

THE WAY TO ITALY



Ultimate Italy Packing Guide

YOUR LIFELONG MEMORIES

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CLOTHING & ACCESSORIES

It is all about mixing and matching your wardrobe to maximize each items use and minimize space in your suitcase. I never check a bag (even if I have porter service) on my way to Italy. If I'm in Italy for a shopping trip, than I check a bag on my way home. I stick to one color pallet like black or navy and add a few colorful prints (scarfs, jewelery, maybe a blouse) for spice. Layering is highly suggested since weather is never "normal" in Italy. I always wear my bulkiest items on the plane.

Short tees/tanks - this is your base when layering. One white, one dark.

Long sleeve tees - make them comfortable. One white, One dark.

Blouses - One for dressy occasion and one to layer over tees and tanks.

Sweater - Long sleeve crew is my favorite. Unless it is winter - I choose a light weight option that I can tie around my neck or pack in my back-back when I take it off.

Blazer - Great option for on the plane. They can be dressed up or down and worn with dressess, pants, jeans and skirts.

Skirts - One or two skirts that can go with all the shirts above. One should be knee length if you are visiting Churches in Italy.

Dresses - A LBD is great for dressy occasion and everyday use. I throw a sweater or blazer over it to change up the look.

Jeans - One pair in dark blue or black is best.

Pants - Dark skinnies or leggings are good for fall and winter. Khakis and capris are essential for summer and spring. Lighter fabric means you can pack more. White is awesome on the island of Capri and the Amalfi Coast. But to keep them clean might be another story.

Cardigan - Button up cardigans are great for chilling evenings, brisk mornings, and cold airplanes. I always wear my long one on the plane.

Light Jacket - Great for impossible weather forecasting. Find one that is weather proof and can fold up super small for carrying with you in your back pack or day bag.

Swimsuit - a one piece can also opt as a top for a skirts or pants. FYI - Italians do not wear their bathing suit and cover-up when dining, shopping, or touring unless they are on beach boardwalk. They have changing rooms at all beach clubs.

Socks - a must for winter and fall. Compression footies are what I generally wear. Knee high compression socks are good for long flights overseas.

Scarves - Bring one for the airplane as cleaner more comfortable option to the airplane freebie.

Pajamas - Most hotels offer complimentary slippers (check with your travel agent to be sure).

Undergarments - bring plenty unless you plan on washing.



FOOTWEAR

Go for comfort. I used to think dressing like an Italian meant I had to wear Stilettos everyday. After 20 years, I can tell you you only see a few women wearing heels and thats in the business sections of the big cities. Walking is un-avoidable in Italy. Even if you are walking from your car to the hotel you will find lots of cobblestone, uneven sidewalks, and an occasional gravel path. Plan accordingly.

Sandals - If you are not traveling in the summer months than you can leave these at home.

Walking Shoes - also know as tennis shoes or joggers. Don't pack the big, bulky running shoes. Currently you can find very cute tennis shoes that are very comfortable and affordable.

Ballet Flats - anything flat is my favorite. Flats never go out of style and they go with everything. Look for extra padding in the sole and rubber bottoms for slippery surfaces.

Heels - I love heels. As an alternative to stilettos, I always pack a wedge. I closed toe wedge for fall and winter, and a strappy wedge for spring and summer.

Flip Flops - flip flops are only worn by Italians at the beach. Bring a pair if your heading to the beach or maybe for bathroom visits in your hotel room. But they are not suggested for everyday walking.

Rainboots - I have yet to pack a knee-high rain boot even though I have wanted to for years. Its very trendy to wear riding style boots with leggings, jeans, and dresses. I just can justify all the space they take up in my carry on. I do however suggest packing a cute waterproof bootie (very popular right now) if your weather is looking like rain. Believe me, there is nothing worse than being out all day in Italy with water-soaked shoes. I have a black pair that doubles as my walking shoe in winter/fall months.

TOILETRIES

You might find a few things missing from my toiletry list. It is on purpose. From my experience, you don't want to bring hair appliances. Even with converters, the European electricity will fry your curling irons and blow dryers. Most hotel and apartments know this and supply blow-dryers. Have your travel agent call ahead and request a curling iron or flat iron for your room. Shampoo, conditioners, and body lotions are provided as well and usually very good products.

Toothbrush/Toothpaste - I stock up on travel size of my favorite toothpaste when I see it on sale.

Dental Floss/Picks - only bring as much as you need. Look for travel size floss.

Deodorant - again travel size of your favorite is the best option.

Brush/Comb - don't bring both. One that works the best is all you need remember your want to spend more time out in Italy than in your room getting ready.

Hair Products - most salons carry the travel size options of your favorite products.

Lip Balm - these are small enough you can pack a few. One for your bedside table, one in your pocket, and one in the bathroom.

Razor- The disposable razors aren't great but I can carry them on the plane, so its a must.

Basic Cosmetics - Italian women do not wear enormous amounts of makeup. So take their lead and bring only the five basics. A light foundation with SPF, eyeliner, neutral eyeshadow, mascara, and a good lipstick is all you need.

Face Cleanser/Moisturizer - Clean, nourished skin is happy skin. My daily regimen has samples that I collect for travel time.

ELECTRONICS

Think long and hard about necessary electronics for your travels. Do you really need an laptop or iPad? These are the bigger items that take up space and add weight to your luggage besides being another item for someone to steal. I can get most of my work done on my cell phone. having said that, it is important to add additional storage to you phone or free up storage space you already have by deleting unused apps, sending photos to your i-cloud, and deleting email accounts that won't being used while you are away.

Cell phone, earbuds, case, and charger (be sure to purchase international service from your cell phone carrier prior to leaving).

Laptop, iPad, or E-reader and charger (ONLY IF YOU WILL USE IT).

Noise reduction headphones.

Camera and/or GoPro device, memory card, lenses, tri-pod, and charger.

Electric converter and adapters.

HEALTH

I always think about my health when packing. It usually comes first because there is nothing worse than getting sick while you are abroad. I start taking extra Vitamin C a week prior to leaving. I have problems with my ears when flying so I start a Flonase (or any nasal decongestant) treatment 48 hours prior to leaving as well. I pack limited quantities of each item below. I put them in snack size baggies and label each one with a sharpie. Except prescriptions - I leave those in the original bottle.

Hand sanitizer, wet wipes, and Clorox wipes.

Glasses and/or contacts, case (I always bring both as a back up).

Prescription medication (best if left in the prescription bottle).

Vitamins.

Ibuprofen.

Tylenol PM, melatonin, or you favorite sleeping aid.

Cough drops, throat lozenges, Emergen-C or Airborne.

TUMS/ antacids.

Sunscreen.

Mini tissue packs (I keep a pack with me at all times just in case a bathroom doesn't restock their toilet paper...you never know).

Mini First Aid Kit: band-aids, neosporin, tweezers, nail clippers.

EXTRAS

A few extras to pack if you have room. Remember, most anything can be purchased in Italy. Shopping for forgotten items is an adventure in itself. And it's great way to mix with the locals in their neighborhoods!

Mints/gum.

Your itinerary designed by your travel agent as a digital back-up

Favorite guide-book, travel guide (I sometimes takes photos on my cell phone of the important pages so I don't have to lug the whole book).

Sewing kit, stain remover.

Extra batteries (if you have anything running on batteries).

Mini-umbrella.

Snacks.

BEFORE YOUR TRIP

In the midst of packing and preparing for your trip, you might forget one of two very important tasks. Believe me it is easy to do! Below is a list I compiled to help me remember items other than packing. Hopefully it will jog your brain to remember similar items in your life.



CONFIRM your passport does not expire within 60 days of your departure date. Do this as soon as you book your trip. They will stop you at the airport.



Stop mail and newspaper or arrange for someone to pick them up. Arrange pet care service, as well as lawn and plant service.



Pay any bills that may be outstanding while you are gone.



Alert your bank and credit cards you are taking that you will be traveling abroad.



Lock up your home, doors, windows, garage. Set up light timers. Enable your home security.



Shut off water/appliances as needed. I unplug all electric cords that will not be in use while I am away.



Make copies of your passport, drivers license, health insurance, and credit cards. Pack hard copies and email photos or copies to yourself.



Leave your house key, itinerary, and copies of your documents above with a trusted friend or family member not traveling with you.



Purchase Travel Insurance: Should you find yourself seriously ill or injured, you will be so grateful for travel insurance.



Check-in on-line 24-48 hours before your flight leaves. Your travel agent should confirm car service to the airport if booked.

A LITTLE BIT ABOUT ME



It breaks my heart to hear people I meet tell me they did not enjoy Italy as much as they had hoped to. When I ask them why, they tell me about the difficulties in finding their way around, navigating the public transportation, even worse- trying to tell a taxi driver where to take them. In the end they confide in me that they wished they had used a travel agent to help them navigate their way through Italy.

The Way To Italy is committed to designing quality tours that allow travelers to experience the warm hospitality, the rich traditions, beautiful landscape and the gastronomical delights that make Italy so special. Absorbing the true essence of Italy can only be achieved if visitors are traveling with open minds free of anxiety, stress, and worry. We are dedicated to the task of making every Italy Tour a top-quality, authentic, worry-free adventure.

Great vacations start with inside knowledge and attention to every detail which is why I use my 20 years of experiences in Italy to create your dream itinerary that will truly leave you breathless.

I offer a full range of consulting fees to compliment your travel planning needs.

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