

# FLORENCE PACKING LIST

Packing the right gear (and the right amount) is the first step to an incredible travel experience.

## Follow these tips to pack like a pro:

1. **Travel light.** Pack only the essentials. You'll need less than you think and remember, you will find cool clothes and items to buy along the way.
2. **Leave your non-essential valuables behind.** While travelling, it's easier for things to get lost, stolen, or damaged. Keep any prized possessions safe at home.
3. **Check with the TSA.** Make sure your luggage complies with TSA regulations, especially your carry-on. Useful tip: Pack an empty water bottle and fill it up after security.

## Carry-On

A medium-sized backpack (30-40 litres) or duffel bag is recommended as it may be useful for day trips or potential overnight trips.

Use the below checklist to assist in your packing:

Passport	Headphones
Laptop	Change of clothes
Optional: E-reader such as Kindle	Water bottle
Photocopies of passport info page	Snacks (no fresh fruit, meat, or dairy)
Optional: Vaccination card (and photocopies)	<b>Prescription medication &amp; copy of prescription (enough for the semester)</b> <b><i>*Must place in carry-on bag</i></b>
Book and/or journal + pens	All flight itineraries
Wallet/money	Verto emergency contacts and address of the study center and where you will be staying (provided by Verto prior to travel)
Phone	Chargers, adapters, & converters
Camera (if bringing a camera in addition to	<b>Wearing your Verto T-shirt and a COVID-19</b>

your phone)	<b>mask for your international flight is highly recommended!</b>
	One towel in case of lost luggage and arrival in Florence later than shops' opening times

**\*\* Please note: Towels**

You can either buy these quite cheaply upon arrival or bring them with you. According to your arrival time in Italy you may need towels when shops are already closed.

## Checked Luggage

A 70-90 liter duffel bag or backpack is a good option, but you can also use a roller bag if you prefer. Remember, you have to be able to carry your own luggage, so pack accordingly.

## Clothes & Gear

Keep in mind students do laundry about once per week.

Socks (5)	Collared/dress shirt or dress for nicer occasions (2)
Underwear (10)	Flip flops
Pajamas	Lightweight bath towel (quick dry towel is highly recommended, as regular towels do not dry well in the humid climate)
Lightweight pants (1-2)	Sneakers (a pair you don't mind getting dirty)
Jeans (1 - optional)	Sunglasses
Rain jacket (highly recommended!)	Hat
Umbrella (1) travel size	A fleece/warm hoodie/light down jacket
Purse or Belt Bag	Medium-sized backpack for overnight trip(s)
Sandals with straps (like Tevas or Chacos) - solid walking shoes!	Warm jacket (1)
Shorts (2-3)	Rainproof shoes/warm shoes (2)
T-shirt (4-5)	Sweaters (2-3)
Tank tops (2)	Scarf (1)
Swimsuit (1-2)	Warm pants (2)

	Sun Protection shirt		Winter hat
	Beach towel/sarong		
	Long sleeve shirt (3) including a rashguard or lightweight long sleeve shirt for sun protection		

## Toiletries

Below is a list of key toiletry items you can consider packing. *Verto alumni have recommended purchasing most toiletry items once you have arrived*, especially soaps and shampoos (unless you have a preference for a very specific brand you may not be able to get on-site). **It may be helpful to bring enough toiletries to last the first week.**

	Toothbrush		Feminine hygiene products
	Toothpaste		Contact lenses & solution (enough for the semester)
	Hair brush/comb		Wet Wipes
	Hand Sanitizer		Deodorant
	Personal first aid kit (band aids, preferred over the counter medications)		Commonly used medications: Pepto Bismol, pain reliever, cold medicine, etc.

## Miscellaneous

- A Type I power converter/adaptor: converts the electrical **voltage** from the outlet so that American devices can be used safely and allows you to use Italian outlets. We recommend bringing a power strip and an adapter so you may charge multiple devices at once.
- A small daypack, purse, or tote bag for daily use
- Watch/alarm clock
- Plastic bags for wet/dirty clothes

## Packing Tips

**WHAT TO BRING:**

### **Prescription medication/contact lenses**

Make sure you have enough of this to last your **entire semester!** Bring it with you, as having it mailed to Florence can take several weeks (if customs even allows it through) and you do not want to be left without medicine! In case you do not bring enough in your luggage, please note some medications commonly used in the U.S. are considered narcotic in Italy therefore you might not be able to get the exact same medication. Medical providers on site will release an alternative prescription and additional testing may be required based on Italian regulations.

### **Clothes for all seasons**

The transition from season to season brings a multitude of weather changes in Florence, so make sure you pack some warm and waterproof clothes as well as clothes that can be layered to adapt to temperature fluctuations!

### **Copies of your important documents**

As a precaution, make sure to make copies of your important documents such as your passport, driver's license, student ID and so on.

### **Plug adaptors**

The plugs are different in Florence (than in the U.S. or the UK), so make sure you bring some adaptors for your chargers, computer, etc.

### **Laptop**

It is mandatory for all Verto students to bring their own laptop and chargers.

### **Money belt/zip purse**

Or any safe means of carrying around your valuables. Small wallets and bags with zip closures are ideal.

### **DO NOT BRING:**

#### **Hair straighteners and hair dryers**

Due to the voltage differences between the U.S. and Europe, items such as hair straighteners and hair dryers will malfunction if you use them through a regular plug adaptor (and sometimes even a voltage converter!). Florence staff can give you information on where to purchase a cheap hair straightener and dryer in Florence.

#### **Bedding, pillows, blankets, etc.**

You will be provided with fresh linens in your accommodation. You can buy extra pillows and blankets easily in Florence.

#### **Mace and pepper spray**

Mace and pepper spray are illegal in Italy.