

# Untold Italy Episode 150 - What to Wear in Italy: A Guide to Planning your Italy Trip Outfits

This is the Untold Italy Travel podcast, and you're listening to episode number 150.

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

Hello Ciao everyone. Welcome to our 150th episode. So exciting. When I first started this podcast I brainstormed around 20 episode topics to record and I was a little concerned I'd run out of ideas. But actually, the ideas keep flowing and we've got a full schedule of brilliant topics to take us well into 2023. Of course - if you have any ideas I'd love to hear them

This week we're welcoming our dear friend and author of the Glam Italia travel guides Corinna Cooke onto the show to cover a topic that generates a LOT of discussion on our Italy Travel Planning community on Facebook - and that's what to wear in Italy.

I will preface this discussion with the note that we're talking mainly about womenswear because women are our main audience but really the principles around fabrics and the number of items to take are pretty universal. Perhaps the guys aren't so concerned about their travel wardrobe but I don't like to generalize!

Anyway, we're going to cover a bit of ground so let's get started.

## Katy

Bentornata Corinna. Welcome back to the Untold Italy podcast.

## Corinna

Hi, Katie. Thank you for having me back. Hi, everyone. And you know, before we get started, I want to take this opportunity, my friend, because I haven't seen you face to face since this happened. But to say congratulations on the podcast hitting a million, that's just it's so exciting. It's so huge. I'm so proud of you, and you so deserve it.

*Untold Italy travel podcast transcript. [Visit our website](#) for show notes and all episodes*

**Katy**

Aw Corinna, thank you. We couldn't have done it without you. You're one of our most popular guests, of course, we do love having a chat. And this time it's even better because I've now met you in person and I was able to give you a big hug or two and find out your best ever secret shaded place, near the Colosseum.

**Corinna**

Wasn't that fun? It was so fun. For those of you who don't know, we actually got to meet in real life in Rome this summer. And it was so fantastic. And the funniest thing was, it was like, I'd have known you forever, so it's exciting to see you in real life. But it also wasn't that weird, like, getting to know someone. It's like, hey, my best friend is in town.

**Katy**

It was like a super hot date, wasn't it?

**Corinna**

It was.

**Katy**

It was actually physically very hot as well.

**Corinna**

Yeah. This has been an unbelievably hot summer. They've had a heat wave from the middle of May until the third week of September. So it's been quite something.

**Katy**

Exactly. And, you know, you've been traveling to Italy in 2021, but a lot of us, it was 2022 was the first time that we could go back there. So what do you think? Was there any differences that you noticed apart from the heat between this year and last year?

**Corinna**

Well, last year there weren't so many people there. Florence was busy last year in September anyway, but other than that, there weren't as many people. This year. There was definitely, definitely a lot more people. And anybody - by the way, if you're planning on traveling in 2023, get on it right now because it's going to be busy, like a lot. I was already just trying to book my apartments for some of my tours, and a couple of my main ones are like, sorry, we're already booked, so I'm having to change when we're being where. And so get on it. Get on it.

## Katy

Yeah, absolutely. It's super, super busy. And I've also got another hot tip. If anyone's wondering whether they should book now or later for things like activities and stuff, just hanging your horses, maybe there's going to be usually around Black Friday, there's usually some great deals to be had. Okay, Corinna, before we get started, you're of course, one of our favorite guests on Untold Italy podcast. And you're the author of the Glam Italia Guides and the leader of small groups of adventurous women to all your favorite spots in Italy. Is there anything else you'd like to add?

## Corinna

I think that's probably it.

## Katy

Okay, Corinna, we have a very serious topic today, and it's one that comes up multiple times a day in our Italy travel planning Facebook group. So I know many of our listeners and followers are thinking about it too. And the topic is what to wear in Italy.

## Corinna

It's a biggie because you really want to think this one out and go with the right things and go with not too many things. I find with my tours, the people that don't utilize the information I'm going to give you today, they wind up with suitcases that are far too heavy, that have got far too much stuff in them, and it gets stressful. It's hard work carrying so much stuff around. So it's really great if we can get into how to figure out what to bring and how to do this whole thing. And I'm actually going to give you three really major takeaways today, and those are going to be strategies, fabrics, and building a capsule collection. So you're going to come away with some good tools in terms of strategy and fabrics and things. Rather than just talking about myself all the time, I feel like all I do is go me, me, me. So my friend Devon spent twelve weeks in Italy this summer, and she only goes, carry on. And I will say, in my defense, she's about 50lbs or like 20-something kilos less than me, so there's a whole lot less fabric to cover her up than there is cover me up. But Devon, I swear it was the never-ending wardrobe, and I'm like every day checking in on her to see what she's doing on Instagram, because she was just having this unbelievable trip, and she travels a lot, and every day there was a new outfit. And so I'm messaging her going, what on earth are you doing? How much did you bring with you? And she said to me, she goes, okay, so I bought 20 dresses and I got all these separates. And she goes, but I'm really careful about the fabrics that I choose. And I'm really careful about what I choose. Everything packs down really small, and she goes, with what I've packed is all travel fabrics, and I can make it work. And it was so interesting because she was getting rotation out of her clothes, but 20 dresses? You're like three weeks in before you see any repeats. And the other thing was that she wasn't dressed like she was going to somebody's funeral. She had fun popping colors. Everything looked so pretty and so great. I was fascinated more with her wardrobe than with the scenery. So every day I'm like,

now, what are you wearing? Now, what are you wearing? But she applies the strategy to the nth degree, and it just goes to show that you can take a lot of options if you're playing the game the right way. So hopefully I can use that to help people.

### Corinna

And then I'm thinking today when I was going over this, I was thinking, my goodness, you know, 20 dresses that she can roll down into a carry on a big girl like me could put into my suitcase. So if I can get the fabric game down quite as well as her, I could do it, too. Also, when we get into talking about fabrics, I'm going to tell everybody about the absolute MVP of my four months in Italy. The most fantastic piece of clothing I had, and it cost me \$5, and it still looks like new, and I just went and spent \$25 this week to get five more. So I'll tell you about that when we get to it. But let's jump on in. And the first thing we want to talk about when we're figuring out what to wear in Italy is we want to start with some strategy, okay?

### Corinna

And what I recommend everybody do is the very first step is figure out two pairs of shoes that you're taking and plan on only taking two. Now, in the end, we may add in a third pair, but we want to set this gig up on two pairs of shoes. And I can't stress enough how important it is that you get your footwear right in Italy. You walk and you walk and you walk and you walk. And even when you're in places that aren't hill towns in Tuscany and hill towns on the Amalfi coast and everywhere else, even when you're in pseudo flat places like Venice and Florence and Rome, those streets are cobbled, stoned, they're flagstoned. Nothing's flat like a pavement here. So if you don't have the right shoes, you don't have shoes that are supporting your feet and your ankles and your lower back, you're in for a world of trouble. So I recommend for summertime, one smart looking, sneaker kind of shoe that is really supportive. So you don't want big, ugly ones, but the ones I have, I think, are white with a lavender trim or something like that, but something that looks nice, that's got really good support to it, that you can walk 5 miles a day if need be. Which doesn't mean you're going to walk 5 miles, but maybe you will. And then one pair of really great supportive sandals, and your shoes have to be broken in. And I feel like I beat my head against a brick wall with this one every trip. I have people who come with shoes that aren't broken in or with the wrong shoes. There'll be like four will get it right, one won't, or life sometimes happens, and you get blisters or whatever. But it's always like, those who have followed this do just fine. Those that have and don't. And before we get off the shoe thing, another Most Valuable Player MVP to throw in your suitcase is Moleskin. So what we found this summer across four months of traveling, it was so hot and it was so humid that when people were getting blisters on their feet, if they put bandaids on, the bandaids would rub up and slide off in no time at all because it was just so humid. And I had this one traveler, Susan, who we called her Doctor Feel Good because she had this magic handbag that whatever was going on, she had she would pull out something for it.

## Corinna

But she pulled out this roll of moleskin, which is a moleskin does lots of things, but you can get these, like, bandage rolls of mole skin. And she had these little scissors, and she cut a piece off, and that person would put it over their blisters and boom, good to go. And that thing stayed on all day. It gave nice cushion, and it didn't peel away.

## Katy

Well, I totally agree about the shoes. I've got some great brands here in Australia. They do ship overseas, actually, which would give a lot of support for the really stylish shoes as well. And it's called Bared and Frankie Four, and they're really, really comfortable. And I totally agree with you. I can't stress enough you need support on those feet. And, like, you can find really stylish white sneakers. This is a very controversial topic for some reason. I don't know. The white sneaker topic is very controversial. I wear the white sneakers. You wear the white sneakers.

## Corinna

And half Italy wears the white sneakers.

## Katy

Correct. So you're not going to look out of place at all if you've got the white sneakers on. And it's essential. I sort of, like, try and do, like, one day on, one day off with my shoes. So I have sneaker day than a sandal day because then you're giving your feet a rest.

## Corinna

Absolutely. And at the end of this thing, once I got everything done, I'll then put in an extra pair of sandals. But I start the planning with two. And two more things on that. If you're doing winter travel, I recommend ankle boots, like a good Chelsea boot with a nice tread to it. Again, broken in, but it's going to keep your foot dry. And again, you can do your walking in and then a waterproof sneaker. And my big thing and again, 100% of the time that people don't listen to me on this, they have problems. And there is no ballet flats, okay? So if you go online and Google what to wear in Italy, they'll have cut off denim shorts and ballet flats. Leave your cut off denim shorts home, but also the ballet flats, they've got zero support. And, I mean, I don't think people can really understand how bad their feet got after a day. If you're thinking about bringing ballet flats, pop them on and go for a five mile walk around your neighborhood and just see how you feet feel afterwards.

## Katy

Yeah, I think you just mentioned something really interesting there. That was the tread. And it sounds really weird, a word in the street called daggy, and I don't know what the equivalent word is anywhere else, but it's not very stylish. But if you get a rubber tread on your shoes,

like a leather one, is just you're going to feel everything and you can slip. So I think the rubber tread, if you can, on your shoes is a good idea.

### Corinna

And Chelsea boots is a really good place to start. If you Google those, they're a really nice looking boot and the tread on them is generally really good, like for a big girl like me. Normally anything that's got some kind of big clunky soul to it, it's just going to make me look enormous so I can't do it. But these Chelsea boots or that style, they've got almost like a Doc Martin kind of tread to them, but they say narrow to the boot and they give you support and you're not going to go sliding down those steep streets when they're wet.

### Corinna

But anyway, so now we've got these two pairs of shoes figured out, we're going to pull all the clothes that we think we might want to bring to Italy. And whatever does not go with these two pairs of shoes gets pulled off and put out to the side. So now, rather than choosing your wardrobe and then figuring shoes to go with it, you're doing it in reverse. Everything has to go with these two pairs of shoes. And that's going to cut everything right down for you right there. And then I get like I have a rolling rack, or maybe you have a rack in your laundry or can make some spare space in your closet, but you're going to put all the things that you're thinking about taking on that rack. You've got to isolate it off and you can see it and think about it. And I normally spend a few days going backwards and forwards, pulling things off and putting them back on. And so all the pieces that don't go with the shoes come off that rack.

### Corinna

And then we're going to look at the fabrics that are there and see if they're travel-friendly fabrics. Anything that's not travel-friendly, that comes off as well. So we're going to start narrowing this thing down. And when we're talking about travel friendly fabrics or travel fabrics, these are fabrics that pack easily. They're low wrinkle, they're easy to launder. We don't want any dry clean items coming with us. There's no point. Travel fabrics tend to be temperature-regulating, and they also tend to wick away more moisture from the skin. So by that, if it's a hot and humid day and you're aspiring, rather than holding it against you, against your skin, these travel fabrics tend to move away. And what's really interesting is I thought when I was getting ready for this podcast, I thought, well, I'll go through my ride or die things that go on all my trips with me, the things that I just can't live without. And I'll just check what those fabrics are. And it was so interesting because even the ones where I hadn't deliberately gone out and purchased a travel fabric, they all have travel fabric in them. So we have winter travel coming up. If anyone's about to head out now, it's going to be winter in Italy. So some of the best winter fabrics, first of all, a Merino. Actually, I have a Merino Cami that I always fly in on those long flights. And Merino is great because it's so thin, so you're not bulky, and it regulates up to, I think, 70, 75 degree, which is 20 degrees Celsius or something. So you can be going through hot and cold and be hot on the ground and cold in the plane and

getting out of the plane or whatever it's going to regulate. So you're not going to be like, oh, my God, can I get this thing off of me? But when it's winter time, having items in Merino is a lifesaver because they're so thin. So I have some really great thin Merino sweaters, but they're not much thicker than a heavy T-shirt, but super, super, super warm, and they wipe the moisture away if you get too hot and blah, blah, blah, blah.

### Corinna

So I'll have a Merino cami every time in the wintertime. I also either have a Merino base layer or Merino sweaters. And also, I don't know if you have in Australia - if you have a brand called J. Crew, we have them here, and they do this fantastic Merino sweater called the Tippi - T.I.P.P.I., and it comes in all kinds of colors, so you're not having to be in dreary colors. Like, I have it in red, and I have it in ten, and I have it in black and all kinds of colors in it so you can be warm and not look like you're on your way to a funeral.

### Katy

I actually have a few of those. I won't say how many, but I'm onto those ones, too. They're definitely great. And J Crew always has such huge sales, but you got to get on because everyone knows about the Tippi, so you can grab them.

### Corinna

Yeah, right now they're out of stock because I was just looking at it Happens, and they don't have any in, but they'll be bringing them back. But you want that kind of sweater for winter that is not thick and that you can do these kind of layers with. And then for winter, of course, you have fleece, which is a great insulator dries quickly if you like wearing things that have no animal products, fleece, has no animal products. Thinsulate is another great fabric, gortex as well. Okay, so MVP for winter travel, ladies, is this fabric called I was always going up Pont, but then people call it Pontee or Pontey. It's spelled P.O.N.T.E., so pronounce it however you will, and it's fabulous. You can get pants in it. You can get skirts in it. Ponte pants are the absolute greatest thing ever because it's a double-knit jersey that has some kind of polyestereon spandex built in it. So it's flexible. It moves with you, but it stays quite structured. So you can wear this pant, like, for more than one day in a row and you're not going to get a saggy bottom. And a lot of pants will get saggy at the knees. They'll just not hold their shape. This fabric really holds its shape, but it's also stretchy and comfy, and you can get a really nice, smooth, kind of streamlined silhouette with it. They make these pants in all kinds of different shapes bootcut and skinny cut and I don't know, whatever cut. I actually had a pair with me in March/April when I was in Italy, and it was quite cold there, and they were a lifesaver. And again, I would like to wear them quite a bit. When you wash them, they are no iron pants. So when you do wash them, you just hang them. They dry overnight, and they rock and roll the next day. So I can't even stress that one enough. It's a really great thing to pack.

## Katy

Yeah, I don't do ironing. There's no ironing here. It's an iron-free zone, and especially when I want vacation. Who wants to do that? It's very boring.

## Corinna

Yeah, it is. Jeans I'll take in the wintertime, I might take, like, one pair of jeans. Jeans normally take up a lot of space in a suitcase, and they take a lot of weight. And if you're going to have to wash them, there's no dryers over there, so you may not get them dry unless you've have a radiator to stick them on. So I'll take, say, one pair of jeans. But two pairs of the Ponte pants I also have. And I was looking for this online this week to see if I can find it for you, but it was a company called IBEX. I.B.E.X. and they make these fantastic merino dresses. So I have a merino dress with long sleeves, and it just kind of hangs, and you wear it with tights and boots, and it keeps you so warm. So even in really cold places, I'll just have that on maybe a cami underneath and leather jacket, and we're good to go. So that's another good one to keep up your sleeve when you're planning your winter travels. And if IBEX doesn't have theirs out, which they don't at the moment, you can once you start googling merino dresses, normally, quite a few will pop up. So that's a goodie.

## Corinna

Puffer jackets are really popular over there. Like, everybody in Italy has one on.

## Katy

You're no one if you don't have a navy puffer jacket. And it can be from anywhere. If it could be from Uniqlo or what's that the Canadian brand that's like super luxe. I can't remember. But yeah, they've all gone and haven't they?

## Corinna

Yeah, they do. And the thing is, they're great for travel because they pack down to nothing. They roll down to absolutely nothing. But they're super warm. Super, super warm. So it's another goodie to have with you because if you're packing a big heavy coat or a big heavy jacket, unless you need to have it on all day every day, it's just a complete nuisance. And it's big and bulky and takes up too much space. And you can get puffer jackets that actually come down like mid-thigh. They have all different lengths as well. So for me, the jacket length is just all you see is jacket and then this big bottom popping out at the bottom.

## Katy

She's tiny everyone.

## Corinna

No, I'm not. It's not something that you have to have at hip length. You can get whatever length works for you, but they're really good. And then, of course, things like umbrella. This time this winter I took a travel umbrella with me that was actually brilliant. My normal routine is to just buy cheapies there and throw them out. And then a good scarf is always brilliant for winter as well. So those are like a starting place on your winter capsule. I always find that in winter I probably need fewer items and my color palette and winter, that's when I do a lot of neutrals. Although I was looking through my photos, I'm like, oh yeah, and then I had that hot pink. And then I did this and then I did that. So I do put color in, but I tend to have more of the blacks and the navy jeans and that kind of thing in the winter than I do in the summertime. But let's get on to summer.

## Katy

Okay.

## Corinna

So summer fabrics to think about. So we already know cotton and we already know linen. Cotton, I prefer cotton that's got something else mixed in with it, which we're going to talk about in a moment because cotton can sit against your skin and not help you out sometimes. But we know cotton's good. Linen is great. We know it's going to wrinkle, but the whole world knows linens going to wrinkle. And so, I mean, I roll with it. I have a couple of kind of loose linen dresses that are going to move with you in the heat. Linen is just super fabulous for hot days. And we do want things if you're going in the summer, expect it to be hot and figure out clothing that's not going to be restrictive. We want things that are going to move a little bit with you so you're not getting frustrated and swollen and

## Katy

Itchy

## Corinna

Yeah, and just uncomfortable. So then we get these manmade fabrics that some of them have names that if you're as old as me, you might be horrified and be like, oh, hell no. But the new versions of them and the travel versions of them are fantastic. So two of the new generation fabrics that are brilliant for travel, believe it or not, are rayon and polyester. That doesn't mean all rayons and all polyesters, but when you find travel clothing that's in them, they're really good because they're durable, they're wrinkle resistant, and they're quick drying. I have these pants I've talked about before on here. They're by Eddie Bauer, and they're called Departure pants, and there's tons of brands make them, but it's hard to understand what someone's talking about if they're just saying polyester pants. I'd be like, oh, I'm out. But if you Google Eddie Bauer departure pants, you can see what I'm talking about. So these pants, I mean, they look so chic. They keep their shape, they don't wrinkle, they're really cool. And

when I was thinking, I wonder what my departure pants are, and I had to look at my polyester, but it's a really lightweight polyester. And again, they're great for travel because you wash them out, hang them up, and then dry before the evening is over. So that is always a good help because even if you're not planning on doing laundry, something could happen. Somebody spills a glass of wine on you, you spill bolognese sauce on yourself or whatever. So there could be a situation where you have to wash something out, and so you want something going to dry quickly and not need any drama because.

### **Katy**

It is pretty humid over there, too, I find. And so even if you wash, it can take days to dry. So it's frustrating, too. I've actually got three of these dresses now, and they're made of a technical silk, which is recycled material, but it looks like silk, but it's a manmade fiber and it's actually a convertible dress. So that goes seven ways. So it's kind of like a tie middle. And you can do it's like the magician's dress, I'd say, because it's really and every time I wear it, I get compliments. And I've got it in three colors now, and I just love it. And I think this brand is amazing. It's an Australian brand. It's called Ever by X. And yeah, it's got that technical silk and you just can wash it out and it dries overnight and you can dress it up, dress it down.

### **Corinna**

And the thing about these manmade fabrics that we're talking about is that they're built to hold their structure. So it's not like you wash it out and it looks like an old rag the next day. They just hold their shape. So some more of these manmade ones you hear about Tencel, Modal, and Lyocell. Now, these are made from wood pulp, but they are such brilliant fabrics. And it used to be that Modal was really expensive. Now it is in everything. It's so great. So the T-shirt I'm wearing today, Katy, is on the MVP list and it's from the Amazon Essentials, of all things, very inexpensive T-shirt. But it's one of these things that you wash it and it goes right back in shape, and it doesn't get ratty and all the rest of it. And I had to look at it to see what the fabrics were. It was cotton, modal and spandex.

### **Katy**

And is that one brand new that you're wearing now?

### **Corinna**

No, this one has done like (I'm giving her a fashion show for those of you listening), this one has been with me for four months in that hot, humid, brutal weather in Italy this summer.

### **Katy**

The reason why I ask, because it's a gleaming white, that type of top can go grey.

## Corinna

This may not be a scientific fact, but what I have found is that these Modal products seem to be holding their white really well, because the MVP top that I took with me has been with me all year in Italy, and it's been through brutal weather is a tank that I got from Target. And I've been there and I saw these tanks, and they were \$5. And I thought, well, it'll last for a few weeks, and I can use it to do housework with or something afterwards, like, I wasn't really expecting much out of a five dollar tank top. And then I was wearing it here at home, and I'm like, my goodness, this is actually a really great top. And then all the influencers started popping up all over Instagram going, this is the buy of the summer. So then I didn't feel like I was the only person buying tank tops for \$5. But again, when I was prepping for this, I thought, oh, I've got to tell them about this great tank top, because you can still get them at the moment if you go online at Target. But I had a look inside, and it's made from cotton and Modal. So this fantastic Modal travel fabric that it just keeps going straight back into shape. So the tank hasn't lost its shape. It's still nice and bright white. And that's the one that I went and bought five more of online this week. So you don't have to be spending a lot of money to get great travel products. And the funny thing is, too, with this T-shirt that I'm wearing and with the tank top is that there was a time not that long ago that the big designer brands would put out something like this, and they'd charge \$95 for this T-shirt and \$95 for the tank top and people wouldn't blink at paying for it. And they'd say, well, you pay this much because it holds its shape, but does all these things beautifully, you can wear it a hundred times and it still looks new. But now, in the last couple of years, you can get these things very inexpensively so they're accessible to everybody, not just people who shop at designer stores.

## Corinna

But then we whip through a couple of other fabrics, and the one is Viscose, which is perfect for travel. It looks expensive, but it's not. It's soft. It is a silk substitute and it also has some wood pulp in it. But if you think of like fabulous soft silks, that's what it feels like. And I actually have a few things in Viscose, and then another one is Acetate and Spandex. There's a company called Chicos that has a famous line as their travelers line. And they have all these intermixing part - skirts and tops and dresses and pants and blah, blah, blah. And it's all made from this fabric. And it's brilliant. Again, you wash it out, you hang it, it's dry. I've had some of these things for years and years and years and years, and they're still keeping on keeping on. So these fabrics are really good. So when you're planning out your what to wear, if you can be looking for some travel fabrics and just thinking about what's going to work, well, then it's going to make your life a whole lot easier.

## Corinna

But let's get into planning a capsule wardrobe. So the key to figuring out what to wear and the key to make this whole thing really work is to create a travel capsule wardrobe. What that is, is key pieces that you can mix and match that work with your body's best shapes. So most of the things if you look online and see what to wear in France, nothing's ever for my shape. So you're going to find the things that work for your shape. And you want to get some

great core products and then you're going to put some accent things with them. A lot of people will say go for a really neutral palette. And I'm like, why I don't - I put lots of color in because it's fun. And then when I was watching my friend Devon with the 20 dresses and the travel fabrics, they were all colors and fun. And she looks so pretty and bright and everything. But what you ideally want to do is have a good travel pant. If you're going into the summer and it's going to be really hot, maybe go for skirts instead. So, like, I'll wear travel pants flying in and out, and I normally use them on my days when we're taking a train and we're traveling across country and that kind of thing. But for actually walking around, Rome in the heat, I don't you need to have a skirt on with a little bit of movement to it, I think, or something that's got movement - you don't want anything that's constricting. It's great to have a few travel skirts with you. Like skirts that are going to move - that are not, like, you don't want to be in anything that's pencilly or restricting because remember, you're going to be walking. So having some skirts that have a little bit of swish in them is tremendous. Bias cut skirts are fantastic on everybody body shape. And whatever size or shape you are, a skirt that's cut on the bias, it's going to give a little bit of movement around the knees, so you got a little bit of breeze happening. You're not restricted and they tend to be incredibly flattering. And then what I do is I'll plan out, say, four bottoms and then five or six tops, and you want your tops to be able to go with at least three of those bottoms. And then you've got this unbelievable ability to mix and match and change things up.

### **Corinna**

And you've got things that work for your body shape that you feel pretty in because that's the other thing. Most of 'what to pack when you travel', I would be mortified because I wouldn't feel pretty in it. I'd feel really embarrassed. Things will be too tight or not for my shape or not for whatever. So I do a mixture of - I'll have some neutral pieces and then I like to have a bunch of colored pieces. So some of my neutrals will be like white tops that go with every bottom that I'm bringing. And if you look at my Instagram, you'll see you like roll back years and you'll see these same tops popping through throughout. But I have some great little sleeveless knit tops that they look nice. And there I've got a turquoise one and a green one and a magenta one, and I can whip those around with all these different bottoms and it keeps creating all these new outfits and you feel fresh and pretty, but you're rotating and maximizing what you're doing.

### **Katy**

I think you made a really good point there, Corinna, because the thing is about when you're going on vacation is that you are going to be taking a whole lot more photos than what you would be doing at home. And so you really want to feel your absolute best and, you know, fresh, fun, fabulous, and whatever style it is. I mean, like, actually, Corinna's talking about all these bright colors and I'm, you know, I completely admire people who do that, but I'm much more of a classic kind of girl. I really like - I like a stripe.

## Corinna

Oh, I've never met a stripe I didn't like.

## Katy

And I like everything, you know, like the navys and the whites and that type of thing. And sometimes I'll go ahead and buy one of these bright colors and think it's awesome, and then I'll just never wear it because it's not my thing. But you need to know your style and how it's going to work because I think sometimes people can go out and just go, I'm going to have my new vacation wardrobe, and they buy a whole lot of stuff and then they don't feel comfortable. And I think if you're going to take great photos, then you need to feel comfortable.

## Corinna

Yeah. Well, this is your trip of a lifetime. You need to not only feel comfortable, you need to feel pretty and you need to feel confident. And by the way, to me, white is a bright color. White is not a color. I put that in with the I mean, white is so sharp. White with a navy pant, white with a whatever color bottom. It's so sharp and you can't go wrong. But it's about finding things that look nice against your skin. And any color can have a million different hues and like 900,000 of those hues can look rotten against your skin. Then you find those other ones that suddenly your skin comes alive. So you know, you find what's comfortable. But it's this concept of having as a starting place. If you start with four bottoms and five tops, you're off the races. Now, I like to wear a lot of sun dresses. In my real life, I wear dresses, I wear them to pieces. So I always go over with several different dresses. And it's great because you can be out all day, out sightseeing, out whatever, and you get home and decide you want to get changed before you go out for dinner. Well, if you've got some sun dresses packed and again, we're talking summer travel. If you've got some sundresses in there, you can just flip one of those out and pop it on and now it's a cute little thing to wear out in the evening. So I find them very serviceable and you can swap them around and do all kinds of things with them. Like I took this yellow sundress and it got thrashed, it got worn so much and it was another one of these stupid things that I picked up on Amazon for nothing. I'm always amazed when you can find really great pieces of travel clothing that cost next to nothing and then everyone's always saying, oh, where did you get that? It's quite fabulous. And I want to say Amazon, but don't blow the cool. I'm like, oh, thank you.

## Katy

By the way, this podcast is not sponsored by Amazon.

## Corinna

But it should be. But anyway, so I had this yellow sundress that it got worn during the day a whole lot, but also on different days. If I want to get changed to do something in the evening, I could throw that on and it just looked great. So sundresses are tremendous. And then if you

are someone that wears sleeves, just get something that's got a loose sleeve. Most of mine are sleeveless, but if you're going to wear something with a sleeve, try and get something that's not too confining. Because in the summertime there it is hot and it is humid.

**Katy**

Corinna, can we please talk about something that's important, though? Even if you are a sleeveless person, there are some dress codes that people need to be aware of and that's when you're entering a church, is that you do need to, as a matter of respect cover your shoulders and your knees. And it's a cultural convention in Italy, and there's ways to deal with it. You can have a shawl or a scarf that you can wrap around your shoulders. It's no big deal. But I really wanted to mention this because for some reason, people are always asking how they can push this concept.

**Corinna**

You can't.

**Katy**

You can't. It's just it's a matter of respect, right? And so people are asking, can I wear midi shorts or a tank top that has wide straps? And you know what? It really annoys me Corinna because how hard is it to cover up?

**Corinna**

Yeah, on me as well. So I always have a scarf tied around my (I always wear a crossbody shoulder bag) and I have a scarf tied around it because I do wear like, you almost always see me in sleeveless. So when I'm going into places, I've got a scarf to put over. Now, if you're going to the Vatican, I don't know what they're doing now, but they always were not even allowing you in if you weren't covered. So thighs are covered. Shoulders are covered. And so you just plan that out. And so when you are planning what you're wearing for whatever, the days that you're going to the Vatican or if you're going to any of these any of the Duomos or whatever, make sure you've got that thought out because you don't want to be rude. It doesn't matter if you think it's cool to go in hot pants and a boob tube. You can't do that in other countries. It's not fair to the people that live there. I feel quite strongly about it.

**Katy**

Yeah, I do too. People sometimes say, oh, I went into the Vatican with shorts on, or Kim Kardashian wore an inappropriate outfit there, so why can't I? But you know what? It doesn't matter what other people do. It comes down to what's right. And it's kind of like an ethical thing, really. Anyway. I just think everyone - you should show some respect and adapt to the culture that you're in when you travel. And you might not be fined, or you may be allowed to enter the church, depending on who's at the entrance. But why would you put all your energy

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into figuring out how to get around this convention? Whereas you can just quite simply, as Corinna says, carry a scarf and get on with it?

### Corinna

Yeah. For Vatican, if I have any of my tour groups going to Vatican, I'm really hardcore about it. The tour companies that I use with the guides that take us through, they will not take you. If you show up - even if you're my person and they've worked with me it's where I first met Angelo back in 2010, even if you're with me, if you show up there to sign in at their offices and you don't have your shoulders and your thighs covered, you're kicked off and you don't get your money back. They're hardcore about it. And I do think it's just respect. So I always say to my people, if you are doing the Vatican, plan an outfit, because this is really important for there.

### Corinna

The last thing I want to get off before we get off doing your capsule is that you set up your basic pieces and then figure out your accent pieces that you can swap things around with and feel pretty and feel bright and feel great. Now, I do take some black pieces. I'll invariably have a black dress of some sort with me, whether it's a sundress or some kind of travel dress or black top and black skirt because it is serviceable and there are places where I will wear black. So I'm not saying don't bring black, but I'm saying don't make it your necessarily your whole thing having some good accent colors and accent pieces. You typically in the summertime you don't need a jacket. I always have a denim jacket with me, and it doesn't get worn. But it's been on every trip so far. So there you go. But this year I had like a couple of little colored cardigans that got worn at the very end of September and October. They didn't get worn before that. But you really don't need to take a lot of just in case items or ball-gowns or anything. I think keep it simple and keep it just things that you can move backwards and forwards through that. I plan on every piece getting worn four times. I guess the average trip is probably about 14 days. So if you're going for 14 days when you're planning your wardrobe, plan on every piece gets worn two times. That getting your fabrics right along with planning. Half of your outfits, a mix and match, maybe in half of dresses, and then planning. But they've all got to go with these two pairs of shoes.

### Corinna

And you're going to find that suddenly you have this really condensed, really Cracker Jack wardrobe that you just feel great in every day while you're gone. And then you got tons of room for your shopping, which is the important thing.

### Corinna

Also, if you're going to be swimming, this is another thing to think about if the trip that you're going on is either going to have days spent at the beach or maybe you have a boat trip. Like my tours, I charter a boat in Capri. So we spend all this time on the boat jumping off

swimming. But that's our only swimming day. So you kind of want to have a look and go, okay, how much swimming is there actually going to be? And then plan swimsuit that's going to pack down small. So a lot of them have like big built in cups and built in everything, and they can actually take up quite a bit of space. So you want something that's a little bit smaller, some kind of cover up, and then what you can do, too, is either pack an easy packable beach bag or if you're using a tote bag for traveling with, use your tote bag to see where you can like, double up there so you're not having to have so much stuff. If I'm going to be having beach days, like, at the end of my tours in June, I went down to a Abruzzo to the beach for five days. So I had flip flops at the bottom of my suitcase. And then also, if you're going to be swimming or beaching, the place that you're staying may not have beach towels for you to take. So I take there are these Turkish towels that they feel like cotton and they roll down really small. And it's that thing that people make into a sarong and into a scarf and into like, 47 outfits, and I just use it as a towel.

**Katy**

Well, next time we hear from you, I want to hear the multi-use Turkish towel, please. How you've upscaled that?

**Corinna**

Oh, my gosh. You know, I actually watch the YouTube videos and I try and do the thing the girl on the video does, and nothing ever goes right. And I don't know how they do it.

**Katy**

How many takes have they done to do that? That's the thing you don't know because they've probably taken a hundred takes to get that one video perfectly.

**Corinna**

Exactly. And then what I do is I have a calendar that is like a box calendar. So it's not like little lines, it's A4, and it's all these little boxes. And so what I do is I put the dates in and then I write on each box. On the third, I'm in Capri. On the fourth, I'm in Naples. On the fifth, I'm in Rome. And I write where I'm going to be each day of the trip. And then I write in there what I'm going to be wearing. And what that does is it helps you to figure it all out so that your repeats aren't next to each other or too close to each other. So that if something is going to have to be laundered, if you're going to have to wash out a skirt or a top or whatever, you can figure out exactly where it's all going in.

**Corinna**

And I actually look to see where are the colorful places that we're going to be? Are we going to be in the Cinque Terre? Are we going to be on the Amalfi Coast? Are we going to be on Puglia like beachfront areas? Where are we going to be? And I'll plan color clothes for there.

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And then I'll plan, like, to wear my, say when I'll wear a black dress, black dress in Matera photographs like a dream with all that stone behind you. But I kind of plan out my colors as well. But I write it all onto this grid calendar so I know I don't have to think when I get up in the morning, what am I going to be wearing and where are we going and what's happening? And I've got it all plotted out and that's just one more stress that you can take away. You really know what you're going to be wearing and it's going to be pretty and you're going to feel pretty. And if you have to hang it out the night before so that wrinkles drop out or whatever, you've got that all planned. And that can be a huge time saver and a really great strategy when you're planning your wardrobe.

### **Corinna**

Because until you have these four elements in place, it's just all like, oh, what am I going to wear? How do I know how many dresses I need and how do I know how many things I need? But once you can block that all off and see it and you can see, oh man, I've got a really great travel wardrobe sorted out and I'm going to feel pretty and I'm going to look pretty and these clothes are going to move with me, I'm not going to be all sweaty. It's one less thing for you to think about at that point and then you'll find that your suitcase is half as full as it is if you don't do all the planning.

### **Katy**

This is so good, Corinna. Yes, I totally agree. I can tend to over plan sometimes, but I think in this case it's really important. I think I did a really good pack when I was there last time and I used everything at least three times and I felt good. And I had a lot of different activities that I was doing on some business meetings, I had some cocktail evenings and some casual touring days and so it was quite a little bit of a tricky one to get going. I also was leaving when I was leaving home - it was freezing. I needed to be quite warm on the plane and from in transit to and from the thing. So I just think, yeah, a little bit of planning goes a long way and then, like you said, you do have room for purchases. Although, unfortunately, this time I had to buy another bag (or two!) because I would have been crazy. I was telling Corinna before I bought this beautiful linen tablecloth with this modern print of the Sicilian heads on it and I'm just really thrilled about that. And it was big and it weighed about three kilos.

### **Corinna**

But you know what? It's worth it, because every time you bring that out, it's going to bring you joy, it's going to put a smile on your face. Every time you put it on the table, you'd be like, oh, I love that.

### **Katy**

Well, I like to throw around the term heirloom piece - my children will use it.

## Corinna

There you go. But it's nice and I think that's what travel is all about too, when you're going to these fabulous places, being able to go, yeah, I'm going to buy that and bring it back because I got room in my suitcase - it's all good. Life short, you don't know what's right around the corner. So you want to do all the good things while you can do all the fun things. And if you see something you like, get it. I think that's so worthwhile. But I think when you plan your wardrobe and I see this with my tour travelers as well, those that have really thought it out and really planned it, and they always wind up bringing fewer things and they always wind up being happier with the things that they've bought with them. For me, I'm always there six weeks, eight weeks, so trust me, that takes some planning. When you got one suitcase and you're normally doing some climate crossing and having to work on recycling everything and what's going where. That really saves me having the calendar with everything blocked out and it helps me to stay on top of laundry because then I can also look at things and go, well. My apartment in Arezzo doesn't have a washing machine and the apartment I stay in Sorrento doesn't have a washing machine. So sometimes I can have like a seven day stretch where I'm not going to have access to wash things. So if I've got everything planned out, that's a humongous help. And I don't really like putting on dirty clothes, so.

## Katy

Funny that. I think, Corinna, I think we now have everyone's outfits sorted for Italy, don't you think? Well done. I knew you were the perfect person to lead the charge on this topic. Now let's remind everyone where they can learn even more from our favorite Glam Italia guru.

## Corinna

Well, I have everything centralized at my website, which is [corinnacooke.com](http://corinnacooke.com), which I think you'll put in the show notes. And that's got my Instagram and Facebook, and it's also got everything about the books, it's got stuff about the tours, it's got stuff about my newsletter. And I actually made a PDF for people listening today if they're interested that maybe you can put it in the show notes. Katy it's [www.glamitaliabooks.com/what-to-wear-in-Italy](http://www.glamitaliabooks.com/what-to-wear-in-Italy). Also, I put in the calendar that I use, so you can print that off and use that for yourself for your own trips because it's a lifesaver, it's a real game changer, I find, anyway. And my tour travelers who use it, you really see a difference in terms of what they've bought with them.

## Katy

Wow, that's very generous of you. Grazie, grazie.

## Corinna

I think it will be helpful, and it's helpful to have some visuals.

## Katy

We really appreciate it. Grazie bella. Thanks, Corinna. Let's hope we see each other sacheting around Rome in our flirty dresses and white sneakers sometime soon.

## Corinna

We have to. Hopefully I'll be back there when you're there in the new year. So I'm totally looking forward to it. And everybody, if you celebrate Christmas, Merry Christmas, Happy whatever holiday you celebrate. And I look forward to seeing you all in the new year. Ciao.

## Katy

Well there you have it - everything you needed to know .. and more.. About what to wear in Italy. I do think the short answer is - whatever you like! But, let's face it, we all want to look and feel comfortable when we're on vacation and also, this as it is a time a lot of photos are likely to be taken so we also want to feel great in what we're wearing. PLUS there's the added challenge of fitting everything into our luggage. So I totally get why this topic keeps coming up and hopefully you got some answers today.

Of course, we've put all Corinna's details and info on the clothes and fabrics she mentioned into the show notes at [untolditaly.com/150](https://untolditaly.com/150) as well as details on how you can access her Italy trip wardrobe planner. And, if you'd like to join in on the discussion on our [Italy Travel planning group](#) on Facebook there's a link to that in there too.

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That's all for today, on next week's episode, next week we'll be back with another escape to beautiful Italy but until then it's "ciao for now".