



BIKING • SEA KAYAKING • HIKING • WILDLIFE TOURS

PACKING LIST FOR ALL EUROPEAN HIKING TOURS

___ **PASSPORT!** Please make sure that it DOES NOT EXPIRE within 6 months from the end of your tour! Make 2 photocopies of the photo and signature pages of your passport and any other valuable documents you might carry with you on the tour. Travel with one copy stored in a separate place from your passport. Leave the other copy at home with a relative or friend (ideally the same person you gave as your emergency contact). In the event that any of your documents are lost or stolen, this will greatly assist the process of replacement.

___ Passport pouch to carry passport and money around your neck

CLOTHING:

Check Weather.com for the long-range forecast, assume rain showers are always a possibility, keep your bags light, select quick drying clothing & do laundry in your room. Dress is always casual.

___ Hat, visor or baseball cap

___ Sunglasses

___ Bandanna or sweatbands

___ Short sleeved shirts (3-4, Supplex or other quick drying fabric)

___ Long-sleeved shirt (Supplex or other quick drying fabric)

___ Long-sleeved mid weight t-neck (for layering)

___ Underwear (athletic bra(s) for women)

___ Shorts (1-2 pr., Supplex or other quick drying fabric, consider convertible pants with zip off the legs for shorts)

___ Long pants/skirts (1-2 pr., Supplex or other quick drying fabric)

___ Swimsuit

___ Waterproof rain suit (pants & jacket with hood, Gore-Tex or coated nylon)

___ Socks

___ Comfortable walking shoes

___ Sandals (optional), shoes other than those you are hiking in to give your feet a rest in the evenings

___ Jacket for warmth in the evenings

PERSONAL ITEMS:

(Note: electrical items such as hair dryers, shavers, curling or travel irons need to have 220V current capacity and an outlet adapter)

___ Toilet articles (deodorant, toothpaste, brush, comb, skin lotion, etc., "sample sizes")

___ Wash cloth (European hotels only provide bath towels)

___ "Baby-wipe" towelettes (for quick clean up anytime)

___ Personal first aid kit: personal medications (keep prescription meds in original, labeled containers), anti-inflammatory, Kaopectate tablets or equivalent, Band-Aids, tampons, eye

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drops, Vaseline, contact lens solution, sunburn ointment (aloe vera gel), athletic tape or second skin for blister prevention, etc.)

- ___ Sunscreen and lipscreen (SPF 15-30, sweatproof so it won't run in your eyes)
 - ___ Insect repellent (brands containing a low % DEET and/or Avon Skin So Soft)
 - ___ Portable laundry kit for in-room washing (laundry detergent in plastic bottle, 8-10 clothes pins and 25 feet of light nylon cord for clothes line - packed in a 1 qt. Ziploc bag)
 - ___ Plastic bag for damp swimsuit / laundry
- Your tour ends after breakfast. There are both train and bus stations in Siena with easy access to both Rome and Florence. ___ Ear plugs (2 pr., a must for sound sleep)
- ___ Daypack large enough for carrying water, snacks, camera and any additional clothing you might need during the day.
 - ___ Water bottle or camelback style hydration system.
 - ___ Trekking poles (if you have knee or hip problems, these are very helpful)

ELECTRONICS:

- ___ Cell/Smart phone – check with your service provider if your phone will work internationally & what your best options are for service, activate the international service prior to your trip & check its operation, with an unlocked GSM phone you can purchase a SIM card at your destination
- ___ Charge cords and plugs
- ___ EU-style plug adapters with 2 round prongs, bring several
- ___ Small flashlight with extra batteries- LED headlamps also make good nightlights in hotels
- ___ Small travel alarm clock – or use your smart phone

OPTIONAL ITEMS:

- ___ Camera & case - extra batteries & media cards, lens cleaner & tissue, lens brush, table-top tripod
- ___ Extra freezer weight Ziploc bags of assorted sizes
- ___ Small "hotel size" sewing kit
- ___ Hairdryer – 220V compatible, most (but not all) hotels have them
- ___ Guidebook
- ___ Dictionary / phrase book
- ___ Paperback or E-book
- ___ Small sketchbook, journal, notebook, pen
- ___ Postcards or photos from home – to show people where you live

PACKING INFORMATION

PLEASE NOTE: See TSA Security Regulations <http://www.tsa.gov/public> for procedures and suggestions for expediting your experience in security. US airline baggage regulations have changed, and we suggest contacting your air carrier(s) online or by phone for their most current carry-on and checked baggage allowances. Also, if you are using a European carrier, they may have different size and weight allowances.

HINTS ON PACKING: Here are a few simple tips to help your travels go smoothly and prepare you for European hotels where stairs often replace elevators.

Packing Hint #1: Follow our packing list, travel light and try to carry on your bags whenever possible to avoid baggage loss or delay.

Packing Hint #2: Limit your luggage to 2 bags. We suggest the following: **one carry-on size wheeled suitcase or duffel** for your clothing, and **one small personal bag** (a small daypack or shoulder bag) for irreplaceable essentials. Make sure to check with your air

carrier for allowable baggage size and restricted items.

Packing Hint #3: Freezer-weight Ziploc plastic bags are lightweight, inexpensive, and see-through. They make a great waterproof biking wallet and are indispensable for packing items like clothing, books, toilet kits, and lotions in your baggage.

Packing Hint #4: Travel-size samples save space and weight! Visit the "samples section" of your drugstore or supermarket and see if your favorite shampoo, conditioner, hand lotion, toothpaste and deodorant are available in travel-size samples. If not, transfer some to smaller plastic bottles in the size you need. Remember to plastic bag all lotions!

Packing Hint #5: Think multiple use garments! Convertible pants with zip-off legs will save bringing an extra pair of shorts. Quick dry shorts double as a swimsuit. Be creative and keep that baggage light!

Packing Hint #6: Do your own laundry. Synthetic clothing can easily be hand washed and hung to dry overnight in your hotel room.