

**We recommend bringing the following items to Italy to make your study abroad experience more comfortable:**

- A converter for your laptop, if needed.
- 3 x 5 index cards, if you use them to study. These are difficult to find in Florence. Note that school supplies in general (notebooks, pencils, etc) are more expensive in Italy than in America.
- Your favorite pair of tennis shoes (or other comfortable walking shoes).
- Any prescription medications you take, enough to cover your entire stay if possible. Otherwise, bring the written prescription to Italy, which our doctor can then use to prescribe you the Italian equivalent.
- Vitamins, contact lenses, pain relievers. These items are available in Italy but are more expensive. If you use a particular product regularly, bring some with you in your suitcase. Do not have these items shipped to you, as they will be held up in Italian customs and assessed a tax that you, the receiver, will have to pay. Read more about receiving packages in Italy from the "Incoming and Outgoing Mail" link.
- The weather in the summer tends to be hot and humid so light-weight cotton clothing is recommended.

**A few tips:**

- Avoid bringing items of extremely high value, items of sentimental value or anything you consider irreplaceable.
- Ask your parents if you are covered by their personal property insurance (in case of theft during your stay). If you are not, consider purchasing this type of insurance.
- Bring less than what you think you need. Most students regret packing too much and spend a lot of money shipping boxes or luggage home after the semester ends. Also, remember that you must be able to carry on your own whatever luggage you bring with you.
- Personal hygiene products such as shampoos, shower gels, and toothpastes are easy to find in grocery stores and small shops in town. If you wish to save packing space, bring just enough of these items to get you through orientation/your first week, and buy the rest here.
- In our experience, using electronic currency converters/adaptors with your appliances (hair dryers, electronic razors) can be problematic. Appliances such as these can be purchased in Italy at reasonable prices.