

## Unearthing Ancient History in Tuscany

# Expedition Packing List

### REQUIRED COVID-19 SAFETY ITEMS

In addition to the items included above, please also bring:

- Proof of COVID-19 vaccination
- Money to cover COVID test for return travel if required for your home country (tests cost about 15-30€ for the antigen test and 70–80€ for a PCR test in Italy at the time of publication of this document)
- Enough face masks for the entire length of the project. (Must be made of two layers of fabric. No single layer neck gaiters or buffs, face shields or masks with exhalation valves are permitted. Assume limited or no access to laundry when deciding how many are needed)
- Hand sanitizer for personal use (at least 60% ethyl alcohol)
- Personal thermometer for daily health checks
- Personal toiletries—please do not share personal care products with others
- Pens and pencils for daily use
- Travel antigen or rapid tests for COVID-19 (helpful in remote location where access to medical care can take time) (*optional*)

### GENERAL

- Expedition Logistics Document
- Your travel plans, rendezvous details, and Earthwatch's emergency contact information
- Photocopies of your passport, flight itinerary, and credit cards in case the originals are lost or stolen; the copies should be packed separately from the original documents
- Passport and/or visa (*if necessary*)
- Certification of vaccination (*if necessary*)
- Documentation for travel by minors (*if necessary*)

### CLOTHING/FOOTWEAR FOR FIELDWORK

- Lightweight, quick drying, long-sleeved shirts
- Full-length pants/trousers (you can wear short sleeved and sleeveless tops, but they don't offer as effective sun or insect protection.
- Steel-capped shoes or boots (required by Italian law to work on archaeological digs). You can rent boots at the site for a one-time cost of €10 for the duration of the expedition (most sizes are typically available).
- Gardening gloves
- Long socks
- Rain Jacket
- Bandana
- Sun Hat

#### CLOTHING/FOOTWEAR FOR LEISURE

- At least one set of clothing to keep clean for end of expedition
- Shorts, T-shirts
- Sandals or flip-flops

#### FIELD SUPPLIES

- Small daypack to keep your personal items together and dry
- Sunscreen lotion (We encourage biodegradable reef/fish-friendly products like those from [Stream2Sea](#). Get 10% off with promo code 'Earthwatch')
- Insect repellent spray
- Two one-liter water bottles

#### BEDDING AND BATHING

- Blankets, pillows and towels will be provided by the project
- Bring warm pajamas and/or a light sleeping bag, if you are susceptible to feeling chilly

#### PERSONAL SUPPLIES

- Personal toiletries (we recommend biodegradable or reef/fish-friendly products like those from [Stream2Sea](#). Get 10% off with promo code 'Earthwatch')
- Antibacterial wipes or lotion (good for cleaning hands while in the field)
- Personal first aid kit (e.g., anti-diarrhea pills, antibiotics, antiseptic, itch-relief, allergy meds, pain reliever, bandages, blister covers, etc.) and medications
- Spending money

#### OPTIONAL ITEMS

- 60€ to take optional Italian cooking class (Cooking class not available on Teen Team)
- Knee pads for fieldwork (we will have these on site already).
- Protective safety glasses for fieldwork
- Swimsuit
- Beach towel
- Flashlight or headlamp with extra batteries and extra bulb
- Travel guide
- Four-inch pointed trowel (only if you prefer your own- please pack in checked luggage)
- Umbrella (for shade as well as rain)
- Walking poles or walking stick
- Camera, film or memory card(s), extra camera battery
- Hardware for sharing digital photographs at the end of the expedition
- Dry bag or plastic sealable bags (e.g. Ziploc) to protect equipment like cameras from dust, humidity, and water
- Books, games, art supplies, etc. for free time
- Earplugs for light sleepers

**Note:** Do not bring more luggage than you can carry and handle on your own. If traveling by air and checking your luggage, we advise you to pack an extra set of field clothing and personal essentials in your carry-on bag in case your luggage is lost or delayed.