

PACKING LIST & TIPS

DOCUMENTS & MONEY

PASSPORTS:

The passport is essential. It is the most important thing to have with you when you arrive at the airport.

You will need to upload a copy of your signed passport identification page (the page with your picture) on the website, www.umary.edu/romepilgrimage, under “Submit Your Pilgrim Details” for booking and ticketing purposes.

Having that information will also assist us should you lose your passport abroad and need to go to the American embassy. We also suggest you carry another photocopy of your passport with you while in Rome and suggest that you leave a photocopy with someone you can contact in the United States.

Make sure you have *signed* your passport, in black or blue ink.

Then turn to the “bearer’s address” or “personal data & emergency contact information” page of your passport. Using a PENCIL, fill out that page. In the section for your foreign address, put the following information:

**Roma: Via del Casaletto, 538
Tel. mobile: 342.715.6866**

HEALTH INSURANCE:

Bring 2 photocopies of your health insurance card, keep one copy with you and one in your luggage. This will be a big help in case we need to deal with foreign medical personnel.

MONEY:

An ATM or check card linked to Visa, MasterCard, Cirrus, or Plus will make cash available to you at any ATM, and it is really the best way to go. If you carry cash, we recommend that you seed it throughout your carry-on luggage instead of having it all in one place. If you bring travelers’ checks, keep the paper receipt slips separate from the checks themselves, and leave the receipt slip numbers with someone as a backup. Travelers’ checks have really become obsolete in recent years, so we would encourage the use of an ATM/debit card.

A credit card is great to use for purchases, but never for cash advances (major fees). In a separate place keep a copy of your account number and the credit card company's toll number (not their toll-free number, as those don't work in Europe). You should also contact the issuing banks of any credit cards you will be using in Europe to inform them that you will be out of the country. Otherwise, they may block foreign charges for your own protection.

PRESCRIPTIONS:

If you are taking any medications, remember to bring a sufficient supply to last through the trip and a photocopy of the prescription itself. This is extremely important. All prescriptions should be in their original bottles, to avoid confusion at customs.

PACKING

Combined air and bus restrictions will permit each pilgrim to bring:

- one packed suitcase or garment bag (not to exceed 50 lbs.)
- one carry-on (backpack, roll bag, etc.)
- one hand item (purse, small book bag, etc.)

WEATHER:

In packing, keep in mind that the weather in Rome in late September and early October is usually very pleasant. Average highs are in the mid-70s and average lows are in the mid-50s. Assisi will be a bit cooler because the elevation is higher. It is relatively rare to have a day of rain during this period. However, no guarantees can be made about the weather. You may wish to log onto www.weather.com just before the trip and get the 10-day forecast. Key in "Rome, Italy" for Rome and "Perugia, Italy" for Assisi (the nearest big town).

IN CARRY-ON or HANDBAG:

- ❑ A rosary
- ❑ Three (3) bottles of water, to drink during travel and ease jet lag
(with the current restrictions, you will need to purchase these at the airport)
- ❑ One change of clean clothes
- ❑ Eye drops, contact solution, (probably best to wear glasses on the plane)
- ❑ Medicine or toiletries you would need in the first 24 hours, in case of lost luggage.
- → Liquids, gels, and lotions in containers of 100 ml (3.4 oz) or less are allowed only if they fit comfortably in one, quart-sized, clear, plastic Ziploc bag.
- ❑ Moist towelettes
- ❑ Kleenex tissues
- ❑ Chewing gum (using this during take-off & landing helps with ear pressure)
- ❑ A notebook or journal
- ❑ A pen (you *need* this for customs forms on the plane)

- ❑ Earplugs (If you are sensitive to noise, these may help on the plane.)
- ❑ An inflatable neck pillow for travelers
- ❑ If you are bringing spare lithium batteries, they must be in your carry-on. Lithium batteries are not allowed in checked luggage.
- ❑ NO nail clippers, razors, knives, corkscrews, or scissors in carry-on.

IN CHECKED LUGGAGE

- ❑ **Remember, modest clothing is required for entrance to most of the great sites we will be visiting.** Shorts, skirts above the knees, sleeveless tops, and tops which reveal the midriff are forbidden.
- ❑ Leave space in your luggage for gifts and souvenirs.
- ❑ A few comfortable outfits
- ❑ An umbrella
- ❑ Casual clothes for relaxing at our Rome campus
- ❑ A plastic garbage bag for dirty clothes
- ❑ (Ladies, you may wish to avoid heels – they just don't work on cobblestones.)

TOILETRIES

Here are some suggestions:

- ❑ Keep any items that may leak in a plastic bag. Change in air pressure on the plane could cause them to burst.
- ❑ A washcloth in a Ziploc bag (Europeans don't use washcloths when they bathe)
- ❑ An extra light towel (our accommodations will provide them, but...)
- ❑ Dramamine (if you get sick on planes or in moving buses, you will need this!)
- ❑ Medication for diarrhea (Imodium ID is great)
- ❑ If you have electric items (razors, curling irons, hairdryers) you will need a converter/adaptor that will plug into Italy's 220-volt system and give you the American 110-volt output. For anything that already has a converter on the cord (that black box on the cords of most laptops, charger cords, etc.), only a prong adapter is needed.
- ❑ Eye care supplies (contact lenses, etc.)
- ❑ Feminine hygiene supplies
- ❑ Allergy pills (The pollens are different in Italy, so be prepared if you have allergies.)
- ❑ Gold Bond medicated powder (wonderful after a long day of walking)

MISCELLANEOUS ITEMS

- ❑ You need a good, broken-in pair of walking shoes
 - ❑ Travel alarm clock
 - ❑ For the Whisper sets → 4 AA batteries, a Ziploc bag, and comfortable headphones
 - ❑ You *need* to have a watch, or you'll miss departure times.
 - ❑ Sunglasses
 - ❑ A small pair of binoculars are nice, particularly at papal events
 - ❑ Small flashlight
 - ❑ Extra batteries and memory cards for your camera
 - ❑ Snack food (jerky, protein bars, trail mix, etc.)
 - ❑ A St. Christopher medal for travelers
 - ❑ Labels with the addresses of family & friends for sticking onto postcards (saves a lot of work and trouble)
 - ❑ A checklist of people you want to buy gifts for (this is a lifesaver!)
 - ❑ Playing cards
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FINAL NOTES OF ADVICE

- If you have a cell phone, you may wish to change your message to reflect the fact that you won't be returning calls until your return. On your home answering machine, however, it can be dangerous to indicate that you are out of the country.
- Wireless internet is available at our campus in Rome and in the bar of our hotel in Assisi.
- Public restrooms in Italy are not like those we have in the States. The availability of restrooms is scarce; when you find them, you may have to pay to use them, and they may not be very clean or well supplied. It is always a good idea to carry extra toilet paper with you. And wherever you find a clean, available bathroom in Italy ... use it!