

Travel checklist

Money:

- make sure your bank is aware that you will be leaving the country
- make sure to have access to cash either by bringing euros, bringing dollars to change or bringing a card from which you can withdraw
- Italians don't use venmo
- make sure you have your credit card's pin number so you can withdraw if needed
- check with your bank which banks in Italy are going to charge you less for withdrawing money
- make sure your phone plan will give you access to internet when in Italy
- make sure you download and activate Whatsapp on your phone before coming

Documentation:

- Make sure your passport is still valid for at least another three months after your date of departure
- Have a printed photocopy of your passport in a different place from where you keep your passport and a copy on your phone (ideally send it to yourself via email)
- have a printout of your travel insurance
- leave a copy of your travel insurance with family at home
- make sure to supply us with an emergency number, a copy of your passport and all your flight details
- make sure you have a print out list of the addresses where you will be staying ready at hand when you arrive in the airport, you will need it in case your luggage is lost

Packing:

- make sure any electronic equipment you may be traveling with functions also on a 240Vac
- bring at least one power-bank for your phones
- apple suitcase tracker
- swim suit
- hiking shoes
- collapsible extra duffel bag for purchased items
- light clothes that dry easily
- waterproof clothes
- sun hat
- water canteen
- fanny pack
- sun screen (you might not find the one that serves you best in the shops here)
- electrolytes

Traveling: try to make your flight as comfortable as possible and try to make sure you sleep so you can spend the least amount of time recovering from the trip. I found the following thing useful:

- Neck cushion
- Melatonin (if you time this well you can help potentially avoid some jet lag)
- Nausea relief wrist band, very useful when in Italy

