

Italy Packing List for Slow Travelers

Packing for Italy isn't just about what fits in your suitcase—it's about curating a **collection of essentials** that enhance your journey. **Slow travel** invites you to **be present**, move with **ease**, and **savor every moment**. This guide ensures you have everything you need (and nothing you don't) to explore Italy **comfortably, stylishly, and stress-free**.

Luggage & Bags

Lightweight Carry-On or Backpack



✓ A **well-structured carry-on** or **backpack** helps you stay mobile, especially when navigating cobblestone streets and trains.

Day Bag or Crossbody Purse



✓ Keep your **essentials** safe while wandering through **charming piazzas**.

Reusable Tote Bag




✓ Perfect for **market visits**, **impromptu picnics**, or **beach** days.

Packing Cubes



✓ **Organize** your outfits effortlessly and **save space**.





Clothing: Stylish & Functional



Breathable Layers



✓ Italy's weather can change, so pack a **mix of light layers**, including a **cardigan** or **light jacket**.

Comfortable Walking Shoes



✓ Opt for stylish yet **functional shoes**, such as sneakers, loafers, or cushioned **sandals**.

Chic, Casual Outfits



✓ Italians value effortless elegance; **pack neutral**, versatile pieces you can **mix and match**.

Scarf or Pashmina



✓ A **must** for visiting churches (covering shoulders), **layering**, or adding a touch of **Italian flair**.

Packable Rain Jacket or Umbrella



✓ Be prepared, **spring** and **fall** can bring **sudden rain showers**.

Swimwear



✓ If you're **near the coast** or visiting **thermal baths**, don't forget a swimsuit!

Sleepwear & Comfortable Loungewear



✓ Perfect for **relaxed evenings** at your accommodation.





Toiletries & Personal Care



Travel-Sized Essentials



✓ Opt for solid toiletries (shampoo bars, soap) or **small travel bottles** to save space and reduce waste.

Sunscreen & Sunglasses



✓ Italian sunshine is no joke—**protect your skin and eyes.**

Reusable Water Bottle



✓ Stay **hydrated** and **refill** at Italy's many public fountains.

Minimal Makeup & Skincare



✓ Embrace a **natural, effortless** look.

First-Aid Kit



✓ **Band-aids** (for cobblestone-induced blisters), **pain relievers**, **vitamin C**, and **motion sickness** tablets if you plan on taking scenic drives.

Hand Sanitizer & Wet Wipes



✓ Useful for **travel days** and exploring.





Tech & Travel Essentials

Universal Adapter → ✓ Italy uses **Type C, F, and L** plugs.

Portable Charger → ✓ Keep your phone charged for **maps and photos**.


International Cell Phone Plan (through your service provider) → ✓ Stay **connected** affordably.

Audiobook or Book → ✓ Ideal for **slow mornings** at a café.

Headphones → ✓ Tune into **Italian music or podcasts** while traveling.

Download Google Maps → ✓ Helpful when wifi is **not accessible**.





Documents & Money

- Passport & Copies → ✓ Always have a **digital and paper copy**
- Travel Insurance → ✓ A **must** for peace of mind.
- Debit/Credit Card with No Foreign Fees → ✓ Many places in Italy **still prefer cash**, but cards are widely **accepted**.
- Small Euros in Cash → ✓ Essential for **small purchases, tips, and markets**.
- Itinerary & Reservations (Printed & Digital) → ✓ A **backup** in case of tech issues.
- Notebook or Travel Journal → ✓ **Record your memories** and reflections.



Seasonal Extras

✓ **Hat & Fan** – Cities like **Florence & Rome** get **HOT** in July & August!

✓ **Waterproof Shoes** – Florence & Venice can be rainy.

✓ **A Small, Packable Umbrella** – Spring and fall can bring **sudden rain showers**.

What **NOT** to Pack

✗ **High Heels** – Unless you're attending a fancy event, they're **impractical on cobblestones**.

✗ **Too Many Clothes** – Italians **re-wear outfits** often; you don't need a new one every day.

✗ **Hair Dryer** – Most hotels & Airbnbs provide one, and bringing your own might require a **voltage converter**.

“Traveling is about finding those things you never knew you were looking for”

Bonus: Slow Travel Extras

Italian Phrase Cheat Sheet



✓ Even a few words will open doors to **deeper connections**.

[Get your FREE copy here](#)

Small Gift for Hosts or Locals



✓ A thoughtful token, such as a **postcard** from your home country, can create **meaningful exchanges**.

Mindset for Slow Travel



✓ The most important item! Embrace **spontaneity**, take detours, and savor **la dolce vita**.

Packing for Italy is about bringing what truly enhances your journey. Italy is **best explored on foot**, and rolling a giant suitcase over cobblestones is no fun. Stick to a **carry-on + small bag**, and you'll thank me later!

With this curated list, you'll feel *prepared, stylish*, and **free to immerse yourself in Italy's beauty**.

Ready to Experience Italy Like a Local?

Join one of our **immersive** Truly Italy experiences and **connect** with the heart of Italy through **culture, food, and unforgettable moments**.

Visit www.trulyitaly.tours to **start your adventure today!**

a presto, Katie