CONSERVANCY TRAVEL

CHRISTMAS MARKETS OF NORTHERN ITALY
LUGGAGE AND PACKING GUIDELINES

LUGGAGE LIMITS

- Please limit your baggage to one suitcase and one carry-on / day bag.
- Please verify baggage weight and size limitations with your airline. If you intend to make purchases during your journey, be sure to leave space and weight in your luggage or bring a folding bag.

Wherever possible, porter service is included in the trip fee. However, porters are not always available. **Ensure your suitcase has wheels, and that you can manage all your baggage yourself.**

SPECIAL NOTES FOR OUR JOURNEY

Trento • Bolzano • Riva del Garda • Merano • Brixen • Vipiteno • Venice

We are visiting several historic town centers with cobblestones and restricted motorcoach access. Please be able to manage your own wheeled suitcase and hand baggage where porter service is unavailable.

Locks

For flights originating in or transiting the U.S., use a TSA-recognized luggage lock if you lock checked baggage, so security can inspect it if necessary.

- Avoid bringing unnecessary jewelry or other irreplaceable items with you on your trip.
- If you bring an extra bag for purchases, remember to bring an extra lock.

PLEASE NOTE:

We **highly recommend** that you plan to pack any Christmas Market purchases in your checked baggage for the return flight home, as airport security screeners have been known to damage fragile items.

Plan ahead by bringing bubble wrap, zip-top bags, a shoe box etc., to securely wrap and pack anything you purchase at the Italian Christmas Markets. Purchase food items vacuum packed for travel, where available. Check U.S. customs rules before purchasing meat, fresh produce, or other restricted food products.

ALSO: Airport liquids rules may vary with screening equipment and departure or connecting airports. As a reliable general rule, pack carry-on liquids in containers of 100 ml (3.4 oz) or less in a clear, resealable one-liter bag. Pack larger liquids such as wine, jams and liqueurs in checked baggage. Check your airline and airport requirements before departure.

CLOTHING CHOICES

Dress on this trip is functional and casual. No formal or dressy clothing is necessary.

- Make sure your clothes are comfortable for outdoor walking and sightseeing.
- Pack versatile mix & match layers.
- Choose neutral tones that are easily interchangeable, and accent with brightly colored accessories.
- You may wish to consider that Europeans do not typically wear sports-type active-wear such as leggings, sweatpants etc. for daily street-wear, only specifically for sports activities.
- Comfortable walking shoes suitable for winter weather are the most important item to bring.

Weather: December in the mountains of northern Italy is cold, with daytime temperatures often around 35°F to 45°F and nighttime temperatures at or below freezing. In Trento, Bolzano, Merano, Brixen and Vipiteno, snow, slush and ice are possible. Short days and winter wind make standing outdoors feel colder.
Riva del Garda and Venice are generally somewhat milder, but damp air, wind and occasional rain can feel very cold. You will be spending extended time outdoors at Christmas Markets, including in the evenings.
- A warm winter coat is essential.
- Layered clothing: Sweater or fleece, light down vest, thermal mid-layer, and long-sleeve shirts.
- Waterproof boots or sturdy, supportive shoes suitable for walking on cobblestones
- Gloves, hat, and scarf

Laundry
Our hotels have laundry service, but it may be expensive. It is easiest to plan to handwash your own undergarments daily.

Water Bottle
Tap water is generally safe to drink in Italy unless marked "acqua non potabile." Bring a refillable water bottle; a carrying strap or a day-pack with an outside bottle pocket makes using it easier. Public drinking fountains are available in many towns, although some are shut off in winter.

PACKING LIST
Footwear
3 pairs total – two that are waterproof and lined or worn with wool socks, rubber-soled with good traction for walking on cobblestone streets in rain, slush or snow; 1 pair for indoors / hotels

- ❑ Keen Waterproof Sneakers and Waterproof lined walking boots
- ❑ KURU Shoes and Boots
- ❑ Casual shoes for indoors
- ❑ Support Insoles

Outerwear
Use compression bags to pack bulky items. Lighter layers that can be combined are more comfortable and efficient than one very heavy layer, as you will be moving between inside and outdoor spaces. 32HEAT is an inexpensive source for winter clothing

- ❑ Waterproof Rain Jacket with hood
- ❑ Packable Rain pants
- ❑ Packable Down Jacket
- ❑ Down Vest
- ❑ Winter Parka
- ❑ Rain hat
- ❑ Wool hat
- ❑ Earmuffs
- ❑ Gloves, fingerless gloves
- ❑ Wool or fleece neck scarf or gaiter

Mid-Layer

- ❑ Fleece pullover/sweater
- ❑ Cardigan

Socks

- ❑ 3 x Compression Socks – *helpful for air travel, standing and walking*
- ❑ Smartwool midweight boot/ knee high socks
- ❑ 5 x everyday wool socks

Base Layer

- ❑ Pajamas x 1
- ❑ Underwear x 3
- ❑ 2 x Thermal undershirt
- ❑ 1 x Thermal turtleneck undershirt
- ❑ 2 x Thermal long johns

Clothing

- ❑ 3-4 long-sleeved shirts
- ❑ 3 trousers/pants
- ❑ Optional: 1 waterproof lined pants
- ❑ Optional: 1 Jeans (dark color, no rips)
- ❑ Optional: Fleece Leggings + Long Skirt
- ❑ Optional: Swimsuit for Terme Merano (Day 6)
- ❑ Optional: Folding tote and bubble wrap for fragile Christmas ornaments and gifts

Essential Items

Daily essentials: toothbrush, toothpaste, floss, hairbrush or comb, shaving items, deodorant, etc.
Spare eyeglasses/contact lenses
Some European hotels do not provide a washcloth, so you may wish to bring your own.

Miscellaneous Useful Items

- ❑ Reusable Shopping Bag – many shops charge for bags; useful for Christmas Market purchases
- ❑ Folding Travel hangers
- ❑ Sunglasses with UV protection
- ❑ Travel alarm clock, or watch with alarm
- ❑ Pocket-size tissues
- ❑ Anti-bacterial hand sanitizer
- ❑ Mobile phone security strap and metal tether tab
- ❑ Data hacking blocker for phone or laptop
- ❑ Money pouch or belt

NOTE: SCOTTeVEST Travel vest – these have many inside pockets and can eliminate the need for a money belt, small purse or fanny-pack, keeping valuables and passport secure.

- ❑ Lip balm and hand moisturizer – cold air and indoor heating can be drying
- ❑ European plug adapter (Italy uses types C, F and L), charging cables and eSIM / international data plan
- ❑ Small compact umbrella; warm windproof gloves for evening markets
- ❑ Secure luggage tags, travel documents and copies kept separately
- ❑ Hand luggage: keep essential prescription medications, a change of clothes, valuables and documents with you in case checked baggage is delayed.

Medicines & First Aid Gear

- ❑ Your own prescription medicines, packed in carry-on
- ❑ Travel first aid kit: Band-Aids, headache and pain relief, laxatives and anti-diarrhea tablets, upset stomach or motion-sickness remedy, cold remedy, moleskin foot pads, antibiotic cream, cortisone-based topical cream, allergy medication.

Optional Gear

- ❑ Travel journal/note pad and pens
- ❑ Reading materials
- ❑ portable battery charger