

## ADDITIONAL NOTES ON THE PACKING LIST FOR TREASURES OF TUSCANY

We recommend bringing a suitcase or duffel with wheels, and possibly a backpack, as not all hotels have front door bus access. For extra purchases made in Tuscany, an additional small duffel bag for your return trip is useful.

1. Our packing list covers what we have found to be essential for your safety and comfort. Because of weight considerations, please use discretion when adding to the list. You may not use everything you bring; however, you need to come prepared for all possible weather conditions. Please consider your own travel style and personal needs as you may not want or need to bring everything listed (for example, do you get cold easily, do you like a little more time in the morning, are you sensitive to light or noise).
2. While the spring months are not usually wet, Tuscany can have mist and light rain so suitable raingear is strongly recommended. To supplement your jacket or raincape on the trail and in town, take a hint from locals: an umbrella is a great way to keep dry.
3. What to wear for after walking: Bring whatever makes you feel comfortable; your active wear can double as non-active wear. No formal or especially dressy clothes are necessary during the trip, though a casual skirt or sundress can be a nice change from shorts or pants. Don't forget non-active shoes and swimsuit.
4. You need to bring a "day pack" to hold your rain gear, water bottles, snacks, sunscreen, camera, and an additional layer for warmth. You will carry this as you hike, so before you leave home make sure that it is comfortable to wear and fits everything. Having a pack with a hip belt will be more comfortable.
5. The hiking on this trip is not rugged so a good hiking shoe will be sufficient. If you have weak ankles, you should consider a light over-the-ankle hiking boot. If in doubt, bring two pairs of trail shoes and ask about daily conditions, or carry with you in your pack. Foot problems cause more misery on walking trips than anything else!
6. For packing lunch, we highly recommend a small plastic refrigerator container so you can make fruit or vegetable salad for lunch for a change from sandwiches. You can save space by packing other things e.g. detergent, clothespins, pocket knife inside

Items on your packing list can be purchased through a number of outdoor outfitters. Here are three companies that offer mail order service and have internet "stores" (often with special deals):

Recreational Equip. Inc (REI)  
800-426-4840 for catalogue  
website: [www.rei.com](http://www.rei.com)

Eastern Mountain Sports (EMS)  
603-924-7231 for catalogue  
website: [www.emsonline.com](http://www.emsonline.com)

Campmor  
800-226-7667 for catalogue  
website: [www.campmor.com](http://www.campmor.com)

Another company that often has discounts on seconds and discontinued items and also has an excellent return policy is Sierra Trading Post. Their number is 1-800-713-4534 and their web site is [www.SierraTradingPost.com](http://www.SierraTradingPost.com). **We have links to REI and Sierra Trading Post on our website on the affiliates page of our Resources section.** You may also want to visit your local Army/Navy surplus store and thrift stores such as Goodwill and the Salvation Army.