

Untold Italy Episode 125 - Best of Untold Italy: Packing for Italy

This is the Untold Italy Travel podcast, and you're listening to episode number 125.

Ciao a tutti and Benvenuti to Untold Italy, the travel podcast, where you go to the towns and villages, mountains and lakes, hills and coastlines of Bella Italia. Each week your host Katy Clarke takes you on a journey in search of magical landscapes of history, culture, wine, gelato, and, of course, a whole lot of pasta. If you're dreaming of Italy and planning future adventures there, you've come to the right place.

Katy

Buongiorno! Hello friends! The countdown is on! In just a few short days I am finally boarding the plane for Italy. Honestly, it's a bit emotional after such a long time - 2.5 years! My goodness. But the adventure will be amazing. I'll be there for 6 weeks and covering quite a lot of ground. If you'd like to follow along you can do that on Instagram via our handle [@untold.italy](#) and our [untolditalytravel](#) Facebook page.

But our Untold Italy Amici friends of the podcast - big shout out to all of you, will be getting all the inside scoops and secret finds. If you want to join us there you'll need to sign up at [untolditaly.com/amici](#) I'll be doing a live private podcast as part of our monthly membership as well as posting photos and ideas for your upcoming trips. I'd love to see you there. Again the link to sign up is [untolditaly.com/amici](#)

OK Over the coming weeks we'll be sharing lots of new content but also some replays of your favorite episodes so the team can have a little break. First up we're revisiting packing for our trip which I recorded with Corinna Cooke, author of the Glam Italia guides last year - there's so much great info in there, I was glad I listened again just so I didn't forget the laundry strips. They really are genius. So without further ado, let's get on with the show!!

Katy

Benvenuto Ciao and welcome back once again to the Untold Italy podcast, Corinna.

Corinna

Hi, thank you for having me back.

Katy

Oh, it's so great to have you. And fresh off the plane from Italy, aren't you? And it feels so good to say that. So tell everyone, how was it?

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Corinna

It was incredible. It was amazing being there. Obviously, there weren't many tourists, so it was kind of wide open and you could just. Oh, it was wonderful. Just fabulous.

Katy

Where did you go?

Corinna

So I spent a lot of time up in the Veneto. Then I was in Tuscany and then just a couple of days in Rome on the way back out, I was there actually working on multiple projects. So I was running around like a flea in a fit. But it was really great.

Katy

Your photos and all your stories on Instagram. I was just I was a little bit jealous, so I can't lie, but always so happy for you to be having that experience. It really look amazing.

Katy

So I did ask you on to talk about packing. And I think this is one question that comes up pretty much every day on our Facebook group, Italy Travel Planning, which has got a lot of people joining at the moment. And it probably comes up maybe - at least once or twice a day. And I asked Corinna, because she has a lot of experience packing for Italy and I've got some opinions on this too. I thought we would have a little bit of a chat about what we think about packing and how to do that effectively.

Katy

So one of the big trends, I guess, in the past maybe five to 10 years is people who are kind of very passionate about traveling with carry on luggage. So let's talk about luggage first and what luggage you choose because I - I put my hand up, I am not on team carry on. I understand why people

Corinna

Me neither.

Katy

I understand why people would do it. But it's not for me because I just want to know where the shopping goes. How about you, Corinna?

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Corinna

Yeah, no, I'm definitely not a team carry-on, partly because we're the shopping goes, partly because of your liquids and your toiletries and all that stuff. So, you know it just - to me it's just a nightmare. And then you're so confined with what you can bring. Not for me.

Katy

And I think people do it because they can get a cheaper airfare maybe, and they don't want to be carrying around their luggage over cobblestones and all of that type of thing. But I think there's - it's kind of like looking at it from two extremes. You definitely do not want to be taking a huge suitcase, I think, unless you like I think Corinna mentioned to me before, unless you are like the Kardashians and you've got like a fleet of limousines taking your luggage with you, then you don't want large luggage. But there is a happy medium, I think.

Corinna

Yeah. So I think that some of the things to consider are well first of all, I travel with a medium suitcase. You don't want to get your big, big suitcase because you're going to fill it up. So part of how I control myself with that, I use a medium suitcase. Then you want to get the full weight, the three hundred sixty degree wheels. You want four wheels, three sixty. Because when you're having to move it a long way across an airport or through a train station, you want that glide. Because otherwise what happens is when you start pulling and you start taking stress on your lower back, which you don't want that while you're away, even though you're not necessarily going to throw your back out - it's just, you know, when you get a sore back and you start getting irritated and just get the easy gliding ones, it makes a lot of difference. Another thing that I do, because I got a few years ago, I swapped and got Away luggage, which is as kind of a trendy all over social media luggage brand.

Corinna

But what I really like about it is it's ergonomically designed because I was starting to get a lot of sore back stuff with my previous luggage. And this thing, the way the handle works and everything, it just glides. You've got no stress on your lower back. And that's a real big thing.

Katy

Mm hmm. Guess what? I've got Away luggage too.

Corinna

Oh you do?? We're like twins, really?

Katy

We really are. But what I also love about that, it's good. It's got it's inbuilt laundry bag because you can put all your laundry in there and it's got a compression so you can squish

more stuff in. But it's also a pretty sturdy case and it's got the TSA looks built in as well. So you've got that security look, it's a worthy investment. And I'll put a link to those in there. I've actually got an article on the luggage that you can take. And so some people really like to take backpacks. That's not for me. Again, like you - back issues, but yeah, you don't need to take the smallest bag you can find with you . If you go for a medium, you can get it on the train, you can get it in a car if you rented and then you can do some shopping and I do like a shop. And it's just these beautiful artisan wears that you will not be able to get at home, that you'll be able to buy. It's not it's not like shop till you drop. It's like the beautiful souvenirs and things that you might like to remind you of your trip when you get back home. I think it's part of traveling I think.

Corinna

I mean, I go over there all the time, but I still bring back a lot of stuff. Like, for example, I like drinking Nespresso and Nespresso pods in Europe are half the price they are in America. So I load up on those while I'm there. I usually bring back about twenty sleeves. And then this trip, I went to a grappa distillery and. Oh, good Lord, just so your listeners know, I'm not a day drinker. I can't do drinking during the day. They're giving me all these different flavors of grappa to taste. And it was actually it was really, really good. Like normally I can't even look at the bottle, but. And I wound up bringing home a bottle of honey flavored grappa, which is fabulous, but that's like an extra whole thing going in my bag. And then two wineries gave me wine to bring back. And it's not like shipping back a case, you know, just a bottle that's got to go somewhere. And then my friend Silvana, we went to visit her on her Agriturismo in Tuscany and they make unbelievable olive oil, extra virgin olive oil. So she gave me some of that to bring back. And so just those things alone, that adds a whole lot of volume in your suitcase. So, you know, imagine if I'd had to say, no, it would have been awful.

Katy

You can't do that. That would be rude. One thing that I like for those bottles that could potentially leak, have you seen those wine wings where they're like the bubble wrap things where you put you put the bottle in you zip lock it up and it's safe to go inside your luggage. That's another good tip. And that's also why I like the hard luggage as well, because you don't want things to be knocked around.

Corinna

Well, just sit in any airport and watch the baggage handling for five minutes and you'll see why you're better off to have a case. Also, I had one time where I was sitting on the plane. This is on a domestic - watching out the window at my luggage. But it was when I had a soft case - sitting there in the pouring rain and I just sat there and looked out the window. My my luggage got soaked. And of course, it that seeps through by the time you got to New York. And it was just a smelly, wet mess. And I'm like, no.

Katy

You don't want that in winter or summer for that matter. Oh my goodness. Well how about when you go on the plane? I take a tote bag because I can just shove everything in and get it out or whatever. That's what I take on the plane. What do you do?

Corinna

Well, I normally have a tote and then a larger shoulder bag, shoulder handbag, because I want to be able to access everything and I want to be able to have what I need under the seat in front of me so that if I'm cold or if I'm too hot or if I want to brush my teeth or like whatever I might want to do, I want to be able to access it fast. But before I went away, this time Away has a new - it's not a weekender bag. It's a smaller size now I can't remember what was it was called. It's like an everywhere, bag or anything bag.

Katy

Like a duffel bag.

Corinna

It slides onto the handle of the suitcase, but it's about..

Katy

It's about a tote size - I know that when you mean.

Corinna

Yeah. And it's it was really good. Like it. You can fit a ton of stuff in there and it was just really good. I was surprised at it. When it first arrived, I was like, oh really - am probably going to send it back. But it was actually a really good bag and it's lightweight as well, which was tremendous. So it was actually lighter than my tote. And thank goodness I had it because then I wound up with all this extra nonsense I bought back with me. So I really needed that extra space. One thing to think about is what type of travel you're doing. So if your trips are going to involve moving backwards and forwards through train stations, then, you know, and getting on and off ferries and all that type of thing, then you may not want to have wheellie carry on bag because once you're like trying to move through all these people and you've got 2 wheellie bags, it's somewhat of a nightmare.

Corinna

So I like to have something that can sit on top of my suitcase, ideally, that I can slide through the handle of my suitcase and pull along just to make it easier.

Katy

Good tip, the other one that I have is don't just take the normal tote - you've got to have the one with the zip. You do not want things flying out everywhere.

Corinna

You don't want things flying out everywhere. And you don't want hands slipping into your tote bag and helping themselves to things as well. So it's good to have one that you can zip closed and keep a tight rein on.

Katy

Yeah. So I take the tote bag and also have a cross body bag cause I like to wear my cross body bag - I just have a normal one. Do you have a normal one? Would you get a security type one. No, I just have a normal one but I always wear across body. So for your listeners, we're talking about your handbag or your shoulder bag now. You want to get a cross body one and then what I do with all my tour groups as I have them wear it so the opening side is against your tummy and you have it like zip and all your enclosures are closed so that if you get in a crowd. Coz the pickpockets are in the crowds, (like that's where they make their money).

Katy

That's everywhere.

Corinna

Yeah, they're going to be fast and you're not going to know which way is up and your stuff is going to be gone. And everybody goes, "oh, I'd notice it" and it's like, no, you wouldn't. You better off to just be proactive. And then the thing is for them psychologically, they want the easiest pickings. So when they eyeball you if they see you've got a cross body bag on, the opening side is against your tummy, you've got your hand on it. It's like, why bother with you? Because look at Marjory down the way. She's an idiot and she's got a bag open and she's looking everywhere else. You know, they can get in there and get the stuff quickly and move on. So sorry to anybody listening who's called Marjory.

Katy

Sorry, Marjory.

Corinna

You've just got to be a little bit savvy about stuff like that. So, you know, that's another tip. But I start planning my travel packing when I book my trip. So as soon as I'm committed to 'I'm going on this day' now I'm mentally figuring out what I'm wearing and what I'm going to take. Some of the things that I do is, first of all, I look at what season am I going in? And because I want to be as pared down as possible, I want to have as few things - like I don't want to have

one extra garment that I don't need because that's just space and weight. And after years of traveling, I've kind of got it refined down a little bit more. So if I'm going to Italy in the summer and if I'm not going to be up in the north north, then I know I'm probably not even going to need a sweater. I'm not going to need a jacket. I'm not going to need 'a just in case' because it really stays pretty warm all the time. So I'll really refine that packing down. If I'm going in the winter, then I have a whole different set of criteria for what I'm going to pack. So really figure that out. Figure out how many days you're going for. And then one of the things that I do is I make like I use those box calendars, you know, where it's on like a grid rather than a writing down with one, because that's how my brain works. But I'll write in where I'm going to be each day. So like Capri, Sorento, Amalfi Coast Rome, you know, wherever else I might be going, like Florence out in Tuscany, like I have all written down, and now I make a plan of what I'm wearing each day. It's going to give me one less thing I have to think about. It helps me to figure out if I'm going to be doing laundry or not, how I can have clean clothes all the time. And it also helps me figure out things for taking photos and stuff, which I'll get up to in a little bit. And then you want to figure out - you also want to take into account what type of trip you're doing. So, for example, are you going to be on a cruise? Are you going to be staying in hotels the whole way? Are you going to be doing Airbnb where you have a washing machine and can do laundry because they really change things up? And you might be thinking, well, I'm staying in a hotel, but I can send out for laundry. But if you're moving at a fast clip, your laundry might not be back. You can't guarantee that you could put your laundry in at six o'clock tonight and have it back at eight o'clock tomorrow morning. So those are things to put into your equation as to how you're packing, what you're packing. And, you know, you might be staying in an Airbnb situation, but be like, guess what, I don't want to do laundry while I'm gone. So if that's the case, you need to make sure that - if you're going for 14 days, you need like sixteen pairs of underwear or whatever.

Katy

Yeah, exactly. Well, the other thing to note about an Airbnb is that you cannot expect in fact, it's highly unlikely that there will be a dryer in the Airbnb. So if you think you're going to do the washing and then get it dry the next day, it's not probably going to happen because it's actually quite humid in Italy and it does take a day or so for your clothes to dry there. So and they don't have dryers.

Corinna

So, yeah, you're not going to find. Electricity is really expensive over there and they don't get a lot in to each apartment. So you're not going to have dryers. And like I was there, I was a few years ago now and May and Tuscany and I was wearing jeans and I threw them in the washer and then hung them out to dry. Like the next day they were still wet, and the next day there was the wet. And the next day - it was ridiculous.

Katy

You know, I mean, fabrics are really important aren't they just to actually get the right fabrics.

Corinna

Very, very, very important. And that was the next thing I was going to talk about is really when you're starting this whole planning process, you really want to think about the fabrics that you're going to be traveling with. And now they have so many man made fabrics that are designed for travel that they're phenomenal. They'll wash out quickly, they'll dry quickly. They won't sweat while you're wearing them. They won't crease. There's all kinds of great things like that that seems like, you know, no big deal, but it can be when you're traveling, like if you get somewhere and there's no iron and your cotton skirt, so, like scrunched up and looking rotten, then, you know, that's not quite so much fun. One of my best tips is I plan what I'm going to wear on the plane, and it's actually my flying uniform. So I don't actually plan it because I don't change it. But I have that outfit that I fly in on and then I fly out on doesn't change. It's the only time those things get worn. So that's like a big thing to not have to think about. But I incorporate merino so, you know, merino from being in Australia, but I think probably a lot of Americans won't be conversant. And so Merino is a wool, but it's really fine, like almost like a t shirt fineness. And if you're someone that gets itchy from wool, which I do, I can't wear wool anything. Merino doesn't itch. But what it does do is it temperature regulates so you can wear it and Fahrenheit from like minus 20 to seventy five degrees, which is like I don't know what that is in Celsius but up to say 20, 25 degrees and it'll regulate for you. So when you leave somewhere cold and fly to somewhere hot, it helps you - like it's really, really great. I get really cold on planes but I live in Phoenix where it's a million degrees all the time, so I don't want to have to be like having a thousand things I've got to change in and out of and all the rest of it. I can just throw on a merino sweater. It's going to be the weight of a t shirt, basically slightly more than t shirt. And it will be cool while I'm in the hot places. And if I'm like running through an airport, which I've run through many airports in my life, you know, it's going to regulate. And merino also wicks away perspiration. So if you get hot and you start perspiring, or if I had to run across Philadelphia airport, which I've done, you know, you're going to, like, crack a sweat. This is going to wick the moisture away from you. They have like anti smell properties to them. So it's just something in the way that merino works. So if you're going in the wintertime, for example, when you're wearing merino, you can wear that merino sweater over and over and over. And you're not going to get stinky because of how merino works. It's so genius. And then it's really then so it's light weight. Well, I also like the Uni Glo heat tech. They're like little undergarments. So they're not quite thermals, but they do similar things. So I kind of like to layer up with my wool, like you're saying, and the Uni Glo undergarments because they really thin they're not those chunky, chunky thermals. And you feel like the Michelin man going down the street.

Corinna

Yeah. Like that to me would be a nightmare. And then I'd like psychologically overheat on the plane just having that one. But when you have these kind of bass layer fabrics, they're the perfect thing to travel with and you can have the warmth but not take up the space. It's not like having a chunky sweater. It's just like having a long sleeved t shirt. There's a few companies that make these these fabrics and they're incredible. I just always use, like traveler fabrics that are just going to work with me.

Corinna

So I have that in my planning process. And then I normally have a rack that I'm just constantly - putting things on, taking them off and like mentally figuring it all out. I want to make sure that each garment that I'm packing is going to get worn twice. Minimum. Do you have Eddie Bauer over there?

Katy

No, but I know it.

Corinna

So they have these fantastic pants called departure pants, and they're just like this lightweight fabric that works really well for travel. And there's another company here in America called Athleta. They do a similar fabric pant that you can wash them out, hang him up, and they will dry overnight. They're great to fly in. They're just really good fabrics that work with you. So, for example, if I'm taking two pairs of departure pants, they take zero space, but I'll plan on wearing them two or three times each. Your best bet is to plan separates because then you can mix and match and you have you feel like you have more outfits. I tend to because I'm there all the time in the summertime. So I tend to wear a lot of summery dresses and I just find lightweight ones that I can hopefully not take up too much space with you.

Katy

What do you do about colors? Because I've got this rule that I have like three color rule and I try and just have everything in that kind of hue ballpark so I can really easily mix and match. Because when you try and add in lots of different colors, starts to get really complicated. I can't cope with that.

Corinna

So I, in my normal life, I wear like a lot of bold colors. So I'll try and like, I always wear color over there and I'll talk about that in a moment, but I try and kind of curtail a little bit so that I can just make sure I've got things that are working well with one another. You know, if you have too many things, you just wind up having too many things. So it's a good idea to be able

to try and stick to a certain color palette and manoeuvre around within that. In the wintertime where quite a bit of black if I'm traveling in the winter, but in the summer, I mostly avoid it. Like I might have one, like one black top. And I used to have like one black travel dress I would throw in for the summertime. But I'm always thinking about the photos that you're going to take, which sounds trivial, but when you're taking your travel photos, this is kind of creating your legacy and this is your story that you're leaving your children and your grandchildren and all the rest of it. So rather than just being a throw away thing, I like to really think it out. And plus, I've been in the fashion and entertainment industry for my entire career so I also factor that into it as well. But I look at the places that I'm going and I play in my colors around that. So, for example, when I'm in the Amalfi Coast or if I'm, for example, in Cinque Terre, if I'm going to Burano anywhere that's very colorful, I want to have color on. Because if you're wearing black and you're on the Amalfi Coast, you are the dead space in every photograph that you're in. You want to be vibrant with the place that you're at. If you're, for example, in Siena or if you're trotting around all these little towns in Tuscany and you're wearing a sand colored safari suit, you're going to disappear. Like black works well in those environments, you know. So I really think and I'll look even when I'm going to places I haven't been before, I'll get online and look at them and see kind of what it looks like to make sure that I'm not wearing colors that are counterproductive for that. And that can make you feel kind of fresh and nice.

Katy

Well, there's nothing worse, I've got to say, than getting your photos back and going, oh, this was such an amazing time. And then, I mean, I think we can be overly critical of ourselves in photos anyway. Generally, people can be, but I think you really do what you want to have those photos that remind you of look - I can really remember what I was wearing in Capri when my favorite day trip of my life. I can remember exactly what I was wearing and I loved it. And it was fun. And it was it was like a blue and white ginghamy thing with a flower on it. And I was like, I love this top. I don't have that anymore I don't know where it is. But yeah you it did have that 'you're in Capri' kind of vibe about it. And I do think that that's - it's fun to do that. I mean, not everyone finds that fun, but I do.

Corinna

Yeah. And you know, like before I really thought about it too much when I was going to Italy and I wasn't really thinking at the color game. I look now at those photos from like 2011, 2012. I don't know what I was thinking, but I certainly wasn't thinking about that. And, you know, when I'm doing blog things and newsletter things, those photos I can't really use because I'm like, what the hell was I wearing? What was I thinking?

Katy

A lot of people sort of want to kind of blend in when they're in Italy. But I think the thing is that you've got to understand is that Italians, they are very stylish dresses as a general rule, and they just sort of had some innate kind of style, that they must learn in the womb or

something like that. But it is a very European style, and you're probably not going to be able to replicate that so much. So you have to be comfortable.

Corinna

You have to be comfortable and you have to be not sweaty. And like you don't want to wear fabric that are just going to not feel good on you, you know. And I also say to people, you probably will swell - like you'll swell on the plane. And if you don't live in humidity and you're going there in the summer and it's humid, you will swell. So if you're wearing clothing, for example, that's fitting around your belly or that's fitting around your thighs, if you swell, you're going to be really uncomfortable. So I try and factor that in as well. But it was interesting on the trip that I was just on, one of my friends came along to help me out, and she's a fashion stylist and she was a magazine publisher as well, and very New York. And she wears black and she wears white and that's her lifetime color palette. And we got there and I was like, girlfriend, we're going to get you in some color. And she's like, hhh-hhhu. But I was like making her wear all this color. And, you know, you can pick out these fabulous linen dresses over there for nothing. They're like 20 euros. But we got her in all this color, which at first she was really uncomfortable with. And then I took all these photos of her outside the the Coliseum, for example. And she had on a magenta, actually, the matching one to this one that I'm wearing right now, linen dress that we both picked up for 20 euros and it was like, boom, it just sets the whole thing off. And it suddenly makes this picture really exciting because it's not about the building with this person in front of it. It's about this dynamic person with this sensational building behind her. And it was just such an incredible juxtaposition seeing that. And so she's a full convert now to wearing color. It sort of happens that when you go somewhere, I know if I ever go to like a surf town, I suddenly decided to become all like.. hippie. It rubs off after a while. But you can definitely pick up some beautiful pieces and up your outfit game for sure.

Corinna

Yeah, you don't have to be spending a lot of money either. You know, so much of my life has been on single mummy budget, so mentally I'm always going to that space. I don't want to go out and spend a ton of money for my trip. I just want to make sure I've got fabrics that work. Colors are going to pop in the right situation, or if I'm going to be wearing black or neutral, I don't want it to be in the wrong space. Like if I was wearing neutral tanny, beige colors and I was floating around in Tuscany, you know, I'd be like this floating head. Like 'oh look your body blends into the building.'

Katy

It's so true. I don't think, you know, I don't think I'd actually ever consciously thought about that. So it's an excellent tip. Now, I've got one very important item of clothing that we need to discuss and that is shoes. So, ladies.

Corinna

OK, so Italy is all walking. It's really important to understand this. You are going to walk more miles than you've ever walked in your life. And it's not flat tarmac. It's cobblestones and uneven. And so your feet and your ankles are going to be doing enormous amount of work. So you need to be in flat shoes that are comfortable and that are going to support you. Otherwise, you're going to wind up with either going over on your ankle and, you know, spraining your ankle. Your footwear, when it's supporting your your feet, it's also supporting your lower back. So if you're wearing shoes that don't have any absorption in them, your lower back takes that stress. And then what happens is your upper back tries to compensate. So then before you know it, your shoulders are sore, your upper back's sore, your lower back's sore and you're on this trip where you're going to be walking everywhere. Plus, it's so much of it is on hillsides and like you're up and down and all over, so you've really got to be in comfy shoes. So in the summertime, I do - like I'll take one pair of like, good sneaker type shoes, not ugly sneakers, but yes, you see photos of people wearing these ugly, big clumpy sneakers. Like you don't want to do that, like wear something that you feel nice in but something that's really going to support your foot. And I'll often put a over here they call them like Dr. Sholls. I call everything Doctor Sholls, you know, those those inserts that you can put in to give you some extra cushioning. And then I'll have in the summertime, I'll have one pair of sandals that, again, have some really good cushion to them and that I can walk for forever. There's this company called Sofft, which is S.O.F.F.T, and they have a sandal called the Mirabela. And you know, when I'm over there with them over there, I walk and walk and walk with on my tour groups. I'll be over there for a long time. And so I keep track of how many miles I'm working or how many steps I'm doing. And my Mirabella's average three hundred and fifteen miles before I replaced.

Katy

Oh my gosh.

Corinna

It's a good shoe. But you want to get something like that. That really - that you can walk for forever. And and I try to tell people, just keep it to two pairs of shoes. You don't want to fill up your suitcase with all these different shoe options because you're probably not going to wear them. So two maximum three, if it's a winter trip or if I'm going when it's going to be raining. I normally do like a boot that goes up to the ankle, like a little bit past the ankle. I don't want to have a great big boot because that's a real nuisance to pack and travel around with and all the rest of it. And then I'll have like another pair of sneakers. But if you're going during rainy seasons or during the winter, you need to factor that into your shoe game and have something that's waterproof because again, when your shoes get soaked, they're not going to dry. There's not a dryer to put them in.

Katy

No, it's just going to be uncomfortable. Yeah, I totally agree. I am in the flat shoes club with the sandals, comfy sandals in summer and sneakers and boots. We've got in Australia, we've got a couple of really amazing brands which I am not affiliated with in any way, shape or form, but which I buy myself and they called Bared and Frankie4. And they make some really nice shoes, really fashion conscious shoes that are like orthopaedic - they've been designed by podiatrists, and they are amazing, amazing shoes. So if you can get something like that, I think it's really great. I have never had a blister. I have never had any feet problems at all. And they are designed to help you back as well. It's worth investing in those. Yeah.

Corinna

It's so important. It's so important. Yes, I entirely agree with that.

Katy

And I think the only other thing was if you're going to be spending a lot of time at the beach, you need to know that most of the beaches are quite rocky. So you might need to have some sort of swimming shoe action.

Corinna

Yeah, if you're going beaching, you want to do a little research on where you're going, because there are a lot of volcanic beaches, but there's also lots of sand beaches. Like whenever I'm in Venice, I always go up to Lido. I was like block off an extra day in Venice so I can go to Lido or at least a half day and I'll spend it on the beach because you're on the Adriatic and it's beautiful and it's clean and the water's gorgeous. And so that one's a sandy beach. But for example, when I'm down in the Aeolian islands, that's rock beaches and you're going to want like - you're not going to get a handle doing that with your bare feet. So you really when to do some research, when you're beaching? Actually, what we're talking about beaching. Another thing that you may want to throw in, because depending on where you're staying, they're not necessarily going to have beach towels for you.

Corinna

So I have those Turkish towels that the Turkish beach towels, they've got a special name, I can't remember what it's called, but they're very thin. They're not like a towel, normal towel fabric. But you can double it up and use it as a scarf or a sarong or whatever. Well I can't - I can never make any of that work. But look at the people who do madly chic things with them. But they take up no space and they're a good towel to have with you. Oh, another thing that I had here that I want to talk about is planning for ladies, planning your underwear. So. Really, you don't want to have, like, stacks of multicoloured things with you, ideally from a fashion stylist perspective, if you have nude and black, if you're wearing black and just work that color palette is going to go with everything. And so that's one less thing to think about. And if you have the kind of thighs that connect, you're going to want to have something that's going

to stop your thighs from chafing. And that's not about being fat or being thin, because I had one person travel with me who has the best legs I've ever seen in my life. And I've worked with models and supermodels for forever, but her inner thighs connected and like halfway into her first day, she was just miserable and the skin was all torn up. So if you think that might happen or if, like, swelling a little bit would put your thighs together, you need to think that out. And there's lots of, like underwear that you can get if you're wearing skirts and dresses that will just extend down a little bit and stop that rubbing. There's products you can get like anti chafing products. But typically they don't really seem to be particularly good. But it's something to think about because if your skin is torn up and, you know, sometimes it can be just raw and that's not fun.

Katy

You don't want that. You want to be enjoying yourself.

Corinna

Yes. So well actually if we talk about toiletries? That's another really important one. And I know a lot of people say, well, when I get there, I'm going to go to the store and buy stuff. And then I'll just leave behind or throw out what I don't use. I'm not a fan of that because first of all, you can't guarantee that when you get there, the shops are going to be open because oftentimes they're not. And you can't you know, you can't guarantee you're not going to be delayed getting in, which has happened to me several times. I am a big supporter of decanting the products that your skin and your hair used to and taking that in small travel size bottles. And my rule is what you take in, you take back out. So it's very environmentally damaging to be throwing out all these soaps and throwing out body products and everything. So you don't want to be part of the problem. You want to be part of the solution. You know, if you if you have that mentality of the bottles that I go in with, come back out with me, then you're going to pack down what you need and just have that.

Corinna

And then like for things like your shampoo and conditioner and some of your body products and things, you want to take something that your body knows and knows how to work with because you don't want to get there, go, you know, buy this product and suddenly you've got this itching scalp and you're flaking all over everything. Or like have something that your skin's going to react to. So I always think you just take what, you know, works, just decant it down into travel bottles.

Katy

For me, I have a keratin treatment in my hair and if I don't use the right shampoo, it goes it's a wasted investment. And the other thing I really like about my keratin treatment is that I don't need as much intervention from a styling products perspective. So I don't need to bring so much stuff that way. But I've got to tell you, I always bring my hair dryer because

unfortunately - you know those hair driers you get in hotels - for some reason or, you know, if you're staying in an airbnb, they're just like blowing a soft breeze. My hair will not dry in that regard?

Corinna

I have an amazing, amazing travel hair dryer and I've been through a few of them on my Amazon page, which is [amazon.com/shop/Corinnatravels](https://www.amazon.com/shop/Corinnatravels) you can go on to - like travel gadgets. I think it is. And honestly, this hair dryer like fits in my hand like it's really small. And when it first arrived, I was like, oh, I don't know about this, but it's really powerful. I have got like enough hair for four people. I've got so much hair and I can totally blow out my hair with that - is really powerful. It's really good. I can't remember what it's called now, but it's on that Amazon page.

Katy

I mean, I don't know about you, but my hair is quite important to me, but I'm not going to feel great. It's kind of like the outfits as well. I'm not going to feel great unless was my hair is looking fairly reasonable, so I think it's worth taking. A lot of people say don't bring your hair dryer. But I don't agree.

Corinna

I think you you definitely want to, but you want to bring the things that are going to make you feel pretty and feel nice, you know, and like I used to get a keratin treatment and I need to again, like on this trip, my hair look like a toilet brush most of the time - it was just impossible. It was really humid. And I don't know what was going on with my hair, but I kept looking at photos and being like, oh, my God, look at my hair.

Katy

I think you're being a bit harsh. They looked pretty fabulous to me.

Corinna

I only showed the ones like I'm doing a lot of work with, so, yeah, with your toiletries, do decant them down into small travel bottles and get ones that are specifically for travel so they don't leak in your bag. Another thing is they get depending on how much rain there's been. There's a lot of bitey mosquito things over there. Now if I'm in country, you'll find they're going to blow right past you and find me. They eat me a lot. And I have found the only insect repellents that work for me are ones that have DEET in them, like really high amounts of DEET. There's one you can get here in the States called Jungle Juice. That's the only thing that saves me. And I'm one of those people that I not only get eaten alive, but everything swells up in these big red golf balls and I look like I've got leprosy or something is kind of blows the vibe a little bit.

Katy

So it's really important because again that can make you feel miserable. You don't want to be feeling miserable in your tree. But I think it's really important. My kids get those same welts and it's - I don't get them myself. But now I can see just how miserable it can be for you if you get them. So it's worthwhile getting the repellent that you know.

Corinna

Yeah, I have a super tip for everybody listening. If you ask someone that gets bitten, what I do is I take a small Ziploc bag with baking soda in it. And this is a fantastic trick. If if you're super sunburned, which can happen or if you have bites and you're itchy, you make up this paste with like a teaspoon of baking soda and you just drop in enough water until you can get it into like a creamy paste texture. And you paint that on your bites. And I swear it's a lifesaver because you just let it sit there until it dries. And then once it's dried, it'll naturally like fall away, but takes all the redness out. It takes all the sting out and takes all the edge out. And so and the swelling. I had one of my travels, she got bitten right under her eye and it was like this big swollen carbuncle. It looked horrendous and it was bright red. And we put that on and took about 30 minutes and boom, it was done. I love this tip. It's a lifesaver. And, you know, it takes up no space in your suitcase, so I don't go anywhere without it at all. And then I recommend bringing shower gel rather than hard soaps because I had soaps you tend to leave behind. And again, that's part of the problem, not part of the solution. You want to make sure you've got your deodorant with you, obviously.

Katy

Well, I was going to ask you about makeup because you're a makeup artist. I'd be really interested to know what makeup you take with you.

Corinna

So I really streamlined it down. You want to have one look that you know, so your foundation and cheeks and eyebrows, whatever. It's like one simple thing that you just change your lip color or your eyeliner to modify, but you don't want to have lots of makeup there with you. It's just a waste of space. You can buy little empty palettes that you can transfer over like your four eyeshadows and your blusher and do. And so now you've got this little rectangle with your stuff in it.

Corinna

You really want to condense that down and really simplify it so that you feel pretty. But you're not just having too many things. I had one group, but they had these giant eyeshadow palettes, all the stuff with them. I'm like, what are you doing that's like far too much. You're wasting all this space. Just keep it really simple.

Katy

Yeah. When push comes to shove, you might take it all, but then you get back and you realize you haven't really used it. And I think that's become a bit disappointing because when you realize you haven't used it and then you realize that you've been lugging your suitcase around and it's been really heavy. It's sort of like - I have these reflective moments where I've gone, yeah, that's when I've had to change. And it does take a few trips, I guess, to sort of figure that out and happily come to that realization. And even just like getting what I like to do is get my eyebrows done or my eyelashes tinted so don't have to even think about that stuff, really. So you don't have to carry all of those things with you all the time.

Corinna

Yeah, and I decant down my foundation. So I take a really almost like a BB cream kind of foundation, really lightweight. Because you don't want to have that Kardashy face. It looks ridiculous, especially over there because like they're so chic and so sleek. And if you see like I see tourists stomping around and they got their contour going in, their highlight going and all this other nonsense, you know, it looks goofy. So I want to have a nice sheer base where it looks like skin, but obviously most of us, you know, can look a bit raw. So I'll have like a BB cream, I have one simple blusher that goes the whole way through it. For my eye shadow, I'll take three colors light, medium, dark. That's it. And I just do the same thing every single day. And we'll just change up how much eyeliner I'm wearing if I want to - like if I went to a pale lip I'll have bit more liner on, if I want to have a dark lip I'll do a bit less liner, but really streamline the whole thing right down. And it helps when you get into that whole psychology of 'I'm going to go with a full suitcase' I've paired out, all of my outfits. I know these two lipsticks are going to work across all my outfits. And, you know, I've got this really simplified routine. And then I also always take facial sunscreen, like being a makeup artist. I use a facial sunscreen and a body sunscreen, like two different products. But I get those either in travel sizes or like I never take a full size sunscreen I just get them in travel sizes.

Katy

We've talked a lot about makeup and there are many out there that wear makeup, and that's great, but we haven't talked about men. It's been a very female perspective. So how about for the guys? What do you suggest? Because I know, like I do review my husband's packing... before we get on the plane. So I think, you know, I think it's again, jeans are problematic. I would say like, yes, have jeans in winter. But if you're used to wearing jeans a lot, I would suggest the chino style of pant is really the way to go. And like a collared shirt, even if it's a polo, like, I feel like Italian men are a little bit smarter than what you will see in our countries, just as a general rule.

Corinna

For sure, like here in America or where I live in America, you see lots of men wearing cargo shorts and graphic tees. And that's just - you don't see that over there. They're very stylish. But I think especially when you're going to be going out to eat and things, you want to have a collared shirt if you're a dude and, you know, a nice pair of pants. But they got to be, like, comfortable, too. So you don't need to bring suit pants or a suit jacket or anything like that. Just something that looks smart, casual, and that you're not going to die of heat in.

Katy

And and just even like the shoes, my husband's got these, you know, the lace ups, but they're not sneakers. They like soft, the kind of slightly smarter. And I know he always feels like a little bit more comfortable in those. But he looks Italian - well he is Italian, so.

Corinna

But you want to again, they need to be able to walk around - like walk all day. So always factor that in with your footwear. And there was one thing I forgot, and this is a biggie for when you're flying, you want to be wearing compression socks. So you want to get the ones that go up to your knees and you know, you can get them everywhere like there, you know, even in the supermarkets and pharmacies and stuff. But you want ones that are going to crunch onto your legs and bind you up. And what they do is exert pressure from your foot all the way up your leg and they keep the blood circulating. So it stops you from swelling, and especially when you're doing long haul flights, you need to be concerned about DVT, which is deep vein thrombosis. You've got to keep that that fluid circulating. And the way - the difference in how you feel when you're flying with compression socks versus not is unbelievable, but also you might find, again, with all the walking that you do, and especially if you're there in the summertime when it's warmer and it's more humid, you might find that at the end of the day, your calves and ankles are really swollen. And I was really paying attention on this trip, like I said, because when there's not the sea of tourists, you can really, like, actually look at people and see what's going on. And I kept seeing how many people had swollen calves and ankles and feet. So if that happens to you, you can wear your compression socks to bed. Which is like mad sexy, but....

Katy

I was gonna say.

Corinna

But it really will take that swelling down. And again, it can be very uncomfortable. I had one person on one of my tours who again and it's not about being overweight or underweight or anything. She had amazing legs, but she swelled up and her feet and ankles were so swollen for the first few days. And so she was having to wear compression socks every night (well, mine, actually, because she didn't have any) to help bring that swelling down.

Katy

Because if your feet swell and I might be talking from experience here, that you may not be able to fit into your shoes and then you might have a problem, you do not want that on your feet or not. Now, I've got another section of packing. Packing is so important is that there's so many things to think about. But

Corinna

It really is important.

Katy

The tech! I mean, I always take my phone and a camera but then you've got all the extra bits, the charging cords, but I like to take a power strip. This one I got from my dad, actually, he used to travel a lot for work - he goes "don't buy all those extra plugs and everything, just buy a power strip of one plug so you can plug everything into the wall" and you can have- they all come with USB ports now as well, so you can charge your devices.

Corinna

They do. What I do is I pack a power adapter because they have different voltage over there. And if you, for example, coming from America, if you plug in your hairdryer or your curling iron, for example, and to just - you can get the things that just have the prongs that go in the wall - if you do that, it's going to fry it like the second you turn on is going to get too much electricity coming through. So you want an adapter. And again, on my Amazon page, I have like pictures of the ones that I use. They cost nothing you can get them anywhere. They cost about twenty dollars now. Twenty five dollars. And they will convert to the voltage of the country that you're in. So I just like slide it over to Europe and it does everything and they all have like nowadays they have like four USB ports as well. So you can be charging anything you need to charge. But the big thing is plugging in your electronics, your hair stuff and all that kind of thing because you don't want to blow.

Katy

You know, we're lucky here in Australia. I think we've got the same voltage as Europe, so it doesn't have that same problem. But yeah, I've heard a lot of people have had ruined things over there.

Corinna

Yeah, the US voltage is one ten and I think all the rest of you are like 220 or something, so two hundred and something. So it's just an automatic fry. If you don't have that power adapter, you Americans listening, you will fry your hairdryer or your curling iron or whatever it is you're plugging in, it's going to fry like that. And then now what's your plan?

Katy

I would cry, actually, but I know that sounds very true. You know, I probably would.

Corinna

I totally would. Another thing is with your cell phone, depending on where you are in the world, you need to check in with your cell phone carrier and find out what their international plan is, because you don't want to get over there and find that you're running up like a seven hundred dollar phone bill. Here in America, it's particularly pertinent. And then what I do is because you want access to lots of data and like fast data, especially now when we're uploading so many things and you want to be walking around with data so you can work your maps and you can Google, what is this thing I'm looking at and everything. I have a I don't know what you call them. It's like a little wi fi hotspot thing. It's about the size of a cell phone. And I actually got my first one I bought at the airport in New Zealand at Vodafone. So you already have those in Australia. But the one I have now, I actually - so the first one I had, it was brilliant and I left it on a train in Italy. So then I had to buy another one. And I just went to Vodafone in Italy and bought it. And it was like sixty dollars to buy the gizmo and then the SIM card that they put in, like just on this trip, it was I think eleven dollars for fifty gigabytes of data and then I can have multiple devices. So my friend Jennifer, who does travel with me, she was able to be on it as well and upload everything she wants and do everything. And we just had this ton of Wi-Fi. We were never out of data. But here in America, there's a couple of companies that make those things, but you have to be on a monthly plan with them and they only give you a small amount. And, you know, it's nonsense. I've actually got a Skyroam that does that and it works really well and you can buy a monthly plan or you can buy you can just buy it by the day or you can buy data packs or whatever. And I've used all over the world and I love it. It's about the size of like maybe a quarter of a can of beans or something like that. And it's light and you can connect - I don't like a lot of people say get a SIM card, but what I don't like about that is a lot of the security of apps and even my bank now is tied to my SIM card. So if I take my SIM card out, which has got my number on it, which has the authority for everything, I'm in real trouble. So and also I like to be able to be able to contact me on my mobile number. Yeah. So I think I agree. I think the way to go is the Wi-Fi hotspot and yeah, there's a few different options.

Corinna

I've had my little Vodafone gizmo for I don't even know how long, but they're phenomenal and of you're going to be there for a couple of weeks or more, it's really well worth your while. And then another thing that I sincerely recommend to everybody is that you get a (I call them all Mophie), but you know those external charges for your phone and you want to get one that's got at least 10000 MAHs so that you can take an iPad and a cell phone from completely dead and charge them all the way up. And I always have one of those in my handbag because I'm always either charging my wi fi gizmo or my phone, like between the two of them. So something is always running out. But you don't want to get in a situation where you're

somewhere fantastic and you want to take these photos on your phone and your phone is dead or where you need to get maps up to find out how to get to where ever you're going and your phone's dead. You don't want that. So it's really handy to have, you know, like, what do they call it, the, like, external phone battery.

Katy

Yeah external batteries? Mophie, make them. Yeah, but I think what I like about the Sky Rome. Is that actually there's a battery as well.

Corinna

Yeah. That's cool. I got another techie thing that I learned from one of the photographers that I work with. If you're taking a camera camera like you can't always have your laptop and all of your gear to like, upload from your card. So my friend Keith Pitts, who's a photographer here in Phoenix, he said to me, take a second SD card and every day swap it out, because that way, if your card fails, you still got half your photos. If one of your cards fails, you got half your photos. If somebody steals your camera, you've still got half your photos, like you got the photos from every other day back at your suitcase, you know, so it's just a little photography trick. But I think it's quite brilliant because I have known people who have like had a card wiped and they've lost everything.

Katy

That'd be floods of tears.

Corinna

Oh, my God, I can't even imagine. And then for a selfie stick or one of those tripods are really good. You can get those that oh, they're like the little bendy legs, like little like three legs and they're bending. You can wrap around a tree, you can wrap around anything. Or you can stand it up. Those can be really good. You can use it kind of sort of as a selfie stick, although the selfie stick sellers like are everywhere in Italy. So if you want to one of those, you could use that. And I take a Kindle with me. So I used to forever just use my iPad and have the Kindle app on my iPad and read books that way. If you're like me, I'm an avid reader, so I don't want to be carrying tons of books with me. Finally at Christmas time, bought myself a Kindle and I'm like obsessed with it because it takes up no space and weighs nothing and it can have something like three thousand or five thousand or I don't even know what kinds of books on it. So that's a real another real help.

Katy

I've got some other random things that are good too. Like a reusable shopping bag, because when you go to the shops that are don't actually hand out shopping bags in Italy, you have to actually purchase them. And so I like to take like one of those ones that just folds up and you

can just put it into your handbag if you want it to be doing any grocery shopping. That's one of my favorite things to take. I always take, have you ever seen these collapsible water bottles?

Corinna

Yep.

Katy

Because in Italy you can fill up your water in taps that have been there for centuries, you know? Fountains with very fresh drinking water so you don't have to actually go and buy bottled water if you're out and about, you can just go fill up. And I like the collapsible ones because once you finish, you can just shove them back in your back.

Corinna

And that's actually a really big sustainable travel, eco friendly thing to do. The biggest eco damage that really is happening is from single-use plastics for the plastic water bottles. And if you think about it on a hot day, how many water bottles are you going to buy? Like, it can be quite a few. And where does all that go? So I always think about Venice when all the cruise ships are when you got five cruise ships and you got twenty thousand people, if each of them buys one bottle of water, that's twenty thousand bottles that have to go somewhere. And if you think, well, what about they're buying two bottles or three bottles, like, that's just horrible waste that, you know, it's a nightmare. So having a collapsible bottle with you or buying one bottle of water and then just keeping on refilling it is tremendous. And then you'll see they call them Nasone. They're like a fountain with this thing that looks like a nose that sticks out and they're perpetually running. So you get no bacteria in there and the water's really icy cold. So you stick your bottle and fill it up and away you go. It's brilliant.

Katy

The other thing I know for our American listeners that we don't really - it's not really a thing here - is what washcloths? Hotels don't have them.

Corinna

That was on my list you beat me.

Katy

So tell us about that, because it always baffles me. In the Facebook group, everyone's getting quite concerned about washcloths. And, you know, we don't really use them here in Australia so much.

Corinna

Yeah. So they don't have them in Italy. So if you're someone that uses washcloths, like I use them when I'm taking my makeup off, I use them to cleanse my skin at night. You want to pack a couple with you and I always pack. So one of my few exceptions on the single-use plastics is Ziploc bags, so I'll always pack a handful of Ziploc bags for anything that you've got that's damp that has to now go in your suitcase. So if you're a washcloth user, chances are when you're packing and moving to your next place, that washcloth is still going to be damp. So if you can put it inside a Ziploc bag, it's going to help you out and you'll find that they're just really handy to have if, for example, you're Airbnb'ing it and you've been to the grocery store and bought bits and pieces and now you're moving, having Ziploc bags to put in them really helps. And then I also bring for example, I bring laundry detergent with me, so I'll have that, like I don't want that opening and spilling in my suitcase. So that's going to be in a Ziploc bag as well.

Katy

I want to tell you how to avoid the whole Ziploc bag thing completely with your laundry detergent. Have you seen these laundry detergent strips? Light as a feather and they just go in the wash? You only need, like, one little strip and it's like two pieces of gum or something like that. And they go in the wash. They do an amazing job.

Corinna

I haven't seen those. So I learned something new. Yeah. There's something else I was just going to tell you then, too. Oh yeah. Yeah, yeah. So I have zero travel phobias apart from one and that's bedbugs. I'm phobic. Like when I go into a hotel room for example, I always tear back the bedding and have a look and I'm always something that would just give me the screaming heebie jeebies. Anyway, I always put those dryer sheets, you know the smelly dryer sheets that you throw in the dryer. I put those in my suitcase just to keep the suitcase not stinky because again, when you're traveling, your suitcase can start getting smelly and then that makes your clothes smelly. So you don't want that. So having dryer sheets, just two or three dryer sheets in your suitcase will keep it smelling fresh. But I found out that bedbugs don't like dryer sheets, apparently. So if you put your suitcase on a bed that's got bedbugs, they're going to, like, go away from it rather than go to it.

Katy

That is a good one. The other thing, which I think is kind of like a must have is especially if a woman is a pashmina - for a couple of reasons. One is to keep you warm. It's like it's like a proxy jacket in the summertime will keep you just cover up. But also, if you're out and about and you're going into a church, you do need to cover your shoulders. And if it's a hot day, you can just put the pashmina over your shoulders. And that's that's fine to go into the church. And it's really important. Unfortunately, someone very famous in the world did enter into the Vatican the other day without her shoulders covered, which I was very impressed with, to be

quite honest. But all she needed to do was cover her shoulders with a pashmina and it would have been much more acceptable.

Corinna

Yeah, or even just a simple scarf, you know, and you can buy them in the market, say, for five dollars, but just have like a pashmina is great because it'll keep you warm on the plane, you know. So they're very, very useful. But I always have at least a scarf tied to my handbag so that if I'm going in somewhere, I can cover my shoulders. And that's just kind of a respect thing as well. And you shouldn't be wearing, you know, mid thigh skirts and stuff to go into churches either because all the churches are, you know, they're functioning and they've cracked down on that at the Pantheon in Rome over the last few years. They won't let you in if you're, you know, got all this bare thigh happening and shoulders out and everything. So that's another really that's a really good, really important one, because you want to be respectful.

Katy

Of course. All right. Now, we started this conversation talking about testing. This has been going this is an epic episode, but I think there's some important things we need to take with us just in these covid times. We do need to take our own masks because it is still a requirement. And I can imagine it's going to be for some time to wear masks indoors and on public transport, etc. So we don't want to be taking a whole heap of disposable mass with us. I think everyone now should have like a collection of masks that they can take with them.

Corinna

Well on the planes. Some airlines require you to have medical grade masks.

Katy

OK.

Corinna

So your KN95s are like, that's what I flew with. And they I like what I like about the KN95 is that you can seal it at your nose. They kind of have a pouch over your nose and mouth because I find - for me a lot of the time I like sucking the mouth, and get a dry mouth and get frustrated and irritated. So KN95 is really, really helpful and you want to check in with your airline as to what their mask rules are because you don't want to get there with your fabric masks and find that they don't allow. Like I know Lufthansa is KN95 and that's it. And I can't remember what American Airlines was, but you have to have a mask on the entire flight and I think that rule might stay in for a while. So you need to be making sure that you have a mask that is comfortable, that you can actually breathe in, breathe in. And you know, that doesn't give you a dumbo ears.

Katy

And I think as well, just like these are the things that - it's just those little things and if you forget them, it's annoying. Another little thing that people forget is their medication. Take a copy of your prescriptions. Take a back up credit card.

Corinna

Yeah. You want a backup credit card, you want to take a copy of your prescriptions and you want to separate your any of your prescriptions so that they're not all in one place. So if you've got them in your suitcase and your suitcase doesn't arrive when you do, then that can be a problem. If you've got all of your medicines in your carry-on and they get confiscated for whatever reason, now you've got a problem. So just separate them off and then that keeps you safe. With the whole covid thing. I didn't want to get into a situation where I got over there and got sick and didn't have the things that I would - like that I know. So for example, here in America, we have DayQuil and Nyquil where if I start getting like a bad cold or something, that's what I'll take. I didn't want to be over there and feeling sick and having to figure my way through a pharmacy for what I wanted to use. So I took some bits and pieces for that and some extra hydration electrolyte packets and things like that, which I mean, I'm fully vaccinated, so I wasn't expecting to get sick. I just don't want to be in a situation where I am I don't have with me what I need.

Katy

Yeah, I'm the same. It's a balance, isn't it? You can always buy things over there, but I don't I prefer not to waste vacation time going to buy things.

Corinna

Yeah. And it's just that thing of if you're not feeling well and you know the products that you would use at home, if you can get them in travel sizes or in like capsule form instead of taking bottles of things, that can be a game changer. Just the psychological I know that DayQuil and Nyquil work, so I take those and boom, we're done. It's over.

Katy

Yeah, I have to make a judgment call. Corinna, I think we have packed we have everyone packed. So I think we thought of everything. I can't think of anything that we haven't.

Corinna

I do - it's how you pack. So I'll go really, really quickly with us.

Katy

Oh yeah.

Corinna

So sometimes I'll use packing cubes. I'll normally do like a combination of things. So packing cubes can be really helpful, like separate off your top, separate off your bottom, separate off your underwear, your swimwear or whatever. It can be really, really effective. I roll everything. So when you roll your clothes and you can go on YouTube to see how to roll your clothes for travel, it just condenses everything down so much and then it helps you stay very organized in your suitcase, which again you want to be, you don't want to have like a big shimozal with everything all over the place. If you can roll all your things that all your top in a row and all your pants or skirt or dresses are in a row. It makes everything work really well. And then - my friend Jennifer, who just travel with me, she's the one I was saying is a fashion stylist - she uses space saver bags where everything goes in these 2 quart bags and the air sucks out and they're like so compressed. And so even though she had the same number of outfits as I did, she had a half suitcase because everything was just compressed down so much.

Katy

Was everything creased. That's what I'd be worrying about.

Corinna

No, no. So and I take a small it's like a 100 ml or three ounce bottle of downy spray, which you spray, you hang your stuff up, spray it in all the wrinkles drop out. So it's really effective. But the rolling is a game changer. It's so great. I swear by it.

Katy

Well I love my packing cubes, especially if you're traveling with kids or even sharing a suitcase with someone. You just need them. We have the color coordinated Griswold's folks family vacation packing cubes. So it just makes things a lot easier when you're packing and unpacking for a family. But I love my packing cube.

Corinna

Or even even for an individual, because it helps you stay really organized with what you're bringing and what you're wearing and you know where everything is. And the more you can keep that side of your trip organized, just the easier everything goes.

Katy

I think so. I like to be organized. I think most of the people that listen to us really like to be organized. We're not wing it kind of people. I think we're all in the same wheelhouse here.

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Corinna

I can be disorganized with other things, but like just knowing what my outfits are going to be, what needs washing, what doesn't - like it just clears a whole lot of mental space. And I can focus on other things like - grappa tasting.

Katy

Ha ha - that's the most important! Ah Corinna, thank you so much. You always have such excellent advice for our listeners and I know they would like to stay in touch with you. So how can they connect with you and your work?

Corinna

So my website is CorinnaCooke.com, so C.O.R.I.N.N.A.C.O.O.K.E dotcom and that kind of links out to everything. I have a newsletter that comes out twice a month that's all about unusual places to go to in Italy, places that you don't otherwise know about or within the big cities, things that you haven't heard of. So that's kind of fun. Yeah so if you go to the websites, it's easy to link out to everything there, I think. I think it clicks into social as well.

Katy

Oh, it does. And we'll provide all that information to our listeners as well. Grazie mille Corinna, for being my partner in crime again on Untold Italy.

Corinna

Thank you for having me back. It's been so fun.

Katy

We always have fun and I'm so glad you made it back to Italy and had such a wonderful time. And let's hope we are all packing our suitcases very soon. Grazie!

Corinna

Ciao everybody! Bye.

Katy

We've included all the details of our favorite packing items in the original show notes which we will link to in the notes for this episode at untolditaly.com/125 for episode 125 along with our written packing guide with even more tips to streamline your packing for Italy. You'll also find a handy downloadable packing list there too so you can check everything off and stay

organized. I did this a couple of weeks ago and realized I had to make a few last-minute purchases so make sure you do that soon too

Thanks to all our wonderful listeners for your ongoing support of Untold Italy. I hope you enjoyed today's show. If you did then it would be amazing if you gave us a rating or review in your favorite podcast app. If you're using apple podcasts then you need to go to the show page for Untold Italy - not the episode page - and scroll down until you see "ratings and reviews" You can leave your 5-star review and message there.

Next week on Untold Italy we're heading to the gorgeous Umbrian country and visiting a beautiful agriturismo. We're going to find out what an agriturismo is and why you should find one to stay in when you visit Italy.

But until then it's "ciao for now".