

Rome Packing List

A complete checklist for your trip — tick off before you leave and as you pack



BEFORE YOU LEAVE HOME

- ☐ Passport valid for trip duration
EU recommends 3+ months beyond your departure date
- ☐ ETIAS / EES status checked
US citizens: no visa for Schengen stays up to 90 days; check the official EU travel advisory
- ☐ Vatican + Colosseum tickets booked
Sell out weeks ahead in peak season
- ☐ Borghese Gallery timed entry booked
- ☐ Flights booked
- ☐ First nights' accommodation booked
- ☐ Travel insurance arranged
- ☐ Bank notified of travel dates
- ☐ Backup card from a separate bank
- ☐ Document copies saved to cloud
Passport, cards, insurance — Gmail or Dropbox

LUGGAGE

- ☐ Backpack or hard-shell suitcase
Cobblestones are extensive and unforgiving on wheels
- ☐ Day bag / daypack
- ☐ RFID travel wallet
- ☐ Packing cubes
- ☐ Waterproof wash bag
- ☐ TSA luggage locks

HEALTH AND GROOMING

- ☐ Toiletries
Buy on arrival — farmacia (green cross) are plentiful
- ☐ Refillable water bottle
Free nasoni fountains run cold water throughout the city
- ☐ Sunscreen
- ☐ Blister plasters
- ☐ Antihistamines
- ☐ Ear plugs
- ☐ Quick-dry travel towel

CLOTHING

- ☐ Scarf or sarong
Shoulders and knees covered for churches, including the Vatican
- ☐ Lightweight breathable clothing
Linen and cotton — summers regularly exceed 35°C (95°F)
- ☐ Well broken-in walking shoes
Non-negotiable — cobblestones throughout
- ☐ Packable rain jacket / light evening layer
- ☐ Sun hat and sunglasses
- ☐ Quick-dry underwear

ELECTRONICS

- ☐ Type F and Type L plug adaptor
A universal adaptor covers both; check device is dual-voltage
- ☐ Cell phone
- ☐ Power bank
- ☐ Noise-cancelling headphones
- ☐ Camera + spare memory cards
- ☐ Kindle

DOCUMENTS AND ESSENTIALS

- ☐ Passport (+ cover with document pockets)
- ☐ Insurance documents
- ☐ Printed Vatican / Colosseum / Borghese confirmations
- ☐ Cash — Euros
Trattorias and market stalls often cash only; use Intesa Sanpaolo or UniCredit ATMs
- ☐ Italian phrasebook
- ☐ Student / teacher card (if applicable)
ISIC card — discounts at major sites
- ☐ Emergency bank contact numbers noted

ESSENTIAL ROME TIPS

Cover up for churches. Shoulders and knees must be covered to enter St Peter's, the Vatican Museums, and most churches.

Book the Vatican and Colosseum. Both sell out weeks or months ahead in peak season — reserve before you leave home.

Use the nasoni. Rome's free drinking fountains run cold, clean water all day — refill rather than buying bottled.