

# ITALIAN HOLIDAY

## Packing List

*La dolce vita awaits — pack smart, wander slow*

### DOCUMENTS & MONEY

- Passport (valid 6+ months) & printed copy
- Boarding passes / travel itinerary
- Hotel & train/bus booking confirmations
- Travel insurance details
- EHIC / GHIC card (UK & EU travellers)
- Driving licence (if renting a car)
- Credit & debit cards + some cash (euros)
- Emergency contacts list

### CLOTHING

- Comfortable walking shoes (cobblestones!)
- Sandals or lightweight shoes
- Lightweight tops & t-shirts
- One smart-casual outfit for dinners
- Modest cover-up for churches (shoulders/knees)
- Light jacket or cardigan (cool evenings)
- Swimwear
- Underwear & socks
- Sleepwear
- Sunhat & sunglasses
- Light scarf (handy for churches/sun)

### TOILETRIES

- Toothbrush & toothpaste
- Sunscreen (high SPF)
- After-sun / aloe vera
- Deodorant
- Shampoo & conditioner (travel size)
- Skincare essentials
- Hairbrush & hair ties
- Razor
- Insect repellent
- Hand sanitiser & wet wipes

### ELECTRONICS

- Phone & charger
- EU plug adapter (Type C/F)
- Portable power bank
- Camera & spare memory card
- Headphones
- E-reader or book

## HEALTH & COMFORT

- Personal medication (in hand luggage)
- Basic first-aid kit / plasters
- Pain relief & travel sickness tablets
- Reusable water bottle
- Hand fan (summer heat!)
- Prescription glasses / contacts + solution

## EXTRAS & ITALY MUST-HAVES

- Day bag / crossbody bag (anti-theft)
- Reusable shopping tote (for markets)
- Phrasebook or translation app
- Padlock for luggage
- Laundry bag for dirty clothes
- A little notebook for gelato ratings
- Umbrella or light rain jacket

## ITALY TRAVEL TIPS

*A few reminders before you go*

### Dress code for churches

Many churches (including St. Peter's) require covered shoulders and knees for both men and women — pack a scarf or light layer even in summer.

### Cobblestones everywhere

Historic centres like Rome, Florence and Siena are paved in uneven stone — skip the heels and pack broken-in walking shoes.

### Cash for small towns

Some trattorias, markets and small B&Bs; are cash-only, especially in villages — carry small euro notes and coins.

### Summer heat

July and August can be intensely hot and humid, particularly inland — a hand fan, hat and reusable water bottle are lifesavers.

## MY NOTES
