

Music Adventure in Italy Packing and Travel Guidelines

Bring one suitcase (or duffle bag) to check. Pack in moderation. The airline will charge you for bags over 50 lbs! Bring a backpack to carry onboard the plane, which you will also need for carrying your lunch and water on day trips. Your instrument is your second carry-on. Do not bring any additional bags. Make sure your instrument is properly insured and in good repair (with good strings and good hair).

In your backpack carry-on, you should pack anything you will need during the trip, any medication (all of which must be noted on your health form and accompanied by a prescription and must be declared at the security checkpoint), extra pair of glasses/contact lenses and solution (3.4 oz. or less). You may also like to pack socks, sweatpants and a long sleeved shirt for the plane ride. It can be chilly in the cabin. **Keep essentials in your carry-on because delayed luggage is always a possibility.**

Carry on liquids must all be in 3.4 ounce (or less) containers and sealed in one quart size plastic bag per passenger.

Make sure that every piece of luggage, including your instrument, is clearly labeled with your name and contact information. Please also put your name on your metronome/tuner, music stand, water bottle and any other items that could be mistaken for someone else's or might get left around Spannocchia.

Pack all necessary items. Do not plan to buy any essentials in Italy. Spannocchia is a remote location and no supplies are for sale there. Note also that some medications that may be obtained over the counter in the US require a prescription in Italy.

Pack enough **toiletries** for two weeks – but not in excess -- and pack them carefully in sealed containers within sealed plastic bags stowed in your checked luggage.

Clothing

There are self-serve washing machines available (line dry only) for 3 Euros a load. Since students may not be accustomed to doing their own laundry and due to limited time, we suggest students pack enough clothes for the two week program. Students can also hand wash items in the bathroom sink.

Dress at Spannocchia is casual. The weather will be hot, sunny and dry. Pack plenty of **casual summer attire** such as shorts, t-shirts, tank tops, athletic attire, and sundresses.

Participants may like to wear a nicer outfit for special Wednesday night dinners and informal pre-dinner concerts.

For day trips, students should dress comfortably for warm, sunny weather and walking. Please bring a supply of well-fitting surgical, N95 or KN95 masks for public indoor spaces. We will be touring churches. Bare shoulders need to be covered to enter Italian churches – a lightweight scarf or cardigan will do. Short shorts and short skirts are also not allowed in churches. Dresses, Skirts and Shorts must be at least knee-length.

Students should pack no more than one pair of jeans and one sweater or sweatshirt. Not only are these items heavy and bulky to pack, you will likely not wear them much if at all due to the warm summer weather.

Footwear: Comfortable shoes are a must. Plan to be on your feet walking on cobblestones and in museums during the day trips. Pack flip-flops for going to the bathroom, pool and around Spannocchia. Pack a pair of light hiking shoes or sturdy sneakers for our hike to Santa Lucia and Ponte della Pia. Pack concert shoes (no high heels, please. Not safe for walking on cobblestones in town and around the farm – grass, dirt, stone steps.). If you like to run, bring your running shoes.

Concert attire

White button-down shirt tucked into tan or khaki trousers with a belt or colorful summer dress or blouse with skirt or dress pants. Skirts must cover the knees when seated. No high heels, flip-flops, T-shirts, tank tops or shorts. Appropriate masks for indoor venues.

Additional items of clothing:

Bathing suit

Hat & sunglasses

Lightweight bathrobe since the bathroom is down the hall

Other Necessary Items: *Please make sure you have each of the following items!*

Sunscreen

Current Passport

Student ID, if you have one

A watch for making it to rehearsals and meet-ups on time is essential.

Money belt

Reusable water bottle to keep with you at Spannocchia and on day trips. (Note that it must be empty while passing through security. Please mark it with your name.)

Converter/adaptor for electronic devices, along with charging cables.

A small amount of spending money for the trip - using a debit card at an ATM machine gets the best exchange rate. Credit cards may be accepted by some but not all vendors. Participants may need money for the following: meals or snacks at the airport, snacks and souvenirs on day trips, optional laundry (€3 a load), gift purchases from Spannocchia shop (farm products such as olive oil and postcards.) \$150 should be more than enough to cover these costs.

If you are traveling with a debit or credit card, pack a copy of the card in a safe place and leave a copy at home with your parents too. If the card is lost or stolen, having a copy makes it easier to contact your bank or credit card company. Please come to an agreement with your parents about what you are allowed to charge on the card.

We suggest you pack lunch/dinner and snacks for traveling to Italy. You may also want to have some of your favorite packaged snacks to have on hand during the trip.

You may also like to bring:

Reading material

A small battery-operated reading light and/or flashlight

Bug repellent and after-bite lotion

Italian phrasebook/dictionary

Guidebook for Florence and Tuscany

Journal, notebook, sketchpad, drawing materials, watercolors

A deck of cards or small travel game

A compact umbrella or poncho

Recordings of Music Adventure repertoire loaded onto your phone with charger and converter

Stain stick and small bottle of detergent for hand-washing items

Individually packaged hand wipes (think sticky gelato hands on day trips)

Allergy medication if you are subject to allergies. (Note it on your health form)

Covid rapid tests (optional as MA will supply some.)

Required Music Supplies:

Folding wire music stand

Battery-operated stand light

Four music clips or clothespins for outdoor performances

One COMPLETE set of EXTRA Strings for string players

Rosin or other essentials for your instrument

Metronome/Tuner

PENCILS

All of your chamber music and chamber orchestra music parts organized in a BLACK 1 inch 3-ring binder. (There will not be extra copies available.)

Any other music you would like to work on or sight-read with friends.

Please do not bring hair dryers or irons, please. Due to Spannocchia's conservation mission, use of such devices is discouraged.

Please note that Music Adventure cannot be responsible for and is not liable for any participant's property. Please do not bring any expensive non-essential items.

Sleep on the Plane and Avoid Jet Lag

We recommend all students on a trans-Atlantic flight make their best effort to sleep to help with the time change transition. Other suggestions for beating jet lag: Set your watch ahead six hours upon boarding the plane. Don't think about what time it is back home. Drink lots of water and begin the trip well rested and well-hydrated!

Keeping your Passport and Valuables Safe

Passports and wallets should be securely attached to your body with a money belt worn under the shirt. Thieves are a big problem for tourists in Italy especially in popular tourist locations like Pisa and Florence. Note that you will not be taking your passports on any day trips - they will be stored in a safe location for the duration of the program. Do not carry your wallet in pants pocket or a backpack pocket. Theft can mean not only losing money and incurring expense replacing passport, phone, etc., but it also means lost time traveling to and waiting at the embassy for a replacement to be processed and issued. Unfortunately many people do not take these precautions seriously until they themselves fall victim. Please take this issue seriously and give some thought to how you will transport your valuables.

While in the airport, keep your luggage and especially your phone and instrument close within sight or on your body at all times. On day trips, keep your backpack at your feet or on your person. (Any cards and ID will be in your money belt/pouch.)

Traveling Together as a Group:

Please make sure you read carefully all the information from the travel agent and airline. Flying with the group: Until everyone has passed through security and the group has reached the departure gate, no student is to leave the group for any reason. Everyone needs to be serious and attentive while going through security and passport control. Students should be aware of the security guidelines and realize that any breach of those is considered a serious offense. Parents, please take the time to go over and discuss these topics with your child.

Traveling as a group is a lot of fun but sometimes requires extra patience. It is very important that everyone sticks with the group. During portions of some day trips we may break into smaller groups to make it easier to stop and observe our surroundings. In that case, students must stick with their assigned group. On occasion, students may have some free time during a day trip. In that case, they are to stay with at least one other person and to report back to the meeting point at the designated time. They may also choose to stay with faculty members.