

# PACKING LIST – SOUTHERN ITALY

## PACK YOUR BAGS!

The AdventureWomen team has curated this list for your adventure to Southern Italy. It is meant to provide packing guidelines, but please also think about how you travel and what works for you as individuals. If you have any questions, please don't hesitate to ask! It's what we are here for.

## Dress for the Weather

The weather in Southern Italy will be very agreeable – mid 70°s to high 80°s, with plenty of sunshine.

## PACKING CHECKLIST

### Clothing & Gear

- Duffel bag or small suitcase
- 1 daypack – we recommend a comfortable backpack large enough to carry sunscreen, insect repellent, water, extra layers travel towel and your camera
- 1 pair broken-in hiking boots with ankle support
- Optional gaiters
- 3-5 pairs hiking socks (wool suggested)
- 4-5 short sleeve shirts (quick dry recommended)
- 1-2 long sleeve shirts (quick dry recommended)
- 1 medium weight fleece sweater/jacket for cool evenings
- 1-2 pairs of pants
- 2-3 pairs of shorts
- Water shoes/sandals - closed toed for hikes/walks
- 1 pair of comfortable shoes for the evenings
- 1-2 bathing suits
- Travel towel
- Sleepwear
- Water bottle(s) or bladder – 2L capacity
- Waterproof jacket/windbreaker
- Hat for sun protection
- Underwear & bras

- Optional Trekking poles (must be in checked baggage on flights, so be sure they collapse and fit into your luggage)

### AdventureWomen Essentials

- Travel documents (passport, airline tickets/itinerary, travel insurance policy number) and money
- 2 spare passport photos (in case of lost passport)
- Optional locks for your luggage
- Optional travel alarm clock with spare batteries
- Headlamp with spare batteries
- Optional camera, memory cards, battery charger
- Plug adapter(s)
- Power bank (optional)
- Optional spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch
- Sunscreen and lip balm with SPF
- Hand wipes/hand sanitizer
- Toiletries: soap, shampoo, and conditioner; toothbrush, toothpaste; small packet of tissues; tampons and panty liners (avoid plastic applicators)
- Insect repellent/bug spray
- Earplugs – we recommend silicone earplugs
- Optional assorted stuff sacks and bags – consider bringing nylon or

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- silicone bags to reduce the use of disposable plastics
- Reading material/journal and pens

## Personal First Aid Kit

- Prescription medicine you usually take (in original containers)
- Personal epi pen – if you need one, don't forget to pack it!
- Seasick/airsick medication (if prone to sea sickness)
- Bandages, gauze, ace bandage, blister prevention
- Antiseptic wipes/spray
- Antibiotic ointment
- Cotton-tipped applicators
- Oral rehydration tablets/packets – helpful to rehydrate at higher altitudes
- Antidiarrheal medication
- Mild laxative
- Antacid
- Cold remedies
- Ibuprofen/acetaminophen
- Eye drops
- Tweezers, scissors (travel size), safety pins

If you prefer to buy a complete kit, we recommend the Smart Travel first aid kit.