



# Assisi Pilgrim Preparation & Packing Guide

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

The following are simply *suggestions* that can be used as a guide in your preparations.

It might be helpful to print these pages for reference during packing, traveling, & repacking to go home.

Feel free to reach out to us if you have any questions or specific needs.

## TO DO:

- Purchase Euros (exchange currency) from bank (for cab/bellman tips, etc.)
- Inform bank & credit card companies of international travel
  - Be sure to have your PIN for ATM use, in case you need more Euros in Italy
- Arrange for Mail delivery with a trusted person or a pause with the USPS
- Copy: passport & ID, credit cards, health & travel insurances, etc. & leave a copy with a trusted person at home
- Phone Plan – ask your carrier about international coverage or purchase a SIM in Italy if your phone is unlocked
- Inform loved ones of journey & blog link ([ItalyRetreat2018.com](http://ItalyRetreat2018.com)) if desired
- Inform landlord, condo association, alarm company, etc. of journey if needed
- Arrange USA transportation from home to airport and then airport back to home
- Arrange care for pets and plants; prepare your home
- Print out the Van list
- If bringing a phone, save van driver's # (+39-338-820-8444) & hotel's # (+39-075-812-209) in your contacts
- Check your airline's restrictions for luggage / carry-on size, weight, & items (*international flights are often stricter than domestic flights*)
- Tag your Luggage & add a colorful bandana/ribbon to identify your bag (*it's a good idea to put your name & phone # - with USA +1 prefix - INSIDE your bag, too*)
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## PACKING LIST:

*Weather Notes:* Historically, Assisi usually experiences a High temperature during this time of year of between 45-50 degrees Fahrenheit during the day, and a Low of 35-40 at night. The hotel is heated, of course, but bring warm layers for any wanderings. This time of year in Assisi can also be rainy, and while we'll be praying for sunshine-filled days, it would still be smart to bring outerwear that protects from the rain, or chill of a potentially damp day.

### 1. IMPORTANT PAPERWORK TO BRING:

- Passport
- Credit Card (& PIN) / ID / Health Insurance / Travel Insurance / Bank Card (& PIN) / Euros
- For essential medications, bring the original Rx Bottle or with an extra Rx Sheet for refill
- Van List with phone numbers & instructions
- Flight Info: \_\_\_\_\_
- Hotel Info: Hotel Giotto Assisi, Via Fontebella, 41 - 06081 Assisi (Pg) – ITALY – Phone: +39-075-812-209
- \_\_\_\_\_

## 2. ESSENTIAL ITEMS TO PACK:

- Clothes & Pajamas (*layers for chilly nights*)
- Comfortable & sturdy Walking Shoes (*weatherproof is ideal*)
- Warm Jacket, Gloves, Hat
- Small Umbrella or Rain Poncho
- Sunglasses / Case
- Day Bag or Small Backpack for excursions
- Flashlight & Fresh Batteries (*check airline for info on packing batteries*)
- Medications / Supplements / Vitamins
- Eye Glasses + Case / Contacts + Solution / Eye Drops / Hearing Aid + Batteries
- Toiletries: Toothbrush/Paste, Floss, Deodorant, Brush/Comb, H&B items
- Washcloth (*European hotels often don't provide washcloth-sized towels*)
- Journal
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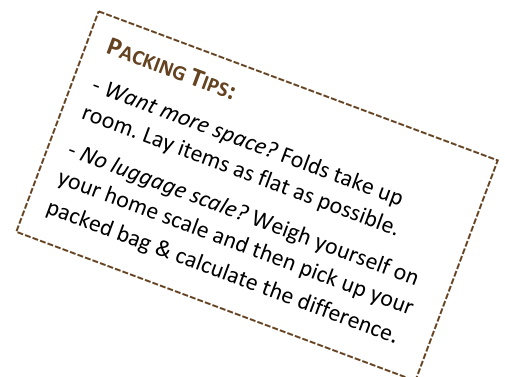


## 3. OPTIONAL ITEMS: (if needed)

- Ear Plugs
- Lip Balm
- Money Belt / Hidden Pocket
- Small Comfort Kit (*ie: gas relief, antacid, anti-diarrheal, antihistamine, bandages, mild laxative, pain reliever...*)
- If you wear glasses, an Extra Pair is a good idea
- Plug Converter for electrical items – *see guide for details*
- Voltage Converter for electrical items – *see guide for details*
- Camera (your phone's camera is fine) + necessary charger
- Electrical Items like a CPAP Machine or travel Curling Iron (*be sure to check voltage*)
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## 4. LUXURIOUS EXTRAS: (if you have the desire and the room in your bag)

- Shawl, Large Scarf, or Pashmina
- Neck Pillow & Eye Mask for the flight
- Headphones or Earbuds
- Bathing Suit / Spa Wear
- Shower Shoes or Slippers
- Snack Baggies
- A few Art Supplies
- Mini Sewing Kit
- Small TSA-approved Luggage Lock
- Phrase Book / Translation Dictionary
- Walking Stick / Cane (*foldable kind that goes in checked luggage*)
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## 5. PLEASE LEAVE AT HOME:

- ✗ expensive jewelry
- ✗ perfumes/colognes or other fragrances (*some pilgrims are sensitive*)

## 6. HOTEL AMENITIES INCLUDE:

- ✓ In-room Hairdye
- ✓ Courtesy Kit with small Shampoo, Soap, & Lotion
- ✓ Towels, Sheets, Pillows