



Into the Green

You. Earth. Union.



EQUIPMENT LIST



This equipment list provides you with the basics to bring to the Adventure for our day hikes, yoga practice, and other activities. You are welcome to bring additional gear and will want to bring additional clothing—the items below are the minimum suggestions. However, traveling internationally is made much easier by carrying a light load. Remember that for most flights you are limited to one carry-on, one personal item, and two checked bags each weighing less than 50 lbs. Please let us know if you have any questions about this list or what to bring. We will be happy to recommend places to purchase or rent any equipment that you do not already have.

Summer in Tuscany typically brings temperatures in the 80's (Fahrenheit). Still, always be prepared for cooler weather, storms, bugs, and anything else Mother Nature may have in store. Thanks!!!

Clothing

- | | |
|--|--|
| <input type="checkbox"/> 2-3 pairs socks (some you can get dirty) | <input type="checkbox"/> Warm upper layer |
| <input type="checkbox"/> Hiking boots (for walking or getting dirty) | <input type="checkbox"/> Swim wear (for hot springs) |
| <input type="checkbox"/> *Running shoes | <input type="checkbox"/> Rain jacket |
| <input type="checkbox"/> 1 pair shorts | <input type="checkbox"/> *Rain/Wind pants |
| <input type="checkbox"/> 1 pair pants you can get dirty | <input type="checkbox"/> Sun hat |
| <input type="checkbox"/> 1-2 T-shirts you can get dirty | <input type="checkbox"/> Sunglasses |
| <input type="checkbox"/> Clothes for yoga practice | |

Gear

- | | |
|--|--|
| <input type="checkbox"/> Daypack (anything less than 2000 cubic inches is fine) | <input type="checkbox"/> *Pen & paper |
| <input type="checkbox"/> 1-quart/liter water bottle (remember it needs to be empty before going through security) | <input type="checkbox"/> *Camera w/film |
| <input type="checkbox"/> *Flashlight/headlamp w/batteries | <input type="checkbox"/> Yoga mat or other yoga gear |
| <input type="checkbox"/> Toiletries | <input type="checkbox"/> *Bug repellent |
| <input type="checkbox"/> Duffel bag (or some extra bag that can be used for bringing back gifts/items purchased. You can just pack this bag empty in your luggage on the flight over.) | <i>Remember that if you bring electronics such as computers, you'll need an adapter for the different current used in Italy.</i> |

Other Items

- | | |
|--|--|
| <input type="checkbox"/> Passport (and at least one copy. Bring extra passport photos, too, if you have them.) | <input type="checkbox"/> *Traveler's cheques |
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Equipment Resources

- | | |
|---|--|
| <input type="checkbox"/> REI | <input type="checkbox"/> EMS (Eastern Mountain Sports) |
| <input type="checkbox"/> Local Outdoor Gear Store | |

* indicates optional items