Italy packing list

General
- Copies of all important documents (passport, credit cards, visa paperwork, prescriptions, etc.)
- Credit and/or debit cards
- School supplies (notebook, pens) and basic drawing/building supplies for art and architecture courses (these are more expensive in Italy)
- Camera with extra memory cards
- Carry-on bag/backpack that meets airline size requirements (they fine heavily for over-sized bags) and that you are comfortable carrying.
- Luggage lock and a cable to lock bags to furniture
- Day pack, drawstring bag, or shoulder bag
- Zip-lock bags and rubber bands (they are very difficult to find in Italy)
- Journal/notebook
- Photos of friends and family
- Towels and bed sheets (may also be purchased on-site)
- Electricity adapter/converters
- 1-2 flash drives
- Laptop or tablet (load movies, etc. before your departure, you cannot access Netflix, Hulu, etc. in Italy)
- Water bottle
- Bike lock (if you choose to rent/buy a bike abroad) - no bike rentals in Viterbo
- Umbrella

Clothing
- Leggings, scarves, gloves, and hats to wear in the winter (it can be very cold)
- Warm jacket
- Shower shoes/flip flops (for hostels/beach)
- Tennis shoes (you will walk everywhere, make sure your footwear is comfortable)
- Durable shoes that can get wet/rainboots
- Dressier shoes for going out
- A formal/dressy outfit for business events, especially Torino presentations, special events etc.
- Sunglasses
- Windbreaker/waterproof jacket
- Sweaters (heavy and light for layering)
- Bathing suit and cover-up (or t-shirt) for beach areas
- 2-3 weeks' worth of socks and undergarments
- House shoes/slippers (apartment floors are often tile)
- Warm pajamas (heating is expensive in Italy)
- Clothes/shoes for working out at gym (should you choose to join)
- Clothes that aren’t heavy or bulky and easy to pack (if you choose to travel)

Medicine and Toiletries
- Hand sanitizer (this is uncommon in Italy and nice to have when you’re travelling)
- Basic first aid kit
- Eyeglass prescription
- Contact lens solution (solution in Italy is different, you may prefer your own)
- Extra contacts or glasses
- Sunscreen
- Ibuprofen, Antihistamine, Aspirin, Tums, Pepto Bismol, DayQuill/NyQuil, Allergy medicine (pharmacies are common throughout Italy but the medicine can be different, if you use these types of items, bring them from home)
- Antiseptic cream (Neosporin)
- Vitamins
- Feminine hygiene products
- Deodorant/antiperspirant (antiperspirant is hard to find, most Italians use deodorant)
- Prescription medications (for the duration of your stay)
- Toothpaste/brush
- Hairbrush/accessories
- Brand specific make-up/toiletries

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