

# Amalfi Coast - Packing List

This list is designed for a 3 to 7-day family trip along the Amalfi Coast. It covers clothing, travel gear, health essentials, and local-specific extras.

## Clothing & Footwear

**For Each Family Member:**

- ☐ 3–5 lightweight t-shirts or tops
- ☐ 2–3 pairs of shorts
- ☐ 1–2 sundresses or casual outfits
- ☐ 1 pair of long pants or leggings (for evenings)
- ☐ 1 light sweater or jacket (evenings can be breezy)
- ☐ 1 swimsuit (or 2 for beach-heavy plans)
- ☐ Undergarments and socks
- ☐ Sleepwear
- ☐ Hat or cap for sun protection
- ☐ Sunglasses
- ☐ Water shoes (for rocky beaches)
- ☐ Comfortable walking shoes or sandals
- ☐ Flip-flops for the beach/shower

## Travel Gear & Accessories

- ☐ Lightweight stroller or baby carrier
- ☐ Daypack or small backpack for day trips
- ☐ Reusable water bottles (1 per person)
- ☐ Travel-size umbrella or foldable poncho
- ☐ Packing cubes or mesh organizers
- ☐ Power adapter (Italy uses Type C, F, or L plugs)
- ☐ Portable charger (for phones and cameras)
- ☐ Travel laundry kit (sink stopper, detergent strips)
- ☐ Ziplock bags or small containers (snacks, wet clothes)

## Toiletries & Health Essentials


- ☐ Toothbrush & toothpaste
- ☐ Shampoo, soap, and lotion (eco-friendly if possible)
- ☐ Sunscreen (reef-safe, SPF 30+)
- ☐ After-sun lotion or aloe gel
- ☐ Wet wipes & tissues
- ☐ Travel-sized first-aid kit
- ☐ Hand sanitizer
- ☐ Motion sickness bands or tablets (for ferries and roads)
- ☐ Any prescription medications (plus a copy of the prescription)

## Kid-Specific Extras

- ☐ Favorite stuffed animal or toy
- ☐ Small games, coloring books, or travel cards
- ☐ Snacks and reusable containers
- ☐ Child-safe sunscreen & mosquito repellent
- ☐ Lightweight beach toys (collapsible bucket, shovel)
- ☐ Swimmies or floaties if needed
- ☐ Child ID card or emergency contact band

## Amalfi Coast Extras

- ☐ Lemon-scented hand cream or souvenir bag
- ☐ Extra memory card for your camera (you'll want it!)
- ☐ Local guidebook or printed ferry schedule
- ☐ Reusable shopping bag for markets and lemon products
- ☐ Light scarf or shawl (for sun or cathedral visits)

 **Tip:** Leave a little space in your suitcase for ceramic souvenirs or lemon treats to bring home!