



# Assisi Pilgrim Outlet & Voltage Guide



*We're so glad you're joining us on this wonderful journey!*

Feel free to reach out to maria@bridge1980.com if you have any questions or specific needs.

Travel power can be confusing, and getting it wrong can potentially be dangerous, even if just to your devices. If you don't know the difference between "**plug type**" and "**input voltage**", and are bringing ANY electrical devices (*phone, laptop, plug-in nightlight, CPAP, curling iron, etc*), please review this sheet, it's **very** important.

Many people I talk to about this subject don't know what to look for and often, they end up spending more than they really need to. So, here's a basic overview of what's needed for travel power purposes.

**You'll need to consider two things when it comes to travel power: 1. Shape and 2. Voltage**

## 1. Shape

### ✦ Italian electrical outlets take Type C, F, or L plugs ✦

- ◆ This is different than American outlets, which take A or B. This means you'll need an outlet/plug adapter if you want to plug your American gadgets into Italian outlets.
- ◆ Be sure to buy an adapter that has the "**male**" type/shape of Italy, and the "**female**" of USA. If you're in an American store, most will only have the American "female" style, anyway. On-line stores carry a wider variety.
- ◆ For folks who travel internationally often, some adapters have multiple "female" type options; and, others have multiple "male" type options, using a variety of sliders.
- ◆ The simplest version of these adapters (non-grounded or one country/type to one other country/type) are usually pretty inexpensive (US \$2-20). The grounded and also the multi-type versions are usually US \$15-25. Even more expensive, are some that have the added benefit of built-in USB outlets and even ones that also claim to have surge protection (\$20-50).
- ◆ **Look at the plug(s) for your electronics.** If it has 2 prongs (non-grounded), you can use Type C OR Type L. If it has 3 prongs (grounded), you can ONLY use Type L, and the corresponding 3-prong outlet in Italy.
- ◆ If you think you will only need one adapter, it might be smart to bring two. That way, you will have a back-up in case you lose one/break one/lend one out. **Test** them on your devices ahead of time, just to be sure they fit.

Here are two good options:



NON-GROUNDED:

<https://www.amazon.com/gp/product/B007YL84VA> (Type C, 2 prongs for non-grounded outlets). Type C works in some other European countries, so if you've traveled internationally before, you may already have ones that will work.  
< They *may* look like these, on the left.

or,

GROUNDED:

<https://www.amazon.com/gp/product/B007YL6HY6> (Type L, 3 prongs for grounded outlets. Be sure the **Italy** option is selected). They *may* look like these, on the right. >



*But wait, there's more! Continue to the next page for 2. Voltage...*

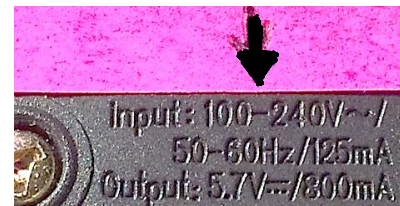
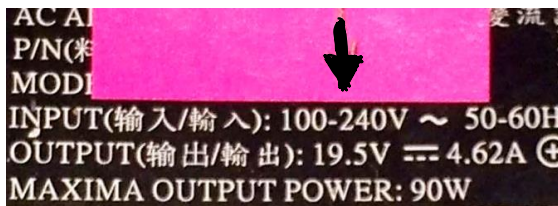
## 2. Voltage

### ✈ Italian electrical voltage is 220-230V at 50Hz ✈

- ◆ This is different than American voltage, which is 110V at 60Hz.
- ◆ Since the Voltages differ in the USA and Italy, you have two options:
  - **Switching or Universal Voltage Adapters** – *can be the plug that usually comes WITH an electronic device*
  - **Voltage Converters** – *a separate device you usually have to buy/borrow*

#### ◆ **About Switching or Universal Voltage Adapters:**

Many devices actually already come with them, especially many phones, laptops, and mobile devices. In addition, USB-powered chargers are usually (if not always) universal. So, before you spend money on a converter (that will take up precious space and weight in your luggage), **check** the very, very, very fine print on the wall plugs/brick adapters of your devices for writing that says something like "**Input: 100-240V**". It may be VERY tiny and VERY difficult to see, but what you are looking for will look something like either of these images:



**Input: 100-240V** lets you know that power source will work in both the USA (~110V) and Italy (~220V) and you don't need a voltage converter. You will just need a shape /outlet adapter. Yay for cost & luggage weight savings!

If you DON'T see that range, then you WILL need a Voltage Converter. This is NOT a "wait and see" kind of thing. If you don't convert the voltage, you WILL blow up your device or worse. Voltage **NEEDS** to match.

**FYI:** There are **two types** of Switching/Universal Voltage Adapters: **Automatic & Manual**. Most of the stories I've heard about travelers blowing outlets and whatnot involve heat-producing devices such as curling irons or hair dryers. I don't travel with those, but I do know that they make "travel" ones that, in addition to folding or being smaller, also usually have a built-in "voltage switching" option. With mobile phones and the smaller devices, this switching is usually done **automatically**. For the heated devices, the switching may need to be done **manually (by you)**, so be **SURE** to check that on all devices, in order to prevent a dangerous or at least embarrassing situation.

#### ◆ **About Voltage Converters:**

I've traveled to almost two dozen countries and have **never** bought a voltage converter. And, I almost always travel with about 7 or 8 electronic devices. This is because my devices either have switching capabilities built-in, or run off of USB (which is universal). So, you may not actually need a voltage converter. However, **ALWAYS CHECK**.

If you **DO** need one, they are sold in the usual places, like Amazon, and the "Travel" aisles in Target, Walmart, etc. Airports and travel stores also almost always have them. Look for "Step Down 220 to 110V" & be sure the male & female plugs are suitable (see page 1), and that it can handle the load / wattage of your device. (cost: \$20-50+)

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**Be sure to check the SHAPE & VOLTAGE of ALL electrical devices you plan to bring** (phone/tablet/laptop chargers, CPAP/toothbrush/medical devices, nightlights, camera/battery chargers, razor/hair dryer/styling tools, etc.) And, also, consider which ones you can leave at home, consolidate with others, or bring a battery or USB-powered version.

***Of course, your third option would be to "unplug" completely and travel like it's 1985. Radical!***