

# STUDY ABROAD: PACKING GUIDE



**CIMBA**  
ITALY

LEADING THE WAY in Global Business Education



# INSIDE THE GUIDE

- LUGGAGE.....3
- PACKING SAFETY PRECAUTIONS.....4
- WEATHER.....5
- CLOTHING.....6
- PRESCRIPTIONS & ESSENTIALS.....8
- ELECTRONICS.....9
- SCHOOL SUPPLIES.....9
- CARRY-ON BAG.....10
- PACKING CHECKLIST.....11



# LUGGAGE SUGGESTIONS

CIMBA recommends that you bring one sturdy rolling suitcase. For a semester program, we suggest a medium to large size, and for a summer program a small to medium size. You will use this suitcase to transport your items to and from campus; however it will likely remain on campus during your travel breaks.

For travel breaks, we recommend using a travel backpack, as it has many advantages:

- **Hands free:** When visiting a city for the first time, you need to have your hands free to use travel books, maps, and apps. You are also able to quickly jump on and off public transportation.
- **Luggage restrictions:** European discount airlines offer low fares in exchange for strict luggage restrictions. You should look for a backpack with straps that can adjust your bag to fit within these requirements. This way, you can avoid an oversized baggage fee.
- **Flexibility:** If you have to check out of your hostel in the morning but still want to explore the city that afternoon, it is much easier for you to carry around a backpack versus lugging a rolling suitcase.
- **Travel light:** A travel backpack will help you limit how much you pack for a weekend away. Traveling is exhausting and you will be thankful to have luggage that is a manageable weight.

Students from previous CIMBA programs recommend backpacks from REI, Eagle Creek, Rick Steves, and Osprey. You can find a large selection of brands at outdoor sport retailers.

You will also notice a difference between European and American accessibility, especially in public transportation hubs. You can expect to see more stairs and fewer elevators and escalators. You will be carrying your luggage around Europe, including on and off planes, boats, busses, trains, and subways, over cobblestones, dirt, and stairs, all while navigating a culture you may be unfamiliar with. Please select your luggage with this in mind.





# SAFETY PRECAUTIONS

**CRIME OVERVIEW:** Crime rates in Europe are low by American standards. The most common crime is theft, which is mostly concentrated in highly populated areas such as transportation hubs and tourist attractions. Below are some steps you can take during the packing stage to reduce your susceptibility to pickpocketing and crime. Please use your CIMBA Travel & Living Guide to learn more about crime in Europe and ways to avoid being a target.

- **LOOK LIKE A LOCAL:** While packing, you should research Italian clothing styles. It is important for you to understand cultural norms and appropriate dress for a variety of situations, including campus, business meetings, company tours, social gatherings, gourmet meals, and travel. You do not need to purchase new clothing to travel with CIMBA, but we do recommend researching the environments and packing items that will help you blend in with the culture. Your goal is to appear as if you are a local, reducing your threat of being targeted as a tourist.
- **VALUABLES:** You should not bring anything that is irreplaceable or that you would mind losing. This includes valuable electronics or designer items, as well as sentimental jewelry and keepsakes. You should store valuable items, such as your passport, identification, cash, and credit cards in a secure location. CIMBA recommends purchasing a money belt or necklace. A money belt is less susceptible to pickpocketing and is out of sight for criminals. You can keep the majority of your money in this secure location and only carry a small amount in your wallet or purse.
- **LUGGAGE SECURITY:** While packing, you can take precautions to make your luggage more secure. CIMBA recommends using a luggage lock for your bags during transit. You cannot lock luggage that you check at the airport, unless you use a TSA-approved lock. However, you can lock your bags and backpacks during the rest of your travels. This prevents unauthorized access into your bags. If you plan on using a purse, CIMBA recommends that you bring one with a cross body strap. The strap keeps your bag close to your body at all times and in your line of sight. It also makes it harder for a criminal to take the bag from you. If you plan on using a wallet, CIMBA recommends that you keep it in a front pocket or jacket zipper. You should be able to easily put your hand on your wallet while walking through crowds and tourist locations.



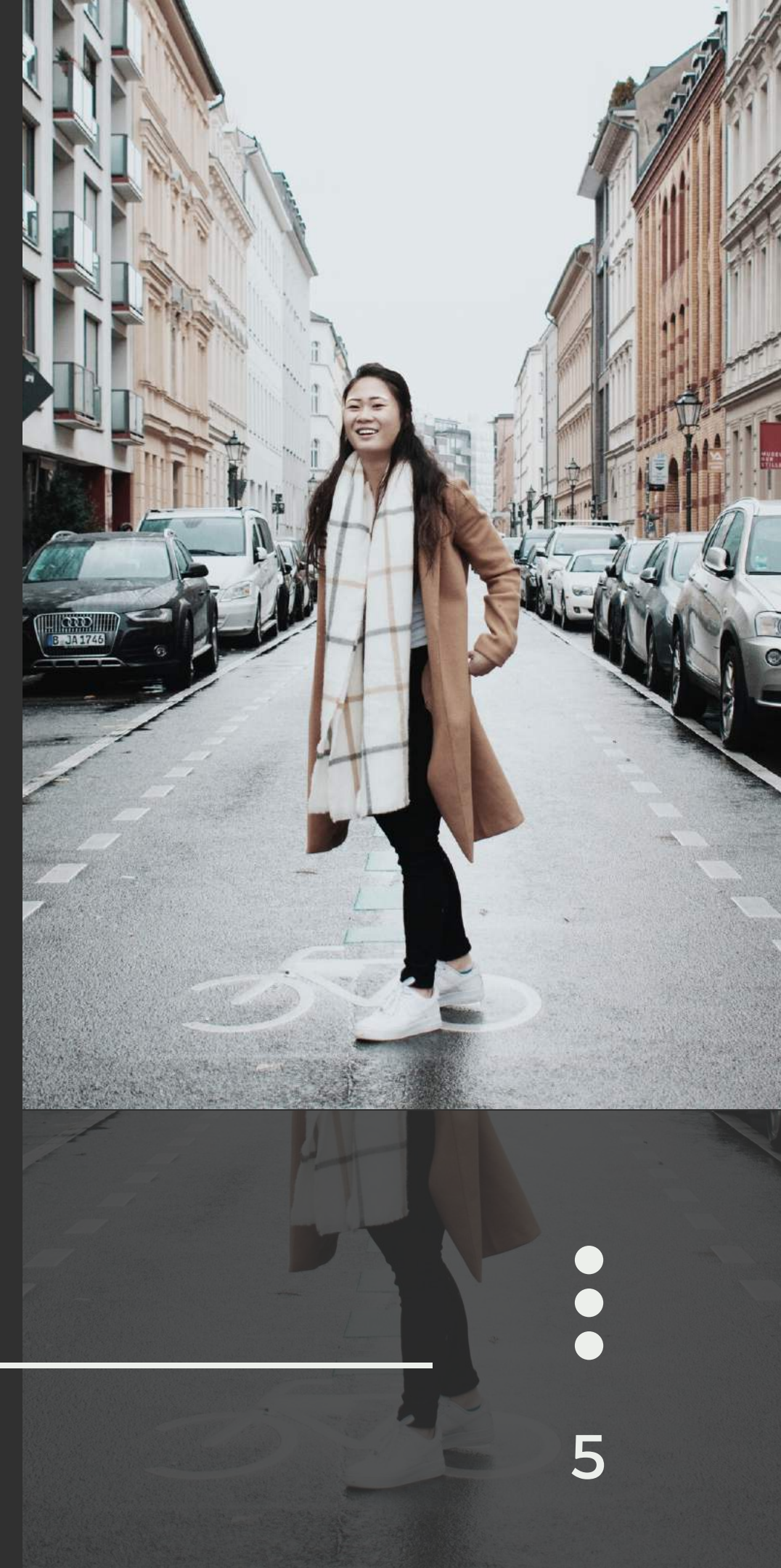
# WEATHER

The Veneto region has four moderate seasons. The weather is comparable to milder regions of the Midwest, without the harsh winters. Below, is a guide for the weather during each CIMBA session. Keep in mind, these are averages and you should be prepared for temperature variance.

**FALL:** The fall semester runs from mid-September to mid-December. Temperatures during this time are mild with variable amounts of rain. You should prepare yourself for temperatures ranging from highs around 75°F to lows around 35°F. Snow is rare in Paderno del Grappa, however you should research cities you may travel to, as temperatures will vary.

**SPRING:** The spring semester is from mid-January to mid-April. Temperatures during this time begin cooler and gradually get warmer. Again, you are more likely to experience overcast days and rain in Paderno del Grappa than snow. Be prepared for temperatures around 40°F when you arrive in Italy, which will warm to averages around 65 °F when you depart. Southern regions of Italy can be quite warm during these months and Northern Europe can experience heavy snow, so plan accordingly during your travel breaks.

**SUMMER:** The summer program is from mid-May to mid-June. Temperatures in Northern Italy range from 60°F-85°F during this time and are known to get cool in the evenings. Summer in Italy can be very hot and humid, so keep this in mind if you plan on traveling after the program. Also, please note that air conditioning is not as readily available in Europe as it is in the United States. You will want layers to adjust to temperatures.



# CLOTHING

**CAMPUS:** You should pack comfortable clothing to wear on the CIMBA campus that is similar to what you wear at your home university. Campus is casual and small, so you can expect to walk a maximum of five minutes from your dorm room to your classroom.

**WORKOUT:** CIMBA has great workout facilities that feature exercise machines, weights, a swimming pool, tennis and basketball courts, a gym, and a running track. The campus is located at the base of the Dolomite Mountains which have famous hiking and biking trails, running tracks, and other recreation options. If you plan on climbing Mount Grappa, CIMBA recommends bringing layers for the temperature change. If you are a semester student, you are required to pack at least one outfit that can be worn during the Da Vinci Low Ropes Challenge during the first week of class. This activity requires gym shoes.

**TRAVEL:** When packing, you want to keep in mind not only the weather in Italy but also in the locations where you will be traveling. Since you have so much built-in travel time, you have the opportunity to visit regions of Europe that have different climates. To accommodate the weather, we recommend doing research ahead of time on the areas you are interested in visiting. Pack layers - a waterproof jacket and warmer layers for underneath always work well!

As we mentioned in the safety precautions section of this guide, you should research the areas where you are traveling for local style and cultural suggestions. When visiting the Vatican, for example, your knees, shoulders, and midriff must be covered to enter the site.

**SHOES:** we recommend that you bring very comfortable walking shoes. You will be doing a lot of walking, climbing, and standing on cobblestone roads. You want to choose shoes that are supportive and waterproof. We recommend that you break in your shoes before packing them. You will see many Italian women in heels, but these are not practical travel shoes. Past CIMBA students have regretted heels that take up room in their suitcase and never get worn.





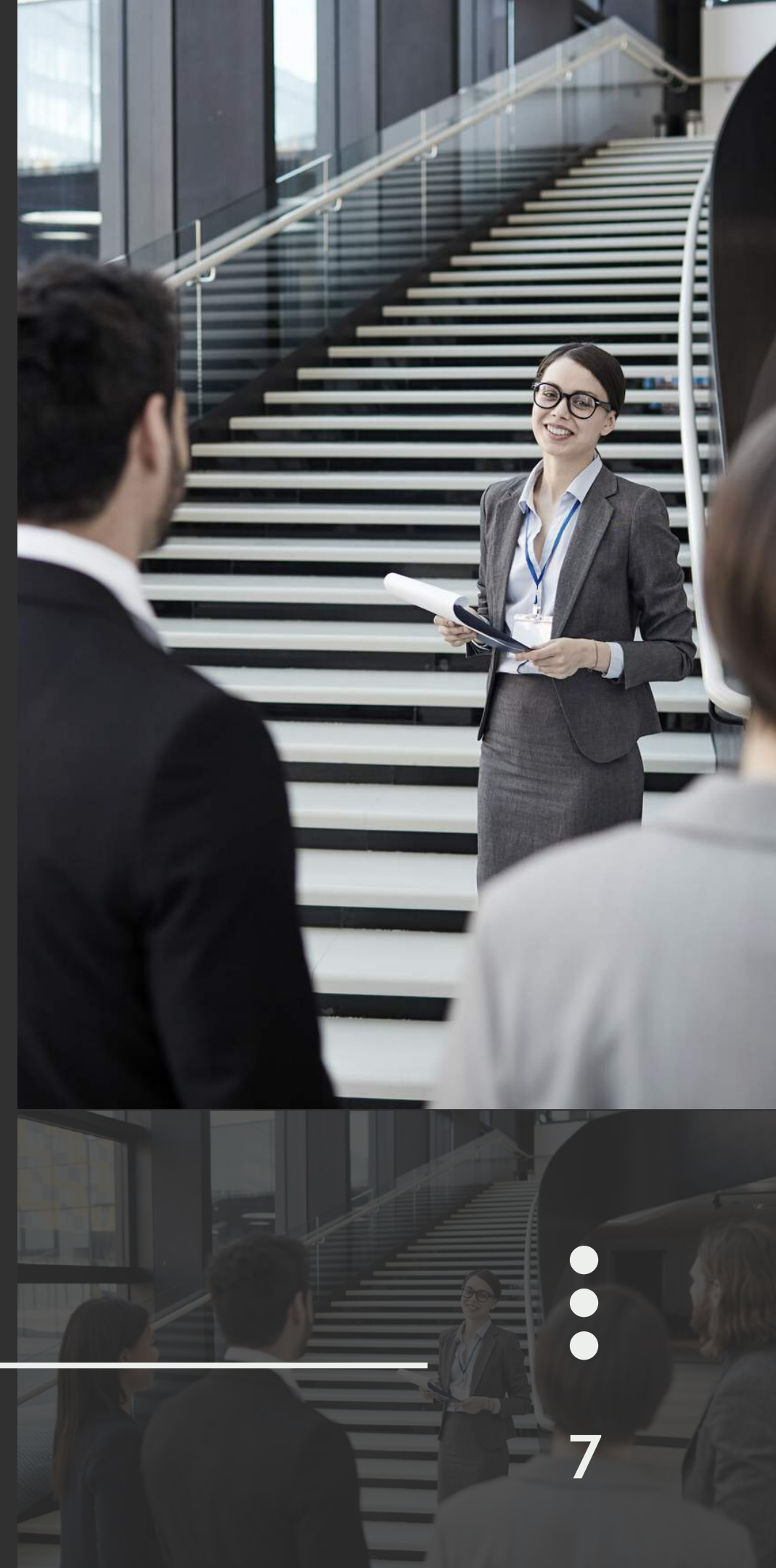
# CLOTHING

**COMPANY TOUR:** You will participate in at least one company tour while you are at CIMBA. These tours are of leading businesses in the Veneto Region of Italy, where you will learn about international business and network with company leaders. You are required to have one business outfit to wear on this tour. Women's attire ranges from a blouse and slacks to a business dress. Men's attire includes slacks, dress shoes, and a polo or button-up shirt. Jackets are optional, so you can decide how you are most comfortable. You must wear closed toe shoes to participate in this tour.

**GOURMET DINNER:** You will experience fine Italian dining while at CIMBA during the gourmet dinners. You will visit an upscale Italian restaurant that features some of the finest food in the Veneto Region of Italy. Gourmet dinners range from four to six courses, and each course is paired perfectly with Italian wines. Semester students have three gourmet dinners and summer students have one. You will want to pack enough formal outfits for your session. Women typically wear a nice dress or a blouse and slacks. Men are not required to wear a jacket, but many do.

## OTHER CLOTHING ADVICE:

- Lay out everything you plan on bringing and cut it down by half.
- There is laundry on campus, so you do not have to bring enough clothing for your entire stay.
- Bring basic items that you can reuse and interchange by adding different accessories.
- If you will only wear it once, do not bring it.
- Begin looking at the weather in Europe in the weeks before your program to be sure you are packing for the right climate.
- If you forget something, you can purchase it once you arrive.
- Bring clothes that will drip dry and do not need to be ironed.





# PRESCRIPTIONS & ESSENTIALS

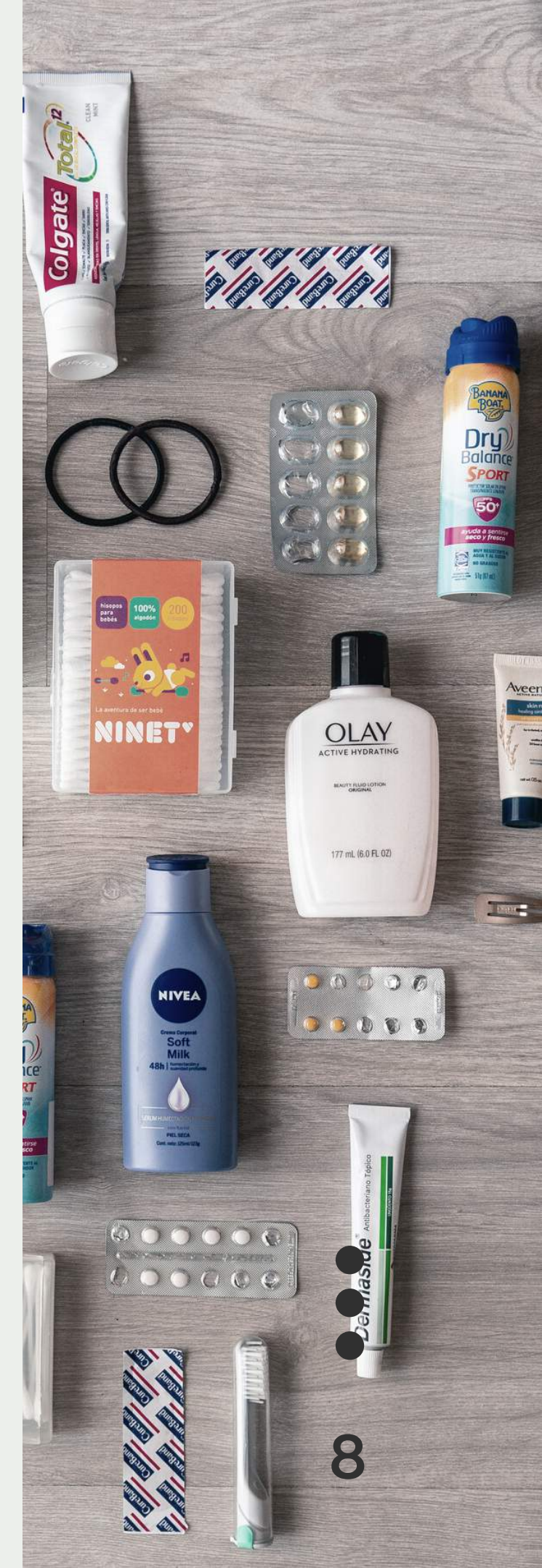
**MEDICATION:** If you require prescription medication, you should bring enough for your entire stay. You can call your insurance company and request several months' supply. There is a pharmacy in Paderno del Grappa in case of emergencies, but you will not be able to fill routine prescriptions there. Please keep in mind some medications are unobtainable or illegal and cannot be purchased in Europe. Shipping medication through customs is a lengthy and costly process and is not recommended. If your prescriptions require refrigeration or special administration, there is a nurse on campus. Ask your doctor for a note that describes your prescription and keep it in the original packaging. That way if you are stopped at customs, you can easily show what the medication contains.

If you anticipate using over-the-counter medication for pain, indigestion, allergies, or a cold, you should bring it with you. Though these products are available in Italy, you may find a difference in formulas or strength.

If you require special medical equipment or treatment, please call our office prior to departure at 1(319)335-0920. We can discuss your needs and make arrangements for your arrival.

**TOILETRIES:** You can purchase most toiletries once you arrive in Italy, but you should bring enough for the first few days of the program. If you are particular about which brands you use, or require specific products, you should bring enough for your entire stay since Italian brands may differ. We also recommend bringing travel-sized items/empty bottles for your travel breaks. If you have Afro-hair you'll want to bring your favorite hair care products as these are harder to find outside of large cities. Your hair wrap and a silk pillowcase are a great idea, too!

When you pack toiletries, there are a few things to keep in mind. First, research your airline's policy on carry-on liquids to be sure your items fit the requirements. Next, pack all liquids in ziplock bags in case they leak. Finally, consider the items you may not use every day, but could want during your stay, for example sunscreen, feminine products, stain remover, and lip balm.





# ELECTRONICS AND SCHOOL SUPPLIES

**ELECTRONIC DEVICES:** Electricity in Europe is different than in the United States. Your devices will require a different plug shape (adapter) and voltage (converter) to function in Europe. You can purchase these individually or as a combined unit online, as well as Walmart or Target.

- **ADAPTER:** To insert your American devices into European outlets, you need an adapter to change their shape. Depending on how many devices you will use at one time, you may want more than one.
- **CONVERTER:** The voltage in Europe is 220 volts, compared to the United States where it is 110 volts. This means that some of your electronic devices will not work in Europe or will require a converter.

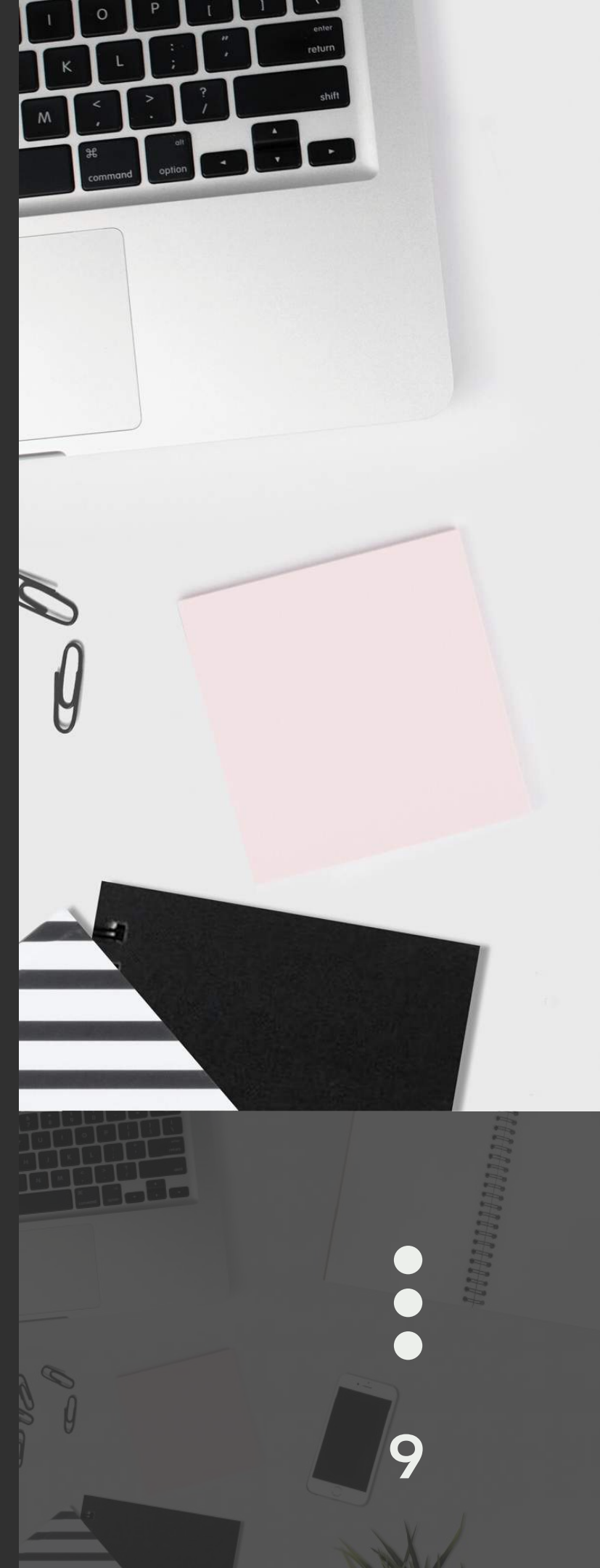
We recommend that you look at the plug on your device which lists its voltage compatibility. Many modern electronic devices like laptops, camera chargers, and phone chargers will list 110-220v, meaning they can be used in Europe without a converter. If your device only lists 110v, you need a converter.

Certain devices will not work in Europe, even with an adapter and converter, and will be destroyed if you plug them in. You also risk injury to yourself and your surroundings. You can purchase a cheap one once you arrive in Italy! There will be a trip to a mall in the first week of arrival. Past students also leave theirs behind.

## DO NOT BRING:

- Hair dryer
- Hair straightener
- Curling iron
- Electric razor
- Plug-in alarm clock

**SCHOOL SUPPLIES:** You will want to bring at least one notebook and pen with you for the first few days of class. There is a convenience store across the street from campus where you can purchase additional supplies. You will also take a trip to the mall within your first week at CIMBA where there are many options for school supplies. You do not need to use your suitcase space to bring these items with you. Your textbooks will be provided once you arrive on campus and are included in the program fee.





# CARRY-ON BAG

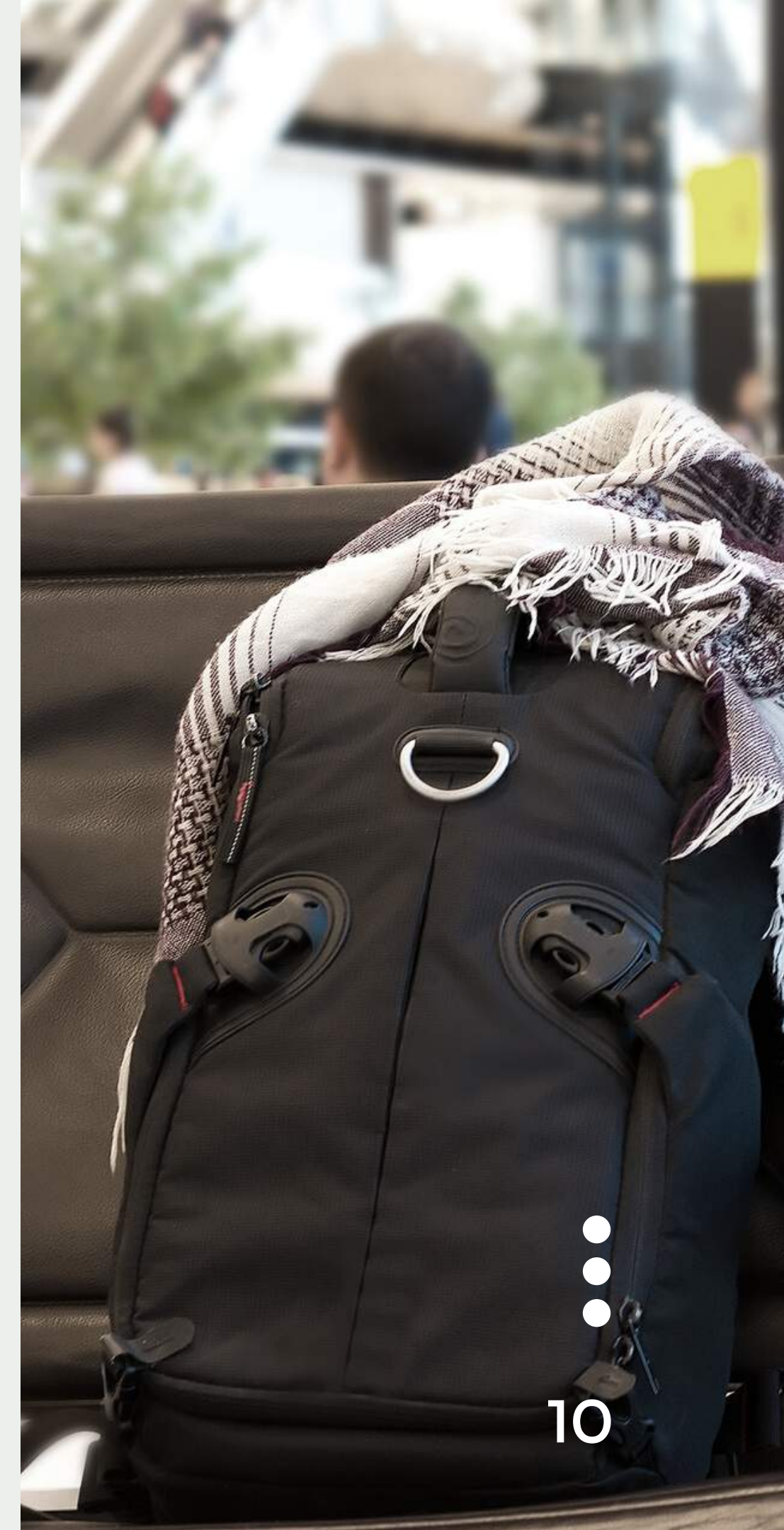
Your carry-on bag should contain not only supplies for your flight, but any items that you cannot do without during your first week of your program. Though it is rare, airlines periodically misplace luggage, and you want to be prepared with backup items in your carry-on.

**MANDATORY:** There are several items that are mandatory to pack in your carry-on bag. First, be sure your tickets, itinerary, passport, visa papers (if applicable), printed copy of insurance card, back-up government issued photo identification, and money are easily accessible. If you require prescription medications, pack them in your carry-on bag with original packaging. You also need to make sure any liquids are within airline requirements and in a ziplock bag. You should also pack your CIMBA Travel & Living Guide in your carry-on. It gives you instructions on how to travel to campus and provides our 24/7 contact information in case of an emergency.

**VALUABLES:** We recommend packing all valuables in your carry-on bag including electronic devices like your laptop, camera, phone, e-reader, and iPad. Not only will you want these during the flight, but they are less likely to be damaged in your carry-on.

**RECOMMENDATIONS:** You will likely be traveling 15-24 hours before arriving on campus. This means you may be sleeping during your layover or on a flight. We recommend that you bring a small bag of travel-sized toiletries to make your flight more comfortable, including contact solution, toothbrush and toothpaste, face wash, deodorant, and hair brush. We also recommend bringing a change of clothes. It is helpful to have these items in your carry-on in the event your luggage is delayed or lost.

Other items you will want to consider carrying on include ear plugs, headphones, a small travel pillow, books, and magazines. Most international flights feature in-flight movies and food, but be sure to check the details of your itinerary.





# PACKING CHECKLIST

This checklist contains a summary of items that you will want to consider when packing. Again, these are only suggestions and should be modified to fit your individual needs.

## MUST HAVE:

- ☐ Camus attire
- ☐ Travel attire
- ☐ Business casual outfit
- ☐ Gourmet dinner outfit(s)
- ☐ Comfortable shoes
- ☐ Warm socks
- ☐ Warm lounge clothes
- ☐ Notebook and pen
- ☐ Toiletries
- ☐ Prescription/OTC medication
- ☐ CIMBA Travel & Living Guide

## LEAVE AT HOME:

- ☐ Valuables
- ☐ Linens
- ☐ Towels
- ☐ Hair dryer
- ☐ Hair straightener
- ☐ Curling iron
- ☐ Electronic razor
- ☐ Plug-in clock
- ☐ Laundry soap
- ☐ Hangers
- ☐ Ethernet cord

## CONSIDER:

- ☐ Adapters/converters
- ☐ Laptop
- ☐ Camera (extra batteries)
- ☐ Phone
- ☐ E-reader
- ☐ Book and/or magazine
- ☐ Headphones
- ☐ Portable charger
- ☐ Journal
- ☐ Earplugs
- ☐ Travel umbrella
- ☐ Rain coat
- ☐ Money belt
- ☐ Clothesline (hang dry clothes in your room)
- ☐ First-aid kit
- ☐ Ziplocks
- ☐ Space bags (condense clothes for travel breaks)
- ☐ Luggage lock
- ☐ Italian phrasebook/app
- ☐ Address of family and friends to send postcards

