



- 2-3 Pairs of Pants.** Jeans can be a tad heavy but do stand up to the messes of traveling. Pants that zip off at the knee to become shorts are nice to have when weather changes or going into Churches.
- 1-2Pair of Shorts** or swim trunks/ bathing suit. Of course if traveling in the winter this might not be necessary. The zip-off pants above can take care of this too.
- 4-5 T-shirts.** Used for layering, or undershirts or just simple walking around the city on a nice day, a t-shirt is a must.
- 5-6 Pairs of Socks and Underwear.** Think about it this way; you will have to do laundry as often as these run out.
- Hat.** For those days that you have to rush to the train or wake up after your cab has shown up to take you to the airport, you can throw this on and presto, your hair is done. A bandana might be a nice substitute if you prefer and they come in handy all kinds of things.
- Comfortable Pair of Walking Shoes.** A nice pair of *broken-in* walking shoes that goes well with pants or shorts will be your best friend after trying to see Rome in one day.
- Sandals.** A cheap pair to wear down the hall to the shower in a nicer hotel or a pair to wear *in* the shower in a not-so-nice hostel. I like the kind with the Velcro straps that are built for hiking; great for hot days or fountain wading.
- Windbreaker/Jacket.** Depends on the time of year you are planning on going but you can count on chilly nights no matter what.
- Daypack.** A small pack that you can stuff in your larger suitcase is great to carry your guide book, picnic stuff, map, zip-off pant legs or anything else you need on excursions from you hostel or hotel. Also works great as a carry-on on the plane.

- Money Belt.** The more you travel in Europe the more you will feel comfortable not using one or at least knowing when you should. In any case having one is a great idea for extra security...if not only for when you want to fall asleep on a train.
- ATM/ Credit Cards.** An ATM card with a 4 digit numerical PIN (ATM's in Europe generally only accept 4 digit PINS) preferably with a Visa or MasterCard logo will keep extra cash out of your pockets. This will also make booking hotels and train tickets on line easy and safe. I do not bring anymore cash than what was left over from my alcohol purchases on the plane and just use an ATM when I land. Let the banks know you will be using the cards out of the country or they may be thought to be stolen and cancelled.
- Passport.** You will not get far without this and it would be a shame to think you are about to board a plane only to have to call a friend to pick you back up. Scan a copy into your computer and e-mail it to yourself. If the original is ever lost access to this will make the replacement process smoother and quicker.
- Camera.** A moderately priced digital camera is no doubt as important as the plane tickets...both have the ability to bring you back. You may even want to invest in an extra memory card so you can take videos of your adventures. Posting them on your own youtube site is a great way to share your trip and keep in touch. This in turn cuts back on expensive phone calls home to check in.
- Watch.** A wristwatch with an easy to set alarm and backlight will make getting up early in a dark hostel to catch your train easier.
- Glasses/ Prescription.** You don't want to be in Europe and not be able to see the Picasso paintings...or maybe you do.
- Small Pen Light.** A Mag-light mini or similar flashlight will come in handy when trying to find the bathroom in an unfamiliar hotel or reading a book before bed. You will be amazed at how often you use this and even more so at how often people ask if you can shine a light on their bag as they try to find that last pair of socks.
- Swiss Army Knife.** Remember to put this in your checked luggage!! A small knife will come in handy on trains when trying to make cheese and crackers, during a picnic or when your shoelace becomes unbelievably knotted to your backpack.
- Something Interesting to Read.** Passes time on trains, busses and planes...Your guide book can actually substitute for this if you read up on the next stop of your journey as you approach or learn a few words in the local language.
- Karabiner.** You know, those things that mountain climbers use to clip the ropes...or something like that...One of these will come in handy when you need to have somewhere handy to clip your hostel keys and mini penlight. Or you can clip your water bottle to your backpack...or you can tie a string to it and fashion a makeshift clothesline, or you can....

- Combination Lock.** Having your own lock will save you money when lockers are provided in hostel but locks are not. Just don't forget to memorize the combo...trust me it happens.
- Toiletries.** You know what you need so you're on your own here. Check airport regulations on traveling with liquids and only take the essentials for a week or so. Like here, these things are not hard to find as needed once you've landed. A Toiletry travel bag that incorporates a clothes hanger type hook into it is great for hanging the bag in cramped hostel bathrooms or on the edge of a bunk bed while you get cleaned up.
- Small super absorbent towel.** Pick one up at a camping supply store before you go and you will save money on renting towels in the hostels.
- Medication.** Try to keep these in the prescription bottles they came in for obvious reasons and bring enough for the whole trip.
- Ziploc Bags.** A few medium sized ziploc bags take up very little space but will be invaluable when you need a place to store your dirty socks for a week before you do laundry again. Your traveling companions will thank you
- Rubber Bands.** Great for rolling up clothes, keeping papers organized or shooting folded up pieces of paper at your traveling companion when your train is delayed at some remote Italian train station for 2 hours.
- Small Sewing Kit.** A button will pop off or your bag will get a tear in it.
- Guide Book.** A good guide book will be essential to finding what you want in the city. Shop your local bookstore for a guide that matches your plans. As you leave a city think about tearing out the sections you will not use anymore and leave them in the Hostel. The next traveler to get your bed will love the extra information and you will have less to carry.
- A List of Important Numbers and Addresses.** You have to know where to send that postcard and if your credit card gets stolen, the toll-free number of your bank will be very handy.
- Travel Pillow.** In the past I had not used one but on my most recent trip I found this little inflatable/collapsible addition to my packing list to be an essential on all future trips.
- Travel Blanket.** Take the blanket they give you on the plane...it works even on trains!
- Electrical Adaptors.** If you plan to travel with electronics of any sort (rechargeable batteries, MP3 player, hairdryer) you will need an adapter that changes not only the plug type but also a converts the power.