Basic check list (*The lighter you pack the easier it will be to travel abroad & the more stuff you can bring back*).

* Hoody (it will be cool on the plane and evenings in the Sicilian Mountains)
* Sundress/s
* Comfortable walking shoes
* Comfortable socks
* At least one pair of long calf length socks (hiking) for the volcano
* Swimsuits (2 – 1 good one – one old one that you don’t mind possibly covering it in sulfur laden mud)
* Water shoes or sandals, flip flops are not advised… You will need something that won’t come off easy…
* A mix of clothes for hot weather, in general people dress much better in Italy than in Iowa even when its 100 degrees. You will rarely/never see Italian wearing shorts. Dr. Heinzel usually still brings a pair though it’s up to you.
* Make sure you have any prescription meds that you commonly take & some the basic meds you prefer (aspirin). If you have commonly have allergies, I would bring the meds you like. There’s a bit of pollen in the air that might make you become congested in Sicily… Anybody deathly allergic to bees, peanut butter, or something else make sure you bring your own epipen!
* Light weight luggage and maybe a small backpack or purse that you can keep some water/snacks, journal, cash etc. in during our day hikes.
* A sarong is lighter and more functional than a beach towel, you could use the sarong for your bath towel too, but that’s up to you…
* A small headlight with extra batteries, can be very handy
* A light raincoat might not be a bad idea… It might rain from time to time and you can use if on the top of the volcano where it will be windy
* Passport purse or man bag/satchel might be useful
* Camera and extra memory card or two, extra batteries/charger
* Sunglasses, Sun hat
* ATM card, make sure that you tell your back where and when you will be using your card abroad
* Check your electronics if it is rated AC100-240V, if it is all you will need is a plug adaptor (approx.. $8 @ RadioShack). If not and you need to bring it your 100V electronics to Italy, you will need a converter and plug adapter to bring the 240V down to 100 so it doesn’t fry your electronics. Most computer where just needs a plug, eg. Ipod. Your batter chargers will be the same way, most should be able to take the 240V, but check before you go!
* Swim goggles or basic snorkel gear, you’ll have at least four or five changes (likely more) to view some cool tropical fish
* If you want, check if your cell phone will work in Italy and what the rates would be…
* One or two dress up ‘outfits’ When in Rome… (optional)
* Sunscreen

You can get anything that you can think of or might need there; however sometimes finding time to look around is hard, finding the exact thing want is not always easy, and things like batteries, memory cards, and sunscreen are generally a lot more expensive.