



Preparing for Italy

Packing Suggestions

What shall I bring to wear? I think the biggest worry is to understand what size bag I should bring to Italy. Should I just carry on? Should I check an extra bag for gifts and souvenirs? All great queries. First things first, check what your airline allows and the fees coinciding. Double-check before you start packing. Make sure you know the weight limits, especially if you plan on buying gifts for yourself and others. We have laundry facilities on site so keep that in mind.

After living in Italy, I know how unpredictable the weather can be. Especially in the fall. I would be caught in random downpours on my bike all the time. September weather is normally still summer like weather, so around 65-80 degrees during the day and about 50-60 at night. I would bring a scarf/fleece/cardigan for reasons of entering churches and evenings out.

As you've seen in most Italian movies, you know how fashionable Italians are. Don't feel the need to measure up to the stylish Italians, however if you like to dress up, please do you. I would rather you think of comfort rather than fashion. We will be walking a lot and going to more casual places to eat.

Things to keep in mind when packing:

Luggage weight - Make sure you know what your weight and bag limits are for your airline. A test is if you can't lift the bag over your head to get in the overhead storage on a plane or a train, it's probably too heavy.

No elevators - Also keep in mind that you'll be rolling your bags along cobblestone streets (if not renting a car after the retreat). Also a lot of accommodations DO NOT have elevators. You've been warned.

Packing list:

- **Converters and/or power adapters** - Invest in a universal travel adapter, which lets you slide out different plug formations so that you can use the adapter in outlets in any country. Shop around and you can usually find one for less than \$10 online. Adapters and converters are available at most travel/luggage stores, pharmacies, electronics stores such as Best Buy, and even Target or Walmart. You can also buy them online from retailers like Amazon.
- **Good walking shoes** - If you're going shopping for new shoes for Italy, be sure to break them in first. Dealing with blisters is not fun when you are on vacation. We like to travel with 2-3 pairs of shoes so we can switch them out if one gives us pain or soreness.
- **Crossbody purse or backpack** - Safety is our biggest priority. To prevent pickpockets taking wallets and passports from your bags, make sure your purse or bag is close to your body at all times. If you happen to put the backpack on your back, put your wallet/passport in your front pocket or in a travel neck pouch like [this](#) instead of your backpack. Pickpockets are sneaky and you can't even feel it when it happens.
- **Sunscreen** - Sunscreen is a very important thing to pack. The Italian sun is much stronger and you'll be surprised at how fast you burn. Don't worry if you forget to pack it, the sunscreen is of great quality but the only downside is that it is WAY more expensive.
- **Sunglasses/ hats** - You're coming to Italy in the summer, be prepared to also protect your eyes.
- **A scarf or light cardigan** - I keep a scarf with me at all times. They're helpful when a sudden rainstorm occurs to cover your head and also to protect your shoulders and chest from the sun. Also it's handy when you need to cover your shoulders when entering a church.

Additional Packing suggestions:

We created a [Truly Italy Travel list](#) regarding packing suggestions. Here's some things we like to have with us while we are traveling abroad.

- **Collapsible canvas water pouch** - It's nice to have a water bottle that isn't bulky. It saves on buying another plastic water bottle.
- **Packing cubes** - We use these to be more organized. It's nice to have one for pants and one for shirts. Also even better, clean clothes and dirty clothes. It makes it easier to repack when you are moving from one city to another.

- **Portable charger** - Running a phone on a low battery is not ideal especially if we are on a day trip. A portable charger can easily be put into your travel bag and used when needed. [Clutch](#) is a great, new small portable charger that I love to have while I travel.
- **Collapsible grocery bag** - These are very helpful and save on carrying a lot of plastic bags. Also in Italy, plastic bags cost money at the grocery store. Let's save the planet and not add to the plastic garbage in this world.

