

AAIDD ITALY DELEGATION PACKING CONSIDERATIONS

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JULY 2023

TIPS AND TRICKS

My Approach:

- Length of Trip
- Venue Locations
- In-Country Travel/Logistics
- Weather
- Other considerations (currency, time zone, medical care, etc.)



TRIP DURATION

- 11 days in-country
- Strive for a carry-on size luggage and backpack



VENUES

- Moving in various modes of transportation
 - Buses, trains, taxis, etc.
- Visiting different types of buildings and institutions
 - Buildings with stairs, elevators, walking a lot - various levels of accessibility
- Cultural events – walking tours and site seeing



WEATHER

- October is typically the start of the Fall in Italy – temperature go down all over the country
- Higher probability of rainfall
- You could need sunglasses and an umbrella during this month
- Check the forecast before finalize packing

Some average temperature ranges for different parts of Italy are:

- Northern Italy: 45-65°F (7-18°C)
- Central Italy: 55-70°F (13-21°C)
- Southern Italy: 65-75°F (18-24°C)

CURRENCY

- Euro
- 1 USD = 0.89 Euros – Ex. If something is one Euro it's \$1.12
- Cash, ATM and Credit Card
- ATMs and Credits Cards will be widely accepted
- ATM card – get the rate of the day
- Check with your bank on fees and international use



CLOTHES

- Pack a mix of casual and business casual
- Layers
 - Jackets and lights sweaters for mornings and evenings
- Think about what you can wear more than once
 - Pants, cardigans, outerwear, shirts
- Shoes
 - Comfortable and functional – sneakers and comfortable dressier shoe
- What you can wash in a sink
 - Blouses and underwear – lightweight clothing



HEALTHCARE

Hospitals and Clinics

- Good care is available - check with your health insurance plan

Medicines

- Pack your essentials -prescriptions – in carry-on luggage
- Over the counter – small zip lock bag (pain reliver, antacids, Pepto, band aids, motion sickness meds)
- Can get over the counter and prescription meds if needed
- Check online to see if your prescription and OTC meds are legal in Italy - many meds may be legal to use but illegal to import.
- CDC's Information on Italy- <https://wwwnc.cdc.gov/travel/destinations/traveler/none/italy>



STAYING CONNECTED –ELECTRONICS, ETC.

- The standard voltage in Italy is 230V, which means that you may also need a voltage converter depending on the device you are using.
 - For most cell phones, laptops, small devices – just need adapter
- Italy uses the plug types C, F and L
- Adapters easily found on Amazon
- Universal adapter kits typically work



Type F: This socket also works with plug C and E



Type L: This socket also works with plug C

STAYING CONNECTED – PHONE

- Check with your provider – most providers have an international plan available
- AT&T and Verizon - \$10 a day for day pass



CLOSING THOUGHTS

- Carefully plan out what you are bringing
- Pack your bag and test how heavy it is
 - Can you easily carry it up stairs and in and out of buses, taxis, etc.?
- Re-pack and reduce – my first pack is not always my final one
- Can plan to check luggage on the way home – buy another bag for souvenirs or bring a foldable one w/you to use
- I will send out another recording of my actual packing closer to our departure

