



# World Bound Youth: **ITALY**

## 2024 Packing List

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## Packing List

### Gear must-brings

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

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

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

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