



## The Spring Classical Odysseys Program 2007

Italy: Paestum, Sorrento, Rome

### **REMEMBER YOUR PASSPORT AND TICKETS**

#### Checklist of Suggested Items:

- Raincoat
- Umbrella
- Comfortable Walking Shoes
- Adapter/Converter
- Clothing (see below)
- Camera/Batteries
- Personal Items (contacts, tooth paste, glasses, etc...)
- Important Documents (see below)
- Money Belt/Passport Holder to wear under clothing
- Backpack/Bag to bring around during the day
- Phone card (cell phones don't work unless you have an international cell phone...)
- Money/Traveler's Checks (If you are going to use an ATM/debit card, make sure it is accepted in Italy)

**Luggage:** soft shell expandable large case (1); carry on bag or backpack (1)  
Airlines are VERY strict about this. Your carry-on must fit under the seat in front of you or in the storage compartment over your head.

#### **Dress:**

Weather: comfortable (usually), sunny, some chilliness in the evening; occasional rain; could be chilly at Paestum as you are so close to the sea (bring appropriate outer attire!) A lined windbreaker and a compact umbrella are recommended; a sweater is also appropriate. Throughout the program dress will be informal. We will be walking a great deal and will be in museums frequently. For dinners you may wish to have a nicer outfit than what you plan to wear on site (recommended: dress slacks or skirts).

#### **Documents:**

Keep traveler's checks and cash in separate wallets. Leave a copy of your traveler's check numbers at home as well as a copy of your passport. Participants must carry with them a legible copy of their passport. Passports must be carefully treated at all times. Passports can be left at the hotel desk or in safes in each room (as in the Rome hotel). There is no reason to carry your passport on your person outside of the hotel; carry the copy!! **NEVER STORE PASSPORTS IN YOUR LUGGAGE!!** A passport wallet is recommended.

#### **WOMEN:**

You may wish to take a skirt or two and appropriate shoes for the dinners. You need a good pair of well broken-in walking shoes or sneakers. Take a reasonable amount of

clothing for the trip's duration; washing clothes is very impractical given the range and intensity of our program. Electrical appliances such as irons, hair dryers, curling irons or contact lens machines will require converters and adapters. Hair dryers are in the bathrooms of our hotels. If you bring your own, remember that voltage is variable both at 120 volts and at 220 volts. Be prepared and careful! ***Leave valuable jewelry home!***

**MEN:**

Bring various shirts and pants such as jeans and, if you like, dress pants for dinners. Bring a good supply of sweat and dress socks, and a pair of well broken-in walking shoes or sneakers.

**TOILETRIES:**

These tend to be expensive in Europe. Bring what you need; include toothpaste and brush, shaving items and soap. You may bring whatever medicines you need such as headache tablets, cold remedies, etc. Any prescription medicines should be in easily identifiable containers, and if possible a copy of the prescription should be in possession of the traveler.

**TRIP INSURANCE**

Consider purchasing trip insurance before the beginning of the trip. A good policy will cover you if you should unexpectedly have to cancel of the trip and will sometimes even allow you to recuperate some of the cost of lost luggage. Bring with you a copy of any relevant information about your trip insurance.

**MISCELLANEOUS:**

It is a very good idea to wear a hat with a wide brim. Consider bringing sunblock and sunglasses that offer both UVA and UVB protection.