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 goes 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 reliever, 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
• 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
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