

Packing list

You may take ONE (1) 24" rolling suitcase, and carry-on a small backpack + purse/laptop bag. You will NOT be allowed to take a larger suitcase. You will be expected to carry your own luggage. Therefore, it is important that you choose lightweight, yet sturdy luggage. Bags with wheels are good for carting around luggage.

Clothes	
Comfortable yet functional clothing is key. Darker colors won't show the dirt as quickly as lighter colored items. Keep in mind: bring clothes that you can mix and match. Remember that re-wearing clothes in the same week is acceptable.	
SHIRTS	Three to five long-sleeved shirts and/or sweaters.
PANTS	Bring 3-4 pairs of casual pants: These should be comfortable for travel and sightseeing. Jeans are okay.
UNDER GARMENTS	Bring five sets. You will need to wash out underclothes throughout the trip. Additionally, I highly recommend lightweight, workout leggings and tops for layering (UnderArmour, Nike Dryfit, etc.).
SHOES	Bring comfortable shoes – we will walk a lot!!! One pair should be very comfy (tennis shoes okay) and one dressy pair of shoes to wear at business visits. I also recommend that at least one pair of your shoes are waterproof, as we do encounter rain. High heels are NOT recommended – lots of walking on ancient cobbled streets.
OUTDOOR WEAR	It is winter! Weather does not stop any part of the trip, much of which is outdoors. Temperatures range from 34 degrees to 54 degrees. Bring a comfortable coat, gloves, scarf, and hat.
BUSINESS CLOTHES	Bring 3 business casual outfits. Students are required to wear appropriate business attire on visits to corporations and other organizations. This means a nice slacks and a sweater or button-down shirt. Khakis are acceptable. Leggings are not acceptable. Suits and blazers are not needed. We are not just a group of students, but business professionals.
Make photocopies of all your documents. Leave one copy at home with someone you trust and carry one with you but separately from the originals. Photocopies can help you get replacements if the originals are lost or stolen.	
PASSPORT	EUROS, CREDIT CARDS, DEBIT CARD – contact companies; pin# maximum of 5 numbers
VISA – if needed (international students)	INSURANCE INFORMATION
TRAVEL BOOKS/MAPS	Small guidebooks only, small translation guide – best to find a book with a map included (hotels do provide maps) OR use internet-based info

ADDRESS LIST	Use it to send postcards home. Consider typing your mail list onto a sheet of gummed address labels before you leave. You'll know exactly whom you've written to, and the labels will be perfectly legible. Everyone sends postcards from Vatican City, so be prepared!
JOURNAL	An empty book filled with the experiences of your trip will be your most treasured souvenir. Use a hardbound type designed to last a lifetime. NO spiral notebooks! You should be keeping notes daily – you will turn this in for a grade daily at breakfast. You may choose to bring a computer to write your journal, but the risk is yours.
SMALL NOTEPAD AND PEN	A tiny notepad in your back pocket is a great organizer, reminder, and communication aid.
ALARM	Pack a small travel alarm clock. Hotels' wake-up calls are unreliable. You are expected to be on-time every morning – I do not want to have to wake you up!!! It will affect your grade, and will not make for a pleasant trip.
DO NOT BRING HAIRDRYERS AND CURLING IRONS	Hotels have hair dryers. Curling irons do not work well even using converters. Typically, people have ended up buying curling irons/straighteners in Italy.
GLASSES/CONTACTS	Bring your glasses and at least one extra pair of contacts. Bring solution– it is available but not necessarily in American brands.
MEDICATIONS	Prescription medications in their original containers – be sure to have enough for entire program.
COLLAPSIBLE UMBRELLA/Hooded Raincoat	Small umbrella or buy one on the street – It is the rainy season! You can also easily buy umbrella on the street.