

Things to Bring to Riva by Katie Sue (Riva 2006)

*These things below are hard to find or more expensive in Europe, or are just plain essential, or smart for travel.

*Do NOT bring anything that you wouldn't mind having stolen, lost or destroyed.

Notes in italics written by Trudy Becker.

Clothes

1. Brings clothes that you can donate or toss at the end of the trip. *I brought 5 pairs of pants (1 pr. Jeans, khakis, black), about 5 long sleeve shirts (jersey or t-shirt style), about 3 button down shirts, 5 short sleeve shirts (.e.g. black t, white t), 5 sweaters(cardigan sweatshirt, others were nicer), two skirts, and 2 jackets/blazers. Mix 'em up and you can wear them for 14 weeks, though you might never want to see them again when you are done there. Don't bring anything you need to dry-clean.*
2. A winter jacket and a fleece/lighter jacket. *Hat and gloves and scarf (though I have bought them in Lugano, Venice, and Heidelberg).*
3. Boots that are WATERPROOF. Be able to jump in a puddle and still be dry.
4. Sweaters and pants are the unofficial dress code of the Casa.
5. Shower shoes for the Casa and hostels and a larger towel or bathrobe.
6. Two pairs of sneakers that won't give you blisters.
7. The more socks and underwear you bring, the less you'll have to do laundry.
8. *Running clothes, workout clothes, just not too many. Shorts and shirts that you can wash and leave to dry. The fast drying ones are great.*

I never needed waterproof boots nor sneakers (only shoes for running). You just need a good pair of shoes for trips. Definitely bring lots of underwear. Black pants—wear 'em everywhere. Jeans are heavy and take up space. Also don't forget one nice outfit. And an umbrella, the little kind.

Personal Stuff

1. All Medications that you are taking. (Allergy meds, pain reliever, vitamins, nighttime sleep aid, cough syrup, cold meds, 4-5 months of your prescription meds, Neosporin, topical creams etc.)
2. Ziplock bags, large and small.
3. Mini bottles of toiletries, mini toothpaste, hotel bottles for travel.
4. Earplugs and sleep masks for noisy Riva roommates and rowdy hostels.
5. If you know that you're allergic to detergent, bring small samples of the kind you use.

Remember, you can buy things in Riva. But it is useful to bring Tylenol, Tylenol pm, and a cold medicine just to have. Absolutely bring prescription medicine. Perhaps a top sheet, a thin fleece blanket, and a plain pillowcase too (all suggested by faculty from last year). Alarm clock. A Swiss army knife is useful for trips when you are buying your lunch (cheese and bread); just don't pack it in your carry-on. If you

don't own one, buy one in Lugano. And give them as presents! Who wouldn't love a Swiss army knife from Switzerland?

Things

1. USB flash drive for digital pictures, files, etc. *really useful*
2. Pack your (1) favorite recent i.e. 2006/2007 guidebook. The Casa has a ton of guidebooks and maps from all over Europe.
3. Pack or bring a larger backpack for weekend trips and Spring break. *Very important!*
4. Converters and adapters (that will work with your computer plug). *Bring the whole pack you can buy at Target or Walmart.*
5. Bring one or two leisure books to read and then trade books with friends.
6. A handy list of addresses of family and friends to send postcards. *Email addresses, screen names, skype names. If you are not bringing your computer with this already on it, you will have to bring all these. If you use skype, bring your headphones.*
7. Workout DVDs and small workout equipment, bands etc. *Also, maybe one DVD to watch. Or ask your family to send one over later.*
8. *Your music.*
9. *Pictures, or something personal from home, but small.*
10. *If you can't live without it, bring a jar of peanut butter for trips.*
11. *Notebooks, pens and pencils to get you started. A journal.*
12. *Batteries for the beginning; more can be bought in Riva.*
13. *Money!!! Bring several (4) forms: ATM debit card, credit card, some money in travelers' checks in case your ATM card does not work in Riva (just change travelers checks at the bank then), and a little cash.*
14. *Probably \$40 in dollars for deposits for key and linens when you first arrive in Riva.*
15. *Money again—money belt or the thing that hangs around your neck or a money sock, etc. Find some way to keep your money safe. Never carry your money in a backpack!*
16. *Obviously, your passport and license.*
17. *Phone cards. I have bought them in Target (the AT&T kind), and the minutes do go pretty fast but often you can get them really cheap. Just make sure that you know how to call the US from Switzerland with one of these phone cards. It's a good idea to contact the card company before you leave to learn if you need access codes, etc. There's usually a phone number on the back to call for information on how to make international calls.*

End Notes

In the immortal words of Arnold Schuetz, *and now Trudy and Andy Becker*, if you can't lift your suitcase or backpacking backpack over your head – Don't bring it!

Europeans are serious about Easter Break. Travel will be difficult for the whole Easter week.

When traveling don't put all of your valuables in one place. Divide bank cards/ATM cards, cash and passport stuff between your body and your stuff.

Don't plan on 'Shipping stuff back to the US', it's expensive and a hassle.

Be practical, Don't over pack. Pack smart – get help from friends and family.

Remember, you can buy things as needed and then you get the fun of learning how to shop in another city or culture, e.g. "posso provare la questa gonna?" May I try on this skirt? Or "Sto cercando per una maglia blu"—I am looking for a blue sweater. Or "questa gonna mi fa sembrare grassa?"—does this skirt make me look fat? Enjoy the experience, even when it seems difficult. It's the only way to grow.