



Summer Academy Packing List

Here's what you'll want to bring for your incredible Italian experience.

- **A smartphone** – Local SIM cards are easily purchased in town and are usually a student's first purchase. All plans are very affordable and include generous data limits. Many include international calling. Some students opt for purchasing an eSIM before departing Canada, so they have data from the moment that they land.
- **Travel insurance** is a must.
- **Prescription medication** is also a must. Over-the-counter medications are generally available in Italy, but under different names or formulations.
- **A banking/debit card** on the PLUS, CIRRUS or BANCOMAT systems is also necessary. International bank accounts are accessible from bank machines with one caveat – they must be chequing accounts. PINs must be four digits. Having a credit card is also strongly advisable.
- **Google Translate** – Download the Italian dictionary for use offline.
- **WhatsApp** – It is highly recommended that students download WhatsApp to their phone. This is particularly useful for communicating over WiFi at the airport before students have connected their international plans.
- **Comfortable walking shoes** for trips and athletic shoes for exercise. Pack flip flops or other water-safe footwear for our trips to the beach.
- **Wired 3.5mm earbuds or headphones** – If you use wireless headphones, like AirPods, a wired pair can be useful on walking tours and on the plane.
- **Travel power adapters**: In Italy the plugs and sockets are Type-C, Type-F and Type-L and the standard voltage is 220 V. It can be dangerous to plug in a standard North American 110V device into a 220V socket, even with a voltage converter, so leave small personal care items (like hair dryers and flatirons) at home. It's best to purchase them in Italy. You can plug in non-high-power appliances like North American laptops and phone chargers with no issue if you purchase the correct plug adapter.
- **Pillows, comforters, sheets and towels are provided**. However, some students like to bring their own for a touch of comfort from home. We launder linens on a regular basis, but students are required to launder their own clothing using machines in the residence. Students can purchase their own detergent in Italy.
- **Lightweight and breathable clothing** to stay comfy in hot (mid-30s) temperatures.
- **Hat and Sunglasses** – to provide shade and protection from the sun.
- **Bathing suit & beach towel** – Towels from the residence cannot be taken to the beach. Bring a smaller, quick-dry one for our many trips to the sea. A workout towel is also required when using the gym.
- **Insect repellent and after-bite** – Some people react more strongly to Italian mosquitoes.

- **A light shawl or warm weather outfit** that covers shoulders and knees for tours of churches/cathedrals.
- **Slippers/slides** – For your comfort while hanging out in residence.
- **Toiletries** – It's a good idea to pack a small amount of your favourite products in your carry-on for the first couple of days. After that, all varieties of personal care products can be purchased in the many pharmacies in town.
- **Period products** – Students may want to bring a supply of their preferred menstrual products. While they are also available at local pharmacies, you may not find the brand you're familiar with.
- **Small overnight bag** – A small duffel or backpack will make off-campus getaways more convenient.
- **Something nice to wear** – We mark the end of summer school with a celebration. A summery dress, or dress shirt and pants will do.
- **School supplies** – Required textbooks and readings will be provided. Stationary supplies like pens, pencils and note paper can be purchased in town. Taking art? A materials list will be provided.
- **Laptop or tablet with keyboard** – For taking notes, editing photos and doing homework in certain classes. There is high speed internet throughout the school and residences.
- **DSLR Camera** – If you're taking photography, bring a digital camera with manual settings.



Additional packing tips

- **Pack essentials in your carry-on.** Having your valuables, medication, a toothbrush, chargers and a change of clothes hand will come in handy if your checked bag is delayed or lost.
- **Tag your luggage with the school address:**
Via Cavour, 13
66034 Lanciano (CH), ITALIA
- **Don't panic if you arrive at the airport but your luggage doesn't.** Report it at the lost luggage office in the baggage claim area. In most cases, the airline will deliver it to you in Lanciano in a few days.
- **Sending something to Italy?** Use the school address above. Avoid customs hassles and additional costs by addressing the package to the student, not the school, and indicate that the package contains a "gift" or "personal items, used."

Please note that the school office will not cover customs fees on a student's behalf.

IMPORTANT Do not courier items such as cash, electronics, medications, vitamins, cosmetics, or other restricted goods, as these are often seized by Italian customs and may be difficult or impossible to release.

- **Ordering from Amazon?** Make sure you change your account country settings so you're purchasing on Amazon.it account.