



## Clothing & Shoes

Stylish, breathable, and layered essentials for day-to-night comfort and elegance.

- ☐ 1× Comfortable trousers, jeans, or midi skirt (for city walking)
- ☐ 1× Lightweight blouse or casual top (daytime touring)
- ☐ 1× Dressy-casual outfit (for Trastevere dinner & rooftop bar)
- ☐ 1× Light sweater or jacket (for evening)
- ☐ 1× Comfortable walking shoes or sandals
- ☐ 1× Optional: Nicer shoes for dinner/nightcap
- ☐ 1× Sleepwear
- ☐ 1× Undergarments and socks
- ☐ Sunglasses
- ☐ Sun hat or cap
- ☐ Scarf or pashmina (for cool breezes or church visits)

## Personal Care Essentials

- ☐ Toothbrush + toothpaste (travel size)
- ☐ Deodorant
- ☐ Hairbrush/comb
- ☐ Lip balm
- ☐ Moisturizer + SPF (essential in Rome's sun!)
- ☐ Face wipes or micellar water
- ☐ Travel-size shampoo & conditioner (hotel may provide)
- ☐ Makeup basics (if used)
- ☐ Razor (TSA-approved if carry-on only)
- ☐ Feminine hygiene products (if needed)
- ☐ Daily medications (in original packaging)
- ☐ Hand sanitizer + tissues



## Tech & Entertainment

- ☐ Phone + charger
- ☐ Portable power bank
- ☐ Headphones/earbuds
- ☐ Travel adapter (Type C, E, or L for Italy)
- ☐ Optional: Kindle or small book
- ☐ Pre-downloaded playlist, podcasts, or Netflix content
- ☐ Downloaded Google Maps for offline navigation
- ☐ Optional: Lightweight camera

## Travel Documents

- ☐ Passport (valid at least 6 months beyond return)
- ☐ Travel insurance (digital + hard copy)
- ☐ Flight boarding pass (printed or digital)
- ☐ Hotel confirmation (screenshot or print)
- ☐ Entry requirements (ETIAS or visa, if applicable)
- ☐ Emergency contact details
- ☐ Credit card with no foreign transaction fee
- ☐ Small amount of Euros for quick purchases



## Extras & Comfort

- ☐ Reusable water bottle (fill after security)
- ☐ Compact travel umbrella or rain poncho
- ☐ Snacks (granola bar, nuts, fruit leather)
- ☐ Neck pillow (for flight or nap)
- ☐ Small tote or crossbody bag for daytime
- ☐ Mini first-aid kit (plasters, painkillers)
- ☐ Eye mask + earplugs (for hotel rest)
- ☐ Reusable shopping bag (souvenirs or snacks)
- ☐ Ziplock bag for liquids
- ☐ Small laundry or shoe bag



## Travel Tips & Reminders

- ☒ Charge all devices the night before travel
- ☒ Double-check weather 24 hours in advance
- ☒ Bring a pen for customs forms
- ☒ Wear your bulkiest items on the plane
- ☒ Carry digital AND printed copies of documents
- ☒ Bring a coin for the Trevi Fountain (it's tradition!)
- ☒ Keep valuables secure in anti-theft day bag