



World Bound Young Adult: **ITALY**

2024 Packing List

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Contents

Packing List.....	2
Gear must-brings.....	2
Clothing must-brings (bring enough for one week).....	2
Toiletries (all toiletries must be travel-sized).....	3
Other items.....	3
Do not bring.....	3
Recommendations.....	4
What gear we provide.....	4

Packing List

Gear must-brings

- | | |
|--|--|
| <input type="checkbox"/> 30L backpack (for hikes for 2-3 days trip) | <input type="checkbox"/> Sunglasses |
| <input type="checkbox"/> Large 80L+ backpack (needs to fit well) | <input type="checkbox"/> Waterproof stuff sacks (10-20 L plus a small one for electronics) |
| <input type="checkbox"/> Personal dry bags for wet clothes (light +/- 15L) | <input type="checkbox"/> Sun hat/toque |
| <input type="checkbox"/> Marsupio Belt Bag | <input type="checkbox"/> Pocket knife |
| <input type="checkbox"/> Two 1L closable water bottles (no Gatorade squirt style) | <input type="checkbox"/> Mobile phone (+ Italian sim card recommended) |
| <input type="checkbox"/> Quick-dry towel (one for the face & one for the body) | <input type="checkbox"/> For the camp: headlamp and a flashlight, a small personal saucepan, an aluminum plate and metal cutlery, a cup for hot drinks |
| <input type="checkbox"/> Whistle | |

Clothing must-brings (bring enough for **one week**)

* *There will be two laundry days on-trip.*

- | | |
|--|---|
| <input type="checkbox"/> Quick-dry technical clothes | <input type="checkbox"/> Underwear/socks |
| <input type="checkbox"/> Rain jacket | <input type="checkbox"/> Shorts |
| <input type="checkbox"/> Rain pants | <input type="checkbox"/> Long quick-dry pants (x2) |
| <input type="checkbox"/> Warm jacket/fleece | <input type="checkbox"/> Swimsuit x 2 |
| <input type="checkbox"/> Hiking shoes - mid-high
(Preferred: excellent quality and already broken in) | <input type="checkbox"/> Comfortable camp clothing
(fleece/yoga style) |
| <input type="checkbox"/> Running shoes - low and light | <input type="checkbox"/> Long-sleeved shirts (no cotton) |
| <input type="checkbox"/> Outdoor sandals with back straps | <input type="checkbox"/> T-shirts (No cotton) |
| <input type="checkbox"/> Flip-flops | <input type="checkbox"/> Sleepwear |
| | <input type="checkbox"/> Wide-brimmed hat (for the sun) |
| | <input type="checkbox"/> Toque |

Toiletries (all toiletries must be travel-sized)

- | | |
|---|--|
| <input type="checkbox"/> Toothbrush | <input type="checkbox"/> Bug repellent |
| <input type="checkbox"/> Biodegradable toothpaste and mouthwash | <input type="checkbox"/> Menstrual products |
| <input type="checkbox"/> Biodegradable soap and shampoo (Castile recommended for bathing/laundry/etc) | <input type="checkbox"/> Eye care (if required) |
| <input type="checkbox"/> Sunblock (SPF 50) | <input type="checkbox"/> Personal first aid Kit |
| | <input type="checkbox"/> Medication (2 of each in case of damage) |
| | <input type="checkbox"/> Mesh laundry bag (for laundry in hostels) |
| | <input type="checkbox"/> Bags |

Other items

- Optional Camera (recommended)
- Additional clothes for when traveling to town or flight (be ready for European hot summer weather!)
- Bandana
- Reading/writing material

Do not bring

- Portable video games
- Narcotics/alcohol/cigarettes/vapes
- Big bulky clothes, heavy cotton clothing & jeans (difficult to dry quickly)
- Inappropriate clothing
- Aftershave/cologne/perfume
- Hairdryer

Recommendations

- Purchase gear at second-hand stores or large department stores
- Pack well, but as light as possible
- Everything you pack, you carry. Please pack accordingly!

What gear we provide

Water activities:

- 3mm neoprene wetsuit (long john)
- Windbreak/spray jacket
- 70N+ PFD (NRS/Aquadesign)
- Water sports helmet
- 80L heavy duty expedition dry bag (Langer)
- Paddles
- Open canoes (Nova Craft Prospector PE)

Cycling activities

- High hand touring bike
- High hand comfortable helmet
- 20L bike dry bag
- Bike repair kit

Bivouac and sleeping gear

- 1er Ferrino nemesis light tent
- 2er Ferrino Nemesis light tent
- 10er Tentipi Safir expedition tent with Eldfell stove
- Ferrino Nightec 800 sleeping bag
- Ferrino Lightec SM1100 sleeping bag
- Ferrino Dream Self inflating 60mm mat
- Ferrino Swift Self-inflating 60mm ma