

Italy Gear Checklist & Information

This is a fairly comprehensive list of items you will need, some essential and some optional, and information relevant to the Italy study abroad. However, this list is intended to accompany an orientation where all of the items are explained in more detail and questions can be answered. For some items listed, there are perfectly acceptable alternatives that are detailed in the orientation. If in doubt please contact me prior to making a purchase (dwilson@mesacc.edu)

Make Sure You Follow This Cardinal Rule: TRAVEL LIGHT

Equipment and Gear List

Photography:

- Camera & lenses (35mm equivalent of focal lengths 24-300) with manual, shutter & aperture priority. You can use a DSLR or mirrorless camera (these have interchangeable lenses). Or you can use a good point and shoot (P&S) or bring both. It depends in your level of interest and budget. Regardless of camera system, your camera MUST have the following modes: manual, shutter and aperture priority.
- Batteries: x2 spare sets (x3 sets total) of rechargeable & x1 set Li-ion as back-up.
- Memory: 4x16GB cards or more (you can use larger or smaller cards, you'll just need more than 2 cards, 4 is ideal). If your camera shoots HD video get hi-speed memory appropriate form video.
- Cleaning kit
- Case/bag
- Monopod or tripod (optional)
- Flash (external w/spare batteries) (optional)
- GoPro or equivalent (completely optional, but fun)

NB. I will have spare AA size batteries and spare memory as well as a P&S camera. These will not be for permanent loan however.

Notes:

Computer:

- Laptop - SMALL. Long battery life is important.
- Card reader
- External hard drive or large USB memory stick for back-up of images

Go to www.blurb.com and download the booksmart software.

Phone:

- Cell phone – either your “normal” phone or get an unlocked GSM cell phone (I can suggest cheap ways of doing this) for which you can then purchase a SIM card. This can be a hassle is usually less expensive that using your own phone overseas. You’ll have good wifi most places however.
- External rechargeable battery pack for your phone.
- Chargers and cords

Notes:

Clothes:

I recommend you pack light. You will need to carry your luggage from transport to hotels. It’s a hassle to carry large bags. Carefully think about what you need and will actually use. You can’t bring enough clothes to last the full trip so you will need to do laundry at some point, so bring less vs more. Try to avoid packing items that you think might be nice to bring, instead bring items you know you’ll need. I suggest you pack a comfy set of cloths to wear while traveling. It will be hot in Italy, but might also rain.

- Shoes (comfort is VERY important, bring shoes that are well broken in)
 - Cross trainers/running shoes or something comfortable to walk the streets and the sites
 - Sandals/flip flops or something comfortable
- Socks x 6pr
- Undies x 6pr
- Pants x 2pr
- Shorts x 2
- Shirts x 4
- T-shirts x 4
- Fleece x 1 (optional – its unlikely to be cold, although you never know)
- Rainshell x 1
- Hat
- Towel (medium)

Notes:

Bags:

I seldom if ever travel with a checked bag. I reduce the size and number of everything to fit a single carry-on bag and one personal item bag. I pack to the bag limit vs bring bags to accommodate what I “want” to bring. If you need a checked bag, ONLY BRING ONE. Remember to check with the airlines on their costs or limits on checked bags.

- Checked bag. Check with the airline on the weight limit.
- Carry-on bag. Check with the airline on the weight limit. Maybe use a day-pack. 40L is a good size.
- Daypack – maybe you use your carry-on bag or personal item bag.
- Photography/computer bag if you can’t fit them in your carry-on bag
- Luggage strap(s)

Books:

- Purchase guide books, but be weight conscious. See syllabus.

Notes:

Toiletries:

Remember that there are size limits on what you can bring onto the plane. You can also purchase anything in Italy. I suggest you avoid large containers of any toiletries. Most of the time use a fraction of what you bring. Measure what you use each day and bring just enough to last the 3 weeks we’ll be gone.

- Sunscreen
- Toothpaste
- Soap
- Shampoo (remember, try to avoid large bottles – if its not in your checked bag it will taken away, and mpsy of the time you’ll use only a fraction of what you bring)
- Toothbrush
- Medications

- Anti-diarrhea
- Hydrocortisone cream
- Anti-itch/insect bite cream
- Vitamins
- Prescription meds to last the whole time
- Small first aid kit (band-aids, antiseptic, antibiotic)
- Shaving gear
- Deodorant (crystal stick in the best!)
- Insect repellent (FYI - DEET based will destroy plastics)

Notes:

Misc:

- Sunglasses
- Water bottle (avoid large water bottles, water bladders work well)
- Ziplock bags
- Wallet
- Money belt – this is a must have. Wear it next to your skin under your clothes and keep values in the belt.
- Journal
- Notebook
- Pens/pencils
- Travel coffee cup
- Padlock
- Carabiner (locking, small)
- Day pack - maybe also use this as the carry-on.
- Handheld LED flashlight

Notes:

Information

Shots:

Talk to your Dr., consult the CDC website, or make an apt at the Maricopa County Travel Shot clinic.

Notes:

Money Related.

You can use the ATMs to get money in the local currency although there are always bank charges for this. Make sure you call your bank before you leave and let them know, or your card may be declined after its first use. Be sure to have at least 2 cards. If you don't use ATMs for money, you can exchange US bills, although sometimes it's a hassle to find somewhere to change money.

- 1) Bring spending money or a credit card. I suggest a combination of both. It's tough to know how much to suggest. Here are some things you may/will want to use it for: meals NOT included, drinks, snacks, junk food, optional activities (there is a HUGE range of these), souvenirs, to pay for activities.
- 2) Have emergency funds in case medical care is needed.
- 3) Have at least 2 cards that you can use in an ATM, e.g., debit card and credit card. Be sure you have a PIN for both.

Notes:

Carry-on & Checked Luggage.

Look carefully at the airline restrictions on what you can put in your carry-on bag. In carry-ons, typically no more than 3oz containers of any liquid or gel and NO sharp objects like nail-clippers, scissors, knives etc are permitted, although this does vary somewhat. Put these in your checked bag to be safe. If at all possible, DO NOT put anything of high value in your checked luggage. It could get stolen.

Food.

Some meals are provided (see the details on the MCC website for what is covered). Those meals not provided you will need to provide for yourself. You can purchase food at supermarkets, street markets, cafés and restaurants. The food in Italy is FANTASTIC, but can be a little pricey around the main tourist spots.

Hairdryers and Curling Irons.

Just don't bring them! If you must, make sure they can operate off 220V otherwise you will NOT be able to use them. If they can run off 220V you'll need to purchase a plug adaptor.

