

## Suggested Packing List for Rome

**IMPORTANT NOTE:** This is only a list of suggested items to pack. You are not required to take everything on the list! This list is only a guide to help you determine what items you may need for your semester abroad.

### Clothes

*General Tip: Bring clothes that you can layer, are comfortable but not too casual & will match well with your other clothes. Try to pack items that can easily be dressed up and dressed down; this will save you lots of packing space. Neutrals are also a must; these will allow you to create a maximum number of combinations without repeating yourself. Rain proof clothing is highly suggested especially in the spring. Don't take too much; **bring items that you know you will wear on a day to day basis. In the end you will most likely end up wearing the same things all the time, trust us.***

*Pants:*           2 pairs of jeans (dark wash jeans are better)  
                      2 pairs of comfortable neutral pants (black/grey/navy)  
                      1-2pairs of shorts (only for campus)

*Shirts:*           3-5 T-Shirts (mainly worn on campus)  
                      1-3 nice, casual short sleeved shirts  
                      3-4 long sleeved shirts (for spring especially)  
                      1 sweatshirt (hooded are good for campus)  
                      2 sweaters/cardigans

*Dress:*           2-3 dress tops  
                      1-2 skirts  
                      1-2 dresses  
                      1-2 dress slacks  
                      1-2 ties  
                      Sports Jacket

*Shoes:*           1 pair of good tennis shoes/walking shoes (dark color is best these will get very dirty)  
                      1 pair of flip flops (for campus/shower)  
                      1 pair of dress shoes  
                      1pair of boots (optional)  
                      1 pair rain boots or waterproof shoes (optional but highly suggested)

*Pajamas/*       *Pajama pants/sweat pants*  
*Underwear*   *Bras (sports bras too)*  
                      *Underwear*  
                      *Socks (wool socks are great for cold weather)*

*Jackets/*               *1-2 hats, gloves, scarves (Italians love to accessorize, so you can easily find these there)*

*Coats/*           *Cold Weather Jacket (preferably waterproof)/Coat*

*Other*            *Bathing suit (modesty please!)*

### **Toiletries**

*Remember to pack these items in Ziploc bags to avoid leaks. See Helpful Tips for Packing for more information about toiletries and how much to bring.*

*Reminder: all of these items can also be purchased at the supermarket.*

**USE YOUR JUDGMENT**

- *Shampoo and Conditioner (this can be bought there also)*
- *Lotion*
- *Razors*
- *Shaving Cream (no aerosol cans)*
- *Tweezers*
- *Toothbrush and Toothpaste*
- *Brush and Comb*
- *Hair clips/pins/ponytail holders*
- *Hair spray/gel/mousse (no aerosol cans)*
- *1-2 old hand towels & bath towels (camping towels & high absorbency towels work great)*
- *Feminine products (you might want to bring enough for the entire semester as they are more expensive in Italy)*
- *Anti-bacterial gel like Purell (travel size)*
- *Face wash*
- *Travel size shampoo/conditioner/toothpaste/etc (try Dr. Bonner's 16 in 1 soap!)*
- *Travel Size Kleenex*

### **School Supplies**

*These items can all be found in Italy but are more expensive. You should compare the cost of purchasing these items at a higher price against the cost of having to pay for excess luggage.*

- *2 three subject notebooks (if you are not bringing a lap top)*
- *Pens & pencils*
- *Laptop (optional but highly recommended; all professors accept handwritten papers; refer to Final Packet document)*
- *Optional school supplies: scissors, paperclips, rubber bands, index cards, , stapler*

### **Laundry**

*By Italian and most study abroad program standards, the Rome Campus has a pretty impressive laundry facility in the basement of the Dormitory. You can purchase laundry tokens at the Capp Bar for laundry detergent and operating the washers and dryers. Each bottle of detergent, wash cycle, and dry cycle requires one laundry token. It is not necessary to bring laundry detergent with you to Rome since you can purchase it on campus or at the store near campus. The following items you will need to bring with you if you use them.*

- *Woolite, Dryer Sheets*
- *Small sewing kit*
- *Small bottle of stain remover (Tide To Go pens are quick, easy and effective)Optional*

### **Other Items**

- *Travel alarm clock w/ extra batteries (Necessary Item)*
- *Wrist watch*
- *Money/Passport belt or pouch (always keep your passport, money, credit cards in this)(optional)*
- *Small umbrella or raincoat (umbrella highly recommended)*
- *Ear plugs & eye mask (if you are a light sleeper)*
- *Mini flashlight*
- *Address book/stationary/envelopes*
- *Sunscreen (sunscreen can't be found readily in Italy)*
- *Sunglasses*
- *Pocketknife w/ corkscrew*
- *MP3 player*
- *Journal/diary (you don't want to forget anything)(optional but recommended)*
- *Ziploc bags*
- *Guidebook/map (there are guidebooks on campus as well but they might be outdated and may not cover your desired destinations)*
- *Deck of cards (Optional)*
- *Camera w/ extra batteries, memory cards and battery charger with European plug adapter and internal converter (consult an electronics store whether your charger will work in Europe before you leave)*

### **Prescriptions/Medicine/First Aid**

*You must bring enough for the entire semester. You **cannot** have medicine shipped to you. Please be aware that there are no over-the-counter medicines available on campus. You must bring your own.*

*Note: you can purchase almost all of these items there.*

***Enough prescription and over the counter medicine for 4 months including:***

- *Cold and flu medicine*
- *Pain relievers*
- *Motion sickness medicine for plane, train, bus and ferry to Greece*
- *Nausea/Diarrhea meds*
- *Band aids*
- *Extra glasses/contact lenses/contact lens solution*
- *First Aid Kit (topical creams, such as antibacterial, antihistamine, & cortisone, band aids, ibuprofen, allergy meds, such as Benadryl, etc.)*

### **Luggage**

*Check with the specific airline you will be traveling with for up to date size and weight regulations for luggage. Most airlines allow you to bring one 50 lb bag free but charge you for the second checked item.*

- *1-2 suitcases, adequate to carry 50 lb, that are easy to transport*  
*School sized backpack (some students recommend using this for weekend trips) and/or Big backpack/duffle bag for 10 day, Greece trip and other extended travel periods (you can either use this as your carry on or pack it into one of your suitcases)*
- *Purse (bring one that is small, nondescript and closes securely; it should have a zipper all the way across)*

### **Important Documents**

*Make copies of all of your important documents and keep them in a safe place. Do not bring these copies with you while traveling as it is just another way for them to be stolen. Also leave a copy of these documents with your parents. You will need to carry your actual passport and permessi when traveling throughout Italy and Europe; however, when in Rome you may carry a photocopy of these documents. Note that if you are stopped by the police for whatever reason you must provide the originals of these documents within 24 hours.*

- *Passport*
- *Airplane ticket/flight itinerary*
- *Copy of prescriptions*
- *Doctor's letter for customs allowing you to carry prescription medication*
- *Copy of immunization record*
- *Medical bracelet*
- *Insurance card (copy front & back)*
- *ATM/debit card and credit card*
- *List of contents of your wallet (kept separately from your wallet) (optional)*
- *Directions & phone #'s for Rome Campus*
- *Phone numbers of credit card & ATM companies*
- *Emergency phone numbers*
- *International Student ID Card*

### **Money and valuables**

*If you are planning on using a debit/check or credit card while overseas, check to see what the fees will be for international use; also make sure that you notify your bank that you will be traveling overseas.*

- *\$3500-\$4000 spending money should be on a debit/check card.*
- *Have a back-up plan in case something happens to your ATM card*
- *Make sure your PIN is no more than 6 digits and memorize in numbers.*
- *Check your bank fees. Recently students have recommended Schwab and MSMB. They also recommend withdrawing larger amounts and storing in the safe on campus to avoid ATM fees.*
- *Check that your card works in every country you might visit.*
- *Bring some Euros as well (always have a little bit of cash on you at all times; not all places will accept your ATM card especially if you are just making a small purchase i.e. gelato or cappuccino) You will use more cash than credit card. Withdraw at least 200€ at a time.*
- *DO NOT BRING extremely valuable items like expensive jewelry (the Rome Campus cannot be held responsible if such items are lost or stolen during your stay in Italy)*

### **Items Provided on Rome Campus**

- *Irons & Hangers*
- *Hair dryer (the campus loans 1 Italian hair dryer per suite for free, but you are responsible for damages)*
- *Bedding (the campus provides pillows, sheets & 2 blankets for every student)*

*\*PLEASE NOTE that towels and wash cloths are not provided on the Rome Campus. You will need to bring these items yourself. Past Romers suggest that you bring old towels that you can toss after the semester to free up luggage space for souvenirs.*

# HELPFUL TIPS FOR PACKING

1. Use leak-proof Ziploc bags or you can purchase more durable ones at stores like Target. You might want to consider purchasing luggage accessories as well which will help you conserve space in your suitcases. Visit the Container Store, Bag N' Baggage or other such stores for luggage accessories.
2. **Any toiletries that you forget or choose not to bring can be easily found in Rome. Do not under any circumstances have toiletries or school supplies shipped to Rome. Most supermarkets and pharmacies even carry the same exact brands that are in America. Remember that you can always throw these items out after the semester to conserve space for souvenirs.**
3. A general rule of thumb is to dress up not down as if you are going to church. 9 times out of 10, you will be walking into churches either with group trips or on your own personal trips. It is important to be appropriately dressed when entering any church (no tank tops or shorts). If you are always prepared to go into a church by wearing presentable and neat clothing, you will be able to fit into any city you are walking through. Make sure that you are well groomed at all times. Italians take great pride in their appearance. Whether dressed to the nines or in a pair of jeans they are always well groomed and presentable. If you do the same you will not only fit in but also gain their respect. Remember that at all times you are representing the University of Dallas so leave the sweats on campus.
4. **PACK LIGHT!** As far as clothing goes bring clothes you like, are nice looking, and would normally wear. **Only bring things that you absolutely can't live without.** At the end of the semester you will wish you had that extra space that your 10<sup>th</sup> pair of shoes is taking. Remember you will also be **carrying your own luggage, so it shouldn't be too heavy or bulky, as self-interest clearly indicates.** (If you can't carry all your luggage by yourself, that's too much). Leave some room for souvenirs on the return trip. Some former students recommend packing a large duffel in your suitcase to have room for purchases. Remember, luggage limits are the same on the return trip. **Label your entire luggage both inside and out with your name, Rome address, Rome phone number, home address, and home phone number.** Don't pack passports or valuables in bags that will be checked. Your passport, the documents stapled in them, and doctor letters for meds are required to get you in and out of the country.
5. Rome outside temperatures are similar to those of Dallas although it rains more, gets cooler sooner in the fall and stays colder longer in the spring. It rarely freezes in the winter, but winter nights tend to be very cold, so take something very warm to sleep in because there is no central heating like in America. Many former students have been happy to have a small throw blanket and long underwear. Because of high fuel costs and Italian energy conservation regulations, the Rome Campus follows the European custom of turning on the heat only twice a day; ergo, room temperature during cold weather will be much lower than that to which you are likely accustomed.
6. Adapters not converters. The voltage on campus and throughout Europe is 220V instead of the 110V in the USA. The "converters" purchased by many travelers are generally not adequate for use with American appliances such as hair dryers, radios, etc.; Use of a converter will generally fry your appliance and blow the circuit breaker. Many computers, razors, etc. now come with built-in electrical converters which usually convert the energy appropriately. Only these appliances with built-in electrical converters are allowed on campus, as they just require a simple plug adapter. The University of Dallas is not responsible for damage done to appliances because of lack of or improper equipment.
7. For Ten Day, it is strongly recommended to use a traveling backpack or small bag rather than a suitcase. This will make your traveling a lot easier and hassle free. Limit what clothing you bring, you will likely not be changing very often and you will be glad that you packed light.