

Capstone in Southern Italy Packing suggestions = Try to pack light; if you have less to carry it will be easier to travel, this way it will also be easier to bring gifts home...

It will generally be warm/hot during the day 90's and cool off at night... 50/60's

Clothes

Shirts/Pants/shorts/dresses – Up to you, there are three general types of clothes you will want to bring (smart casual/comfort, hiking/athletic, and dressing up/two or three times).

Items that you might not think to bring =

- A. A pair or two of hiking (medium to heavy weight) and/or soccer socks that extend to your mid-calf or above
- B. Hat and/or sunglasses
- C. A pair of hiking pants, women have seemed to do alright with leggings/yoga pants for the Stromboli hike, but they could be too hot for the first part of the hike...

We will be able to 'spot' wash clothes in sinks in Rome and Trapani, but it is not easy. By week three it will be easier to wash clothes and line dry in Lipari, or it may be possible to have Francesca machine wash a bag of clothes for about 5 euros... You may want to bring a stain stick and/or a little bit of detergent (we can buy that in Italy too), to sink wash a few essentials in Rome and Trapani.

Swimwear

- 2 suites/trunks – if you choose to do the sulfur baths on the island of Vulcano, it will ruin the clothes you wear that day, they will smell like sulfur for a long time... Months, So I recommend bringing an old suite, some of the women in the past have used old suites or sports bras that day. Guys have worn old under armor 'underwear' in, some of the Europeans just wear their old underwear or sometimes they just go naked...)
- A Sarong is better (e.g. lighter, dries faster, but not as comfy) than a beach towel

Outerwear/shoes

- Light/rain jacket, it shouldn't rain much, but the top of Stromboli can be windy and cold, it is nice to have something to block the wind if present.
- Water shoes OR Sandals (that hook around ankles e.g. Chacos) – to wear in the sea
- Great/broken-in/comfortable walking shoes
- Fleece or hoody, for the plane, maybe Stromboli, or cool evenings by the sea...

Bedding

- Provided at each of the places we are staying
- Some people like to bring a small travel pillow, that you can use on the plane or on top bed pillow of extra support
- In the past most of the places we stay provide towels, DO NOT use these as beach towels.

Academic

- A sturdy journal I will ask you to turn it in a few times. You should also bring loose leaf paper.
- Assortment of pens/pencils/ a few colored pencils would be good especially if you like to draw.

Volcano hikes – Here is the link to the company we use to hike Stromboli

(<http://www.ilvulcanoapiedi.it/trekking/stromboli-top-craters-hike/?lang=en>), check out what the recommended

Other items to think about bringing – electrical adapter and/or converter, sunscreen, camera w/extra memory cards, extra batteries, small medicine kit (headaches, allergies, colds, stomach ache etc.), if bringing prescription drugs bring a doctor's note linking you to your medicine just in case for customs, Cliff/Luna bars packaged snacks that travel well to save money on food, peanut butter hard to find in Italy, bathroom bag/kit, color photo copy of your passport, ear plugs/eye cover (light sleeper?), freezer zip lock bags (if you want to collect beach glass/small rocks/sand also good to keep your sunscreen from leaking), small refillable water bottle,