

Unearthing Ancient History in Tuscany

Expedition Packing List

REQUIRED COVID-19 SAFETY ITEMS

The following items are required to be prepared in the event you or another person on site displays symptoms or tests positive for COVID-19:

- Multiple face masks—enough for the duration of the project (N95, FFP2, or equivalent are recommended)
- **IMPORTANT:** Multiple (3–4) COVID-19 antigen (rapid) tests
- Personal thermometer
- Hand sanitizer
- Proof of COVID-19 vaccination (if required by your destination country)
- Enough personal medications or other necessities to cover possible time in quarantine beyond your planned travel days.

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 the end of the expedition.
- Shorts, T-shirts
- Sandals or flip-flops

FIELD SUPPLIES

- A small daypack to keep your 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

- The project will provide blankets, pillows, and towels.
- 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 an 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.