

Clothing

■ Walking Boots/Sturdy Footwear

If you're participating in hikes or longer walks, then boots with a strong grip to cope with the conditions are essential. Trainers are appropriate for the rest of the trip

■ Layered Clothing

Lightweight tops, trousers and shorts are suitable in the warmer months. Pack a sweater for cooler temperatures

■ Waterproof Jacket

We recommend packing a rainproof jacket with a hood, especially if visiting outside of summer

■ Sleepwear

Rooms are warm and comfortable, standard pyjamas are advised

■ Day Bag/Rucksack

Ideally a backpack as this is more suitable for walking and trekking

■ Sunglasses and Sun Hat

Essential in the summer months

Toiletries

■ Suncream

The sun can be very strong in Italy, sun protection is required even on cloudy days

■ Insect repellent

Required in the summer months

■ Glasses/Contact Lenses

We recommend bringing a spare pair of glasses as dusty conditions can make wearing lenses very uncomfortable

■ Medication

Some medicines may require a doctor's letter confirming that the drugs are medically required. Check with the embassy about the rules for entering Italy before you travel

Miscellaneous

■ Power Adaptors

Italy uses a standard European two-prong plug (type C and F)

■ Waterproof Bag

Useful to put wet clothing in so that other items in your bag are kept dry

■ Lunchbox

Check with your travel specialist if required on your trip

■ Phone

■ Camera

■ Chargers

■ Reusable Water Bottle

■ Field Study Equipment

■ Binoculars

Important Documents

■ Passport

Take photocopies of all those travelling in your group as well

■ Itinerary

■ Travel Insurance

■ Emergency Contact Information

■ Dietary Requirements List

Luggage

We recommend taking as little as possible whilst ensuring you have all the essential items for your trip. Check that the weight of your luggage does not exceed the airlines maximum allowance and that you and your students are able to comfortably carry your own bags