery charger
- Plug adapter(s)
- Power bank (optional)
- Optional spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch
- Sunscreen and lip balm with SPF
- Hand wipes/hand sanitizer
- Toiletries: soap, shampoo, and conditioner; toothbrush, toothpaste; small packet of tissues; tampons and panty liners (avoid plastic applicators)
- 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
- Masks/face coverings
- Tweezers, scissors (travel size), safety pins
- At Home COVID tests

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.

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