



Gear List for Volunteer Trip to Cinque Terre, Italy

The key to staying comfortable while on an active trip is layering. To get maximum comfort with minimum weight, you need versatile layers that mix and match to create the right amount of insulation, ventilation and weather protection. This gear list has been created to help you in choosing your equipment for the trip. **Pack lightly** and bring only what is necessary since we will be traveling and need to move baggage several times. You will need to be able to lift your own bags on and off a train (3-5 steps). You must be able to carry/roll your own luggage along cobblestone streets to hotels.

RECOMMENDED GEAR		
<p>OFFICIAL PAPERS</p> <ul style="list-style-type: none"> • Airline tickets, itinerary and confirmation • Valid Passport • Proof of emergency medical and evacuation insurance • Final Bulletin <p>LUGGAGE</p> <ul style="list-style-type: none"> • Soft sided rolling suitcase or Travel Pack (21L-30L) • Foldable small daypack to carry lunch, camera, water bottles, extra clothing • Passport pouch and money belt • Luggage tags and locks <p>OUTERWEAR</p> <ul style="list-style-type: none"> • Hooded rain jacket, waterproof and breathable • Rain pants, waterproof and breathable • Rain cover or large plastic bag for your daypack <p>FOOTWEAR</p> <ul style="list-style-type: none"> • Hiking boots; sturdy, broken-in, aggressive tread • Casual shoes for free time • Hiking socks and liners (synthetic or wool) 	<p>CLOTHING</p> <ul style="list-style-type: none"> • A few lightweight, casual, easily washable items for travel and after work • Fleece or wool jacket or sweater • Hiking pants you can work in, lightweight and Quick-Dry • Hiking shorts (Quick-Dry) • Wool or synthetic thermal underwear • Lightweight and synthetic long-sleeve shirt(s) for cool evenings • T-shirts, quick dry • Underwear • Sleepwear • Swimwear <p>CLOTHING ACCESSORIES</p> <ul style="list-style-type: none"> • Sun hat and retainer strap • Wool or fleece hat • Bandana • 2 pairs of leather gloves for work • Safety glasses or similar eye protection 	<p>TRAVEL ACCESSORIES</p> <ul style="list-style-type: none"> • Two (2) one-quart water bottles or hydration system • Reusable plastic containers for lunches • Flashlight or headlamp and spare batteries/bulb • Sunglasses and retainer strap • Sunblock and lip balm • Toiletry kit • Personal prescription medication • Personal first aid kit • Insect repellent • Hand sanitizer gel and personal wipes • Waterproof stuff sacks • Electrical plug adapter and charger <p>OPTIONAL FIELD GEAR</p> <ul style="list-style-type: none"> • Camera, and spare batteries • Small binoculars • Hiking stick or trekking poles for rocky, uneven trails • Watch with alarm or travel clock • Spare contact lenses or glasses • Wipes and hand sanitizer gel • Reading and writing materials

IMPORTANT NOTE

Remember to always pack essential items such as your passport, money, eyewear, medications and one set of spare clothes in your carry-on baggage, in case your luggage is delayed

WEATHER

The coldest month is usually January at around 37° F. The hottest months are usually July and August at around 85° F. Springtime months start out chilly and can have 4 inches of rain and warm to around 57°F and by May warm to 72°F. October is the rainiest month but also low tourist season. Evenings are cooler along the coast. Keep in mind that many hotels may not have AC.

We are looking forward to enjoying this trip with you. If you have any questions about the gear list, please contact your trip leader at cinqueterre@conservationvip.org