

## **SUGGESTED ITEMS TO BRING**

### **Books**

- Books for pleasure reading. Then, after you've read your books, everyone can share.
- Italian/English Dictionary
- Travel books
- Magazines (American ones can be up to 8 Euro here)

### **COMMENTS**

- Don't forget there are plenty of book stores in Rome with English sections
- Each person should bring a different guide book. The various choices focus on different aspects of travel but are too heavy for each person to bring them all.

### **DON'T BRING...**

- Enough books to get you through the entire semester (you will share and pass them around, and there is a good collection here already).

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## **PACKING SUGGESTIONS FROM FALL TERM**

### **Clothes**

- Plenty of underwear & socks (to avoid having to wash in the sink!)
- Lounging clothes/pajamas (soffe shorts and t-shirts; yoga pants which are appropriate for sleeping and walking around in the hotel; cool pajamas for hot nights.)
- Bathing suit (you can swim even in early fall)
- At least one semi-formal outfit (i.e basic black dress for events such as concerts at the palace)
- Dressy outfits (some with, some without sleeves for dressy dinners, etc.)
- Skirts (appropriate length for wearing inside churches)
- 1-2 pair of shorts
- Capri pants
- Jeans, jeans, jeans!!
- Black pants (for semi-dressy dinners)
- Plenty of sleeveless shirts and/or short sleeved shirts for warmer weather
- Long sleeved shirts and sweaters
- Light jacket and coats (casual jacket that goes with everything)
- Gloves and a scarf

## **PACKING SUGGESTIONS FROM SPRING TERM**

### **Clothes**

- 1 Rain coat with hood/rain jacket or poncho
- 1 pair long-johns
- 3 pair jeans
- 2 pair black dress pants
- 2 pair Capri pants
- 2 weeks worth socks and underwear (14)
- 1 skirt and matching top
- 1 nice dress
- 1 nice coat
- 1 fleece/pullover
- 3-4 long sleeve shirts
- 2-3 sweatshirts/hoodies
- 3-4 sweaters/turtlenecks
- 1 pair gloves
- 1 scarf
- 5 tee shirts
- 3-4 nice tops for dinner/nights out
- 2 pair lounge/yoga pants
- 1-2 pair pajamas

## COMMENTS

- Many of us from the Fall 2003 semester did not bring as many clothes as we wish we would have – especially winter clothes.
- Of course it is possible (and fun) to buy clothes here, but they can be expensive.
- Also, most of the clothes here are smaller sizes.
- Remember that you will be living in Italy, not merely traveling around. The only time you will have to carry all of your things is from the airport to the taxi/bus
- Clothing to bring will depend on the season.
- Layering is the smartest way to dress (experienced cool weather in May and at night; cold in the mornings and warm in the afternoons)
- Sleeveless shirts are okay if not too revealing
- Pack an extra set of undergarments and a shirt in your carry-on in case of possible lost luggage upon arrival in Rome
- Bring items you can leave here and throw away at the end of the term so you can have more room to pack gifts, purchases, and goodies to take home. You will more than likely be tired of your clothes by then anyway
- Spring season is very rainy in Rome; it also rarely gets above 70 degree. Weather begins getting warmer towards March. Summer, however, gets very warm. Also, wearing black is a good way to blend in. Shorts are not common
- Dark colors do not show stains as much, but any colors are fine

## DON'T BRING...

- Dry cleanable clothing
- Clothing that requires ironing
- Tons of clothing. You will buy some, and you won't have room in your luggage on your way back.

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## Shoes

- 1 pair black/dress shoes (flats preferable)
- 1 pair flip-flops (Tevass give good support and no blisters)
- 1 pair comfortable tennis shoes (day trips)
- Comfortable shoes for both casual and dressy outfits (tennis shoes, sandals, comfortable boots for colder weather, dress shoes, etc.)
- Slide-on go best with skirts

## DON'T BRING...

- Shoes you have not worn before
- Heels or strappy sandals; you will be doing a great deal of walking no matter where you go.

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## Bags/Purses

- 1 small backpack
- Purses (one to wear daily, across the chest – one for dressy outfits)
- A good size collapsible tote or small suitcase for overnight excursions
- Two large suitcases, one rolling carry-on, and a backpack are suggested

## COMMENTS

- A large purse or small backpack is convenient for daytrips, as you may wish to bring your journal, camera, snacks etc. with you.
- Pack clothes in one checked suitcase and ONLY toiletries in another so that you will have one empty suitcase coming back to the states. You will most likely buy many wonderful things, and you don't want to have to pay extra for excess luggage when you return. (Also having a foldable bag or duffel such as one made by Baggalini is very useful).
- Put all sharp objects (tweezers, clippers, scissors, etc.) in checked luggage. They will not hesitate to confiscate.

## **DON'T BRING...**

- Several purses (you will probably buy some in Italy; bring basic black and one big enough for a wallet, camera, and a bottle of water)

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## **Toiletries, Medicines & Miscellaneous**

- Hair brush/hair products
- Germex/Purell/anti-bacterial hand gel
- Toothpaste/toothbrush/floss
- Individually wrapped wet ones/Baby wipes
- Travel sized everything to last all semester for overnight trips (Kleenex, shampoos, conditioners, anti-bacterial hand sanitizer, antibacterial wipes, Charmin to go)
- Manicure and pedicure supplies (pumice stone a must and foot scrub/tweezers/nail clippers/nail file)
- Face scrubs
- Shampoo, conditioner
- Eye drops (some locations you visit can be very dusty)
- Chapstick
- Band-aids and mole skin (for blisters), Neosporin
- Sleep mask, inflatable neck pillow (for the airplane)
- Face products
- Cosmetics/perfumes/lotions
- Ziplock baggies (great for overnight excursions)
- Medications (prescriptions, Pepto, Midol, Tums, cold medications, vitamins, etc.)
- Feminine products (have Tampax brand in stores but not Playtex)
- Deodorant (bring enough to last the entire time, as Italy does not have the same kind of antiperspirant/deodorant we are used to)
- Sunscreen and insect repellent (good supply, it is expensive here)
- Benedryl cream and/or hydrocortisone cream or any other allergy medication
- Tylenol (we have not seen this brand here in Italy)
- 1 bottle body wash/soap
- 1 razor

## **COMMENTS**

- Bring washcloths (they don't have them in Italy)
- Can buy most any brand of make-up (they have Clinique, but haven't seen Cover Girl)
- Hair styling products can be more expensive.
- You can easily get medications in the pharmacies here, but it's nice to have something immediately if you need it.
- Hair dryers are provided by the College, and have diffusers
- Do not bring heating appliances, most converters burn them up (ex: hair straightener)

## **THINGS THEY DON'T HAVE IN ITALY**

- Bikini Zone
- Ibuprofen
- Tylenol Simply Sleep
- Excedrin Migraine
- Blistex
- Plastic applicator tampons
- Medicine for gastrointestinal problems your body will have when adjusting to the diet
- Dramamine (for bus rides)

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## **Laundry**

- Laundry detergent (you can purchase it from the supermarket in Ariccia)

- Small laundry bag (to carry clothes to be washed downstairs)
- Items that launder easily in sink (linen is a good option, things that do not wrinkle easily, darker clothes won't show stains and dirt as easily)
- Spray 'n' Wash stain stick or Shout wipes
- Laundry line and clothes pins (6-7 hangers or blow-up hangers; there are a few hangers in the hotel)
- Febreze, Downy Wrinkle-Release

**Comments**

- In the Hotel Villa Aricia, there is one washing machine and no dryer. One load of laundry takes approximately 1½ hours - 5 hours and you have to use it at night.
- Racks are provided for drying clothes on the terrace.
- The hotel has allowed us to use their detergent and fabric softener.
- It is advised not to put delicates in the hotel washer.
- A reasonable dry cleaners is nearby. Leaving the Palace, go left towards Genzano and through the arch. Cross the street. About a block on your right you will see a small cut-through street. Take that and immediately on your left will be the cleaners.

**THINGS THEY DON'T HAVE IN ITALY**

- Bleach sticks for clothes

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**Electronics**

- DVD's with holder to save space (that is, without plastic cover); 3-4 per person would be perfect.
- Bring either MP3 player or portable CD player and CD's (long bus/ train rides can get boring)
- Extra batteries for CD/MP3 players/rechargeable batteries (they are expensive in Italy)
- Charger for digital camera
- Digital camera with a 256 MB memory card or (2) 128 MB memory cards for digital camera (the small memory card that comes with most cameras is NOT sufficient)
- If bringing a 35 mm camera, film is expensive here. Pack film in carry-on to avoid exposure by x-ray.
- Good earplugs (carry on the plane)

\*\*\*\*\* **Snack/Food**

**Items**

- Peanut butter
- Powerade/Gatorade/Crystal light mix
- Instant oatmeal or other cereal packets
- Instant soup mixes
- Protein, breakfast bars, Granola bars
- Microwave popcorn
- Raisins

**COMMENTS**

- The College has provided the students at the hotel with a small microwave, dorm size refrigerator, and toaster.

**THINGS THEY DON'T HAVE IN ITALY**

- Salad dressing other than olive oil and vinegar
- Fruit snacks
- Splenda/Sweet n' Low/Equal
- Sunflower seeds
- Flavored oatmeal
- Microwave popcorn lowfat version
- Sugar free drink mixes

- Good gum (they have bad tasting brands)

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### **Miscellaneous**

- Sewing kit
- Jewelry (don't bring anything expensive)
- Journal
- Scissors and scotch tape
- Pictures from home
- Pens/Pencils/Sharpie marker
- 1 Baseball hat/visor
- Ziplock bags (for traveling)
- Converter set (necessary for hotel room)
- Pillow/travel pillow
- Money belt
- Workout video
- Pedometer for exercising
- Battery operated travel alarm clock
- Beach towel
- Water bottle
- Umbrella
- Cards and travel games
- Notebook or paper for taking notes (can buy these at stores, however the paper is not the same size)
- Travel iron or steamer (hotel has only one iron)
- Fans (the hotel does not have air conditioning) and hair dryers with diffusers are provided by the college for use in the hotel rooms.

### **NOTES**

- Sending packages from the U.S. to Italy sometimes costs additional money when it arrives in Italy. Be aware.
- Start on your paper/project early. Time goes fast, and you don't want to be "swamped". Time management is essential.
- Remember Italy is not a third-world country; you can easily purchase anything in Ariccia, Albano, or Termini in Rome. It is not necessary to bring a three month supply of anything, besides deodorant (2 or 3 sticks is usually sufficient). When packing, consider the things you cannot get along without.
- NO American phone cards (see phone card section for details)
- You can buy most anything in the stores in Ariccia, Albano, or Termini in Rome.