

Clothing, Packing and Info List

Here are just a few suggestions that helped students in the past to get ready for a trip. Pack only what you absolutely will need! You do not need 16 different outfits when we go to Italy! The families will ask you if you have something to wash and they wash it along with their clothes. However you need to consider the following: Water is not cheap or free as it is over here! Most people do not have dryers. Laundry is usually hung outside to dry. Therefore, it is absolutely necessary that you will have to wear your outer clothes more than just on one occasion. For colder weather consider wearing two lighter sweaters rather one heavy bulky one--it takes less space and two lighter ones have more use! All clothes should be easy to take care of and if possible not wrinkle too much.

Even though Italy is one of the fashion capitals in the world, students in school are very conservative with their clothing. It is understood that shorts, leggings, yoga-, pajama-, or jogging pants, and baseball caps are usually not worn. The same thing goes for tank tops, bare midriffs, or mini skirts. We will not be able to enter into some of the churches and other public buildings and other places if all of us are not dressed appropriately! (You will be forced to rent pants or coat on site or a wrap for your shoulders). We are a group and every group member has to comply with this. One student can cause all to lose the privilege to see one or more of the most beautiful sights on our trip. Chains are also off limits! This will cause problems at airport security and most of the time they are considered weapons. Here is the beginning of a list (items will likely be added in the future):

Students need to bring:

- **a warm water and wind proof coat mid-thigh or longer (nylon shell PUFFER coat) is required!!!!**
- jeans and dress pants
- good footwear (*2 pairs; one to change when soaked and wet*)
- wind suit or jogging suit/HIKING PANTS-- **Make sure none of your clothing has USA; WV, or America writing on it** (pants to be worn on top of jeans when it gets cold, damp or wet)
- sweaters or sweatshirts (sweatshirts are not coats)
- a couple T-shirts for “warmer” days in Genova
- sufficient underwear and socks
- a night gown or pajama (temperature in apartments are kept approx. at 68F—cooler at night)
- house shoes or slippers
- rain gear (umbrellas do not work well when you carry a backpack)
- **CAMP DRY** to waterproof shoes, backpacks and coat (can be purchased at Walmart on bottom shelf of shoestrings and polish); one can per 3-4 people sufficient
- **Leggings** are like pantyhose and not acceptable without a tunic or dress to cover you to mid-knee or below

Other items students need to bring:

- all medication (with prescription) Toothpaste and toothbrush, etc.
- a string back-pack for touring with NO American writing
- a regular back pack for carry on luggage and overnight one (1) suitcase **ONLY -- 50lbs max and sold 24 - 25” suitcase normal width!!!!**
- a notebook for journal keeping (will be provided)
- Cell phone for communication via Wi-Fi (deactivate phone!)
- a second pair of glasses or a second set of contacts
- around-the-waist wallet for money that will fit into your pants

- Sunscreen and Sunglasses
- “Speedos” or Bikini/bathing suit
- Washcloth? (Italy generally does not have washcloths—they use bidets....)

WEAR BUSINESS CASUAL ON PLANE WHEN TRAVELING!

Items NOT to take along:

- any clothing prohibited in the student handbooks or that has USA or AMERICA/WV writings
- No camouflage clothing (it is associated with military only)
- appliances unless they are switchable from 110 Volts to 220 Volts (you still need an adaptor plug because the outlets are different)
- DVDs without converting them first
- Knives etc. or look-alikes
- Non-disabled Cell phones (they will be taken till return to HHS), video cameras and expensive camera equipment (use disposable or cheap cameras – NO SIGHT NO SOUND FOR CELL PHONES!)
- Laptops, Ipads (like cell phones they will be taken till return to HHS)

The Following items should NOT be packed into carry-on luggage:

- Razors
- Any other sharp, pointy or weapon-like instruments/ objects
- No liquids and gels other than 3-1-1 rule
- Your backpack **NOT** filled to the limit, will be your carry-on luggage (one carry-on per person only). Max 12 lbs!

Additional comments:

We will be on the go a lot. You should consider that hair and make-up can be time consuming. Don’t spend hours in the bathroom--when we are on the go you won’t have this opportunity! Keep it plain and simple! But always be neat! No greasy, stringy, braided, or long hair guys!!! For the girls: wash and dry... no fancy curling or straightening please!

BE AS INCONSPICUOUS AS POSSIBLE!

Name

Student Signature

Parent Signature

Date