



Pre-Departure Information

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WELCOME!

We're delighted to welcome you on this adventure! This booklet is designed to guide you in the practical details for preparing for your trip. As you read, if any questions come to mind, feel free to give us a call or send us an email—we're here to help.

PLEASE SEND US

- Trip Application:** Complete, sign, and return your Trip Application form as soon as possible if you have not already done so.
- Medical Form:** Complete, sign, and return your Medical Form as soon as possible if you have not already done so.
- Air Schedule:** Please forward a copy of your email confirmation, which shows your exact flight arrival and departure times. Refer to the Arrival & Departure section of the Detailed Trip Itinerary for instructions. Please feel free to review your proposed schedule with Wilderness Travel before purchasing your tickets if you have any questions about the timing of your arrival and departure flights or would like to confirm we have the required minimum number of participants to operate the trip.

PLEASE CAREFULLY REVIEW

- Travel Documents & Medical Information:** Carefully review the Travel Documents and Medical Information sections of this booklet to familiarize yourself with Passport and Visa entry requirements for your destination, as well as any recommended inoculations.
- Optional Travel Insurance:** Review the Trip Cancellation & Transfer Fee Schedule included in the Detailed Itinerary. We recommend that all trip members purchase Travel Insurance.
- Extra Services:** Request any Extra Services (hotel nights, transfers, extensions) with your WT office contact using the Extra Services Request Form sent with your confirmation packet.
- Final Documents:** Approximately three weeks before your trip, we will send you final departure documents, including hotel and local contact information and rendezvous instructions.

QUESTIONS?

Call: 1-800-368-2794, go to our **website** (www.wildernesstravel.com) or e-mail us at: info@wildernesstravel.com.

Travel Information

PASSPORT

A valid passport is required for your trip. Be sure to check the expiration date. Your passport must be valid for three months after your date of exit from Italy. In addition, we recommend your passport have at least two completely blank visa pages for every country you will be visiting. It is very important that the blank pages say “Visas” at the top. The last few pages of your passport, which say “Amendments and Endorsements,” and the final page of your passport, which may not have a page number, are not considered to be legitimate visa pages. The service of adding pages for visas was discontinued as of January 1, 2016. You can request a new passport through **US Passport Services Office** (<http://travel.state.gov/passport>) or use a visa service agency, which can take care of your passport renewal and expedite the process, if needed. We recommend **Passport Visas Express** (<http://www.passportvisasexpress.com/?affId=2120>). Be sure to allow sufficient time to acquire this before your trip.

It is a good idea to carry photocopies of your passport’s photo page and any acquired visa pages for your trip (if applicable) in case your passport is lost or as an additional piece of identification, as well as two extra passport photos.

VISAS

US citizens do not need a visa for Italy. If you are a citizen of any country other than the US, check with a local consulate for entry requirements.

MONEY

The Euro is the official currency of Italy. The most convenient way to obtain Euros is to use your bank ATM card at automatic tellers in Italy. If you plan to get cash this way, it’s wise to get a list of ATM locations in advance online or from your bank. Traveler’s checks are not recommended as they can be difficult and time-consuming to cash. Your Trip Leaders will advise you where and when money can be changed. Major credit cards are accepted in most shops in cities and larger towns.

To use an ATM internationally, you must have a four-digit PIN. If you plan to use your credit cards, inform your credit card company before your departure that you will be using the card abroad.

You will need to budget spending money for gratuities, any meals not included in the trip itinerary, international and domestic airport departure taxes, and personal items such as beverages. Meals can be expensive. Dinners in a middle-range restaurant can easily cost \$30.

TIPPING

Tipping is completely discretionary, but over the years, clients have asked us for tipping guidelines to reward guides for outstanding service. A range of reference would be \$90-110 USD per trip member for each Trip Leader. The Trip Leader takes care of gratuities for drivers, luggage handling, waiters at restaurants, and local guides who are with the group for only a short time.

SPECIAL DIETS

We will do our best to accommodate special dietary needs, however, please keep in mind that certain cultural differences or limitations due to logistics can make it extremely difficult and at times impossible to accommodate dietary restrictions. Please inform us at least eight weeks before your trip if you have a restricted diet. It is important to bring a flexible attitude and supplemental snacks.

COMMUNICATIONS

Telephone

The international dialing code for Italy is 39. Please contact your cell phone company for specific instructions for international use.

Email & Internet Access

Internet access is available at most of our hotels.

ELECTRICITY

Europe has 220-volt current. Plugs usually have two or three prongs.

Medical Information

The following recommendations should be used as a guideline only; consult your physician for medical advice. It is vital that you let Wilderness Travel know of any medical problems, allergies, or physical limitations you may have. Please fill out and return the personal medical questionnaire, and feel free to consult us if you have any questions about your ability to undertake this particular trip.

Wilderness Travel is not a medical facility and has no expertise or responsibility regarding what medications or inoculations you and your physician decide are necessary for your safe participation in the trip.

Traveler's health information is available from the **Centers for Disease Control**. (<http://www.cdc.gov/travel/index.htm>)
Medical travel products are available from **Travel Health Medicine** (<http://www.travmed.com>) and from **Magellan's Travel Supplies**. (<http://www.magellans.com>)

INOCULATIONS

No inoculations are required. However, it is easy to get a small cut, so a tetanus booster is strongly recommended (good for 10 years). If you take prescription medicines, be sure to bring enough for the duration of your trip.

STAYING HEALTHY

You can reduce your risk of getting a cold on the trip by washing your hands often and not touching your face with unwashed hands. If you arrive on the trip with a cold or feel the symptoms of a cold, avoid close contact with others and move away from people before coughing or sneezing. The CDC recommends coughing or sneezing into a tissue or into the crook of your elbow or upper sleeve, not your hands.

GETTING IN SHAPE

For maximum enjoyment of the trip (and the wonderful scenery, food, wine, art and history that are a part of it), you must be in fit shape and ready to walk. We strongly urge you to train for the trip with regular hiking, especially over hills or rough terrain, running, swimming, bicycling or stair-climbing exercise. Your feet should be fully prepared, accustomed to long days in sturdy, well broken-in hiking boots or sturdy walking shoes.

Helpful Information

PHOTOGRAPHY

Camera Recommendations

With the many advances in digital technology, a simple compact digital camera or even your smartphone is capable of taking pictures suitable for the needs of most people. For higher quality images and the ability to use long lenses for closer wildlife pictures, a DSLR camera is well worthwhile, though heavier. Most digital cameras and phones have good video options, but you may want to consider a GoPro for a lightweight, waterproof option. Always practice ahead of time with new equipment and bring your manual with you. Camera equipment is available for rent from **Borrow Lenses** (<https://www.borrowlenses.com/discount/wildernesstravel>), with a 10% discount offered to Wilderness Travel clients. This is an especially good idea for renting large zoom lenses that you may need for just one trip.

Camera Accessories

We recommend bringing at least two large capacity memory cards or a small digital storage unit (or tablet) to back up your photos, freeing space on your memory cards. Don't forget to bring a battery charger and a backup battery so one is always charged and ready to use. For trips where you may be away from power sources for multiple days, consider looking into a solar-powered battery charger or buying additional backup batteries, and check that you have the appropriate adapter for the electrical outlets in your destination.

Sharing Your Images

We would love for you to share photos from your trip, and with your permission, may even use your photos in our marketing materials or on our photo blog. We request that you send us a small sample of your best images. Please email your photos to wtphotoblog@gmail.com or tag us **@WildernessTravel** on social media.

Photography Etiquette

When taking pictures of local people, be aware of cultural considerations. Approaching people with a warm smile and using polite gestures or simple phrases to ask permission to photograph them usually works well. It is always recommended to engage people in conversation before asking to photograph them, but if people do not wish to have their photo taken, please honor their requests. We urge travelers to avoid giving money in exchange for photo opportunities, which makes it harder for future travelers to have a meaningful personal interaction with local people. Please always heed your Trip Leader's guidelines for what is appropriate.

BEING A CONSIDERATE TRAVELER

Please show respect for the cultures we are visiting by observing local customs concerning appropriate dress, particularly in sacred places. Your Trip Leader is always available to answer any questions that you may have regarding this. If it is necessary to use a cell phone during the trip, please do so privately. Smoking is rarely an issue these days, but if you do smoke, please do so only away from the group.

Packing List

THE ESSENTIALS

- Air tickets (or E-tickets)
- Passport
- One other picture ID, such as a driver's license
- Expense money

WT GEAR STORE

To help you prepare for your next WT adventure, we've put together a great collection of top brands including Patagonia, Outdoor Research, Eagle Creek, and more at our **WT Gear Store** (<http://wildernesstravel.newheadings.com>).

LUGGAGE

- Soft-sided suitcase, with small padlock (must be unlocked for air travel).
- Daypack, large enough for a rain gear, water bottle, camera, and items you want on the trail.
- (Optional) Small roll-up bag to carry home purchases.

NOTES ON CLOTHING

Bring clothes you find most comfortable for walking. Although it will be warm enough for shorts on most days, bring some lightweight long pants for cooler weather and protection from tall grasses. Dressing in layers is the best way to stay comfortable. You'll want a change of clothes for the evening, but nothing dressy is necessary. Casual wear is fine, and coats and ties are not required. Note: In Europe, there are dress requirements to enter churches: Shorts (or skirts) should come to the knees, and shoulders should not be bare. Women can use a shawl or large scarf to cover bare shoulders; short-sleeved t-shirts are acceptable. The dress code applies to both men and women.

Please pack everything in one piece of luggage, as this simplifies transportation of luggage en route. Although airline service to Europe is generally reliable, it is best to wear or carry your hiking boots with you on your flights in the event that your luggage is lost or delayed. Likewise, don't pack valuables, such as travel documents, camera gear, or prescription medicines in your checked luggage.

CLOTHING

The clothing list below is provided as a guideline only.

- Lightweight rain gear, such as a Gore-Tex rain/wind shell jacket with hood, and Gore-Tex rain/wind pants
- Fleece jacket or nylon windbreaker
- Light fleece sweater or sweatshirt
- Long-sleeved shirt. Quick-drying “travel” fabrics like nylon are recommended.
- T-shirts or short-sleeved shirts
- Hiking pants. Lightweight cotton or synthetic hiking pants are a practical choice. Jeans are not recommended because they can be hot and they take a long time to dry if they get wet.
- Hiking shorts. Quick-drying nylon shorts are recommended.
- Shade hat with wide brim—preferably a waterproof one you can use as a rain hat as well
- Lightweight hiking boots
- Texas or running shoes for sightseeing in towns
- Hiking socks. Some people like thick Thorlo-type socks with padded toes and heels, or an outer sock and synthetic liner sock.
- Underwear/sleepwear. Synthetics dry faster.
- Bathing suit (for hotel pools)
- Casual city/hotel attire

EQUIPMENT

- One or two reusable water bottles, 1 qt. capacity.
- Good quality sunglasses with case. A spare pair of sunglasses is a good idea should your first pair be broken or lost.
- Collapsible walking stick or trekking poles
- Toiletry kit
- Stuff sacks or plastic bags to compartmentalize items in duffel, zip-lock style bags to carry small items during the day

PERSONAL FIRST AID SUPPLIES

This list is just a suggestion; your own travel experiences will influence your choices.

- Sunscreen SPF #30 or higher and lip balm with sunscreen. We recommend mineral-based sunscreens with zinc oxide or titanium dioxide because they do not contain harsh chemicals that are harmful to the environment. Brands such as Honest Company, Badger, and Alba Botanica are found in most sporting goods stores and drugstores.
- Aspirin, ibuprofen, or Tylenol for muscle pain or headache, Tylenol PM for sleep
- Blister kit. Look for the long-lasting gel-type bandages that you can apply directly on blisters, such as Band-Aid Advanced Healing Bandages or Curad Gel Multi-Day Bandages. “Liquid band-aids,” such as New-Skin, are useful because they dry rapidly to form a tough protective cover over a blister.
- Prescription medications properly labeled
- Spare contact lenses or spare prescription glasses

OPTIONAL ITEMS

- Voltage converter and plug adaptor for appliance use in hotels
- Tevas or other sturdy sandals
- Camera, spare batteries, memory cards
- Lightweight binoculars
- Reading/writing material
- Bandannas (many uses)
- Travel clock
- Laundry soap for hand-washing clothes
- Small umbrella
- Money belt or neck pouch. Always carry your passport, credit cards, and cash with you in a money belt or neck pouch tucked down inside your shirt or blouse.
- Wash cloth, if you like to use one (most European hotels do not provide them)

Reading List

ESSENTIAL READING

Campania Basilicata Map

Touring Club Italiano

A colorful, durable map of Campania, including Naples and the Amalfi Coast.

Eyewitness Guide Naples & Amalfi Coast

Eyewitness Guides

2015, 252 PAGES

Covering Naples, Pompeii, Herculaneum, and the Amalfi coast, this superb guide focuses on culture, history and art.

Italian Days

Barbara Grizzuti Harrison

1998, 479 PAGES

Grizzuti Harrison writes with warmth and depth of her journey from Milan south to Calabria in this sprightly account of Italy and the Italians.

The Italians

Luigi Barzini

1996, 352 PAGES

The definitive portrait of the Italian people, this is a classic, scholarly essay on the Italian character. Though first published in 1964, it's still worth reading for its insight, grace and wit.

ALSO RECOMMENDED

Between Salt Water and Holy Water, A History of Southern Italy

Tommaso Astarita

2005, 352 PAGES

Astarita captures the fanfare, rivalry and changing fortunes of Sicily from antiquity through Norman, Spanish and Bourbon rule to unification and the 20th century.

Italy, A Short History

Harry Hearder

2001, 294 PAGES

Elegantly written, generous and informative, this compact book takes in the sweep of Italian history from the Roman Republic through the Renaissance, World War II and up to the present.

Pompeii, Public and Private Life

Deborah Schneider

1999, 250 PAGES

A comprehensive guide to the architecture, people and culture of Pompeii, focusing on both grand public spaces and private villas. With 21 color illustrations and 55 halftones, including site plans, models, mosaics and sculpture.

Vesuvius A.D. 79

Ernesto De Carolis

2003, 124 PAGES

An illustrated account of the catastrophic eruption of Mount Vesuvius drawing on science, report, literature and folklore.

Pompeii, The Living City

Ray Laurence

2006, 384 PAGES

A meticulous historical and archaeological reconstruction of the city of Pompeii, its people, culture and daily rituals both before and after 79 AD, the year of the eruption of Mt. Vesuvius.

Cosi Fan Tutti

Michael Dibdin

1998, 247 PAGES

Romantic entanglements complicate the investigation of a murder in Naples in this installment of the enjoyable series.

Pompeii, A Novel

Robert Harris

2004, 368 PAGES

In this fast-paced historical novel set in Pompeii, a young engineer sets out to repair the Roman aqueducts and discovers the imminent eruption of Mount Vesuvius. Full of suspense and historical detail.

The Volcano Lover, A Romance

Susan Sontag

2004, 419 PAGES

A steamy and evocative historical novel by social critic Sontag, set in 18th-century Naples. The sweeping story focuses on the British Ambassador to the King in Naples, his passionate and notorious love, and her infatuation with Lord Nelson.

Naples Campania Map

Instituto Geografico De Agostini

A map of both Capri and Ischia at a scale of 1:28,000.

Sorrento Peninsula & Amalfi Coast Map

Litographia Artistica Cartographica

A detailed road map of the Sorrento Peninsula and Amalfi Coast, including Pompeii, Nocera and Salerno, with an inset map of Capri at a scale of 1:35,000, showing hiking trails, tracks, historic buildings and attractions. With travel information on the reverse.

The Food of Italy

Waverly Root

1992, 750 PAGES

Evocative of Italy and its diverse cuisine, this classic book, organized geographically, offers a cook's tour of the country. It's a well-informed and wonderful culinary guide.

Christ Stopped at Eboli, The Story of a Year

Frances Frenaye

2006, 268 PAGES

An affecting memoir of southern Italy, originally published in 1947, it stems from the author's forced relocation to the region as punishment for anti-fascist political activity.

Greene on Capri, A Memoir

Shirley Hazzard

2001, 160 PAGES

This book is ultimately a memoir about the author's friendship with Graham Greene, but there's plenty of commentary of Capri's history and culture for those seeking a flavor of the place.

Italian Hours

Henry James

1992, 376 PAGES

A classic series of travel essays written between 1872 and 1909 on the art, religion and people of Italy. James is an observant guide to Rome, Naples, Florence and other great destinations in the 19th century.

Italian Journey, 1786-1788

Elizabeth Meyer

1992, 498 PAGES

"Sicily is the key to everything" is only one of Goethe's many astute observations included in this Penguin Classics edition of his journals and letters from his grand tour of southern Italy.

Naples '44, A World War II Diary of Occupied Italy

Norman Lewis

2005, 187 PAGES

A classic book by one of the 20th century's great travel writers. Naples '44 is funny, moving and ultimately a meditation on war and the indomitable character of the Italian people.

Italy in Mind

Alice Powers

1997, 349 PAGES

A terrific collection of some of the best literary writing on Italy, including pieces by Melville, Lawrence, Henry James, Mary McCarthy and many others.

The Seven Sisters

Margaret Drabble

2003, 320 PAGES

Sparks fly in this lovely novel, when Candida not only leaves her husband and moves into gritty London but also organizes a trip to Naples with her aging girlfriends to see the city that Virgil describes in the Aeneid. Takes the form of a diary with half in London and half in Naples.

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