# AAIDD ITALY DELEGATION PACKING CONSIDERATIONS

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#### **TIPS AND TRICKS**

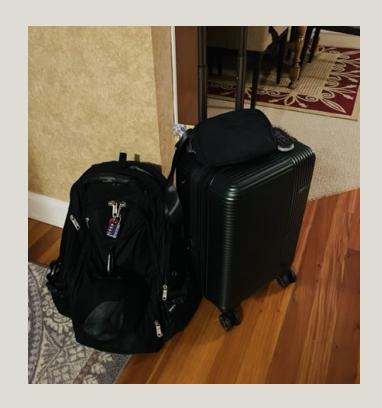
#### My Approach:

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



# TRIP DURATION

- II 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
- I 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 L: This socket also works with plug C



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

#### 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

