



Additional Program Information and Packing Suggestions

Notes on the Courses:

Tuscany: We will stay in the same place for the duration of the program, and the kitchen, staff and schedule are the same. All walking is easy and the rhythm of the days is consistent.

Sicily: We will move every two days into a different location and situation. We stay on private estates as well as in boutique, 3, 4 and sometimes 5 star hotels. This trip requires good physical fitness and a strong constitution. There are stairs to climb, small cobblestone streets to maneuver and a lot of tasting. Please inform us of any special needs you may have so we can determine if this trip is appropriate for you. We will try to meet your needs to the best of our ability.

Elba: This Island can be very sunny and warm, but if it rains, it can become damp quickly. There is a lot of going up and down, and there are some steep stairs in the village. If we are lucky we will also go fishing on small wooden boats. Appropriate shoes and jacket are recommended. Good physical condition and a flexible and adventurous travel mentality are a must for this program.

Morocco: This is the most diverse of our programs. Accommodations range from a luxury guesthouse in the Palmeraie, a riad (house with an inner courtyard) in the Medina, to a Kasbah at 6,000 feet that requires either a 20-minute hike or transport by mule. On some trips we stay at an inn on the coast with no electricity, just candlelight. French and Arabic are spoken here.

All of the above programs have a focus on local sustainability in respect to the environment and village life. In fact, all PMCA programs put an emphasis on an *800 thread count experience*, as opposed to *800 thread count sheets!* The focus is on high quality adventures. We make an effort to provide the highest level of comfort in all situations.

If you are vegetarian please let us know before the program. If you have had recent surgery or are in a compromised physical state that could affect the regular activities of the group in any way, please let us know. We will try to accommodate you if we can.

PMCA is especially interested in your well-being. If you have a special need, please let us know in advance. If a problem arises, please communicate it to us with patience and respect and we will do everything in our power to make it right for you. Buon viaggio! Bon Voyage!



Packing Suggestions:

Below is a suggested packing checklist. A good rule of thumb is to pack light. When traveling with a group, it will not only speed transfers, but you will be very happy to have room for your purchases. This general list is appropriate for all programs but please read your itinerary carefully for individual program nuances.

Passport

A must! Carry it with you—do not pack it in your suitcase. You will need it to board the plane at each leg of the flight. Passports must be valid for at least 6 months *AFTER* returning from your trip!

Comfortable walking shoes	Credit cards (for obtaining cash)
Slippers	Journal
Raincoat or jacket	Book
Lightweight gloves, hat (Italy in the fall)	Travel alarm clock
Small travel umbrella	Camera (film and batteries)
Bathing Suit (May–October)	Business cards to exchange
Fancy or fun Gala night outfit	Label-Off (to remove wine labels)
Sunglasses and sunscreen	Mints (for curvy excursions)
Prescriptions/medicines	Flexibility
Insight Guide to Tuscany, Sicily or Morocco (for random facts)	Patience
	A good sense of humor!

Dress

Italy is quite casual. You may dress as comfortably as you wish during the excursions and while attending cooking classes. While working in the kitchen, however, comfortable, covered shoes are a must. Aprons and knives are provided in all programs.

In *Morocco* dress is casual but with more emphasis on being respectfully covered. Morocco is a high desert with temperatures sometimes reaching the high 90's. However, the dry climate of Morocco makes the heat much more bearable. Lightweight clothing is best, with a scarf, sweater and windbreaker for cooler mornings and evenings. Sunscreen, hats, and good sturdy walking shoes for mountainous terrain, are recommended. Bathing suits are suitable year-round. Rain gear is not really necessary (although a travel umbrella might come in handy in rare cases).

Bring layers. We will most likely encounter beautiful spring or fall weather during all programs. But having the ability to layer up or down will make you most comfortable. Our final night Gala dinner is the only required “dressy” event. But spiffing up for other evening meals on occasion can also be fun.

Money

We have found, in all regions and countries, that ATM cards provide the most convenient way of acquiring cash in the local currency. The exchange rate is competitive, and having cash is much easier than using travellers checks. Also, banks have inconvenient hours, and you don't want to rely on getting cash at the bank.