Italian Style Month by Month



What to wear in Italy

Travel light, dress beautifully

The Italian Essence

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What to wear in Italy
September
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There's something magical about Italy in September.

The light is softer, the crowds are fewer, and the air feels alive with the promise of autumn — without losing its summer warmth. But what to pack?

This guide will help you:

- Choose pieces that work hard and mix easily
- Blend comfort and style for days on the move
- Look and feel like yourself — just a little more Italian

Italian women know: style isn't about following rules, it's about presenting yourself with quiet confidence.

Let's create your September capsule with that in mind.

The weather at a glance

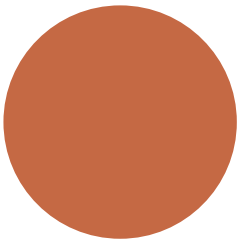


Weather Snapshot:

- Daytime highs: 26–30°C / 78–86°F
- Evening lows: 17–20°C / 63–68°F
- Conditions: Mostly sunny, occasional late-summer showers

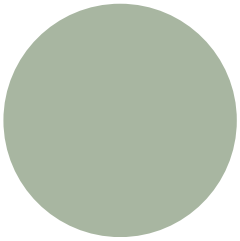
Packing tip: Think light layers and breathable fabrics — you'll still feel summer heat during the day, but evenings may need a little cover-up.

September colour palette

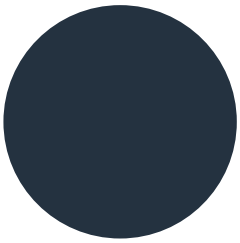


Terracotta clay

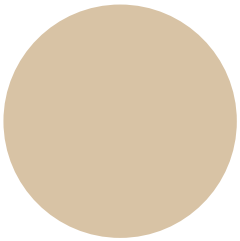
Warm ivory



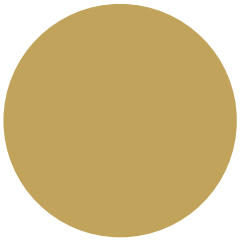
Soft sage green



Navy



Sun-baked beige



Gold accents

These tones echo the city's warm stone, leafy courtyards, and late-summer light.

The September Capsule Wardrobe



Lightweight Midi Dress

Linen, cotton, or viscose — easy to wear for day or night.



Tailored Trousers or Wide-Leg Linen Pants

Smart yet relaxed, ideal for museums or a day of walking.



Classic White Shirt or Blouse

Wear on its own, open over a vest, or knotted at the waist.

The September Capsule Wardrobe



Light Jacket or Soft Blazer

For cooler evenings or church visits.



Comfortable Yet Elegant Shoes

Leather sandals, supportive ballet flats, or chic trainers.



Accessories

Silk scarf, structured crossbody bag, statement sunglasses.

Packing List

- [ ] 2-3 Dresses
- [ ] 1 Pair Linen/Tailored Trousers
- [ ] 2 Lightweight Tops
- [ ] 1 Classic Shirt
- [ ] 1 Lightweight Jacket/Blazer
- [ ] 1 Long-Sleeve Layer

Shoes

- [ ] 1 pair walking flats/trainers
- [ ] 1 Pair Leather Sandals

Accessories

- [ ] Sunglasses
- [ ] Silk Scarf
- [ ] Crossbody Bag
- [ ] Lightweight Jewellry

Regional Style Notes

Milan

Milan in September is all about transitional fashion. The city is a hub for early autumn style, so lean into tailored pieces and structured silhouettes. Expect mild to warm days and cooler evenings. Consider lightweight trench coats, loafers, and sleek handbags.



Tuscany

Tuscany is warm and sun-soaked during the day, perfect for relaxed countryside elegance. Pack flowing skirts, linen shirts, and flat sandals for daytime exploring. For vineyard dinners, a wrap or light shawl will keep you warm as the sun sets.



Amalfi Coast

The Amalfi Coast in September still feels like summer. Opt for coastal glamour – flowing maxi dresses, espadrilles, and bold accessories. Light cardigans or pashminas are perfect for breezy evenings by the water.

What Not to Wear in Italy (and What to Wear Instead)

You want to be comfortable when you're exploring Rome or strolling through Tuscany — of course you do. But does comfort mean sacrificing style? Not if you do it the Italian way.

When you look around the streets of Rome, Florence, or Venice, it's often easy to spot the tourists. Cycling shorts, leggings with long t-shirts, baggy mid-thigh shorts, clumpy sneakers, and floppy cotton hats — these are the tell-tale signs of "tourist wear." While practical, they're rarely flattering, and often less comfortable than you might imagine. Synthetic fabrics cling in the heat, trainers feel heavy after hours of walking, and ill-cut shorts do no favours for anyone.

The good news? There are so many alternatives that are stylish, breathable, and effortless. Natural fabrics such as linen, cotton, and silk keep you cool. Flowing midi dresses, tailored shorts, chic sandals, and lightweight shirts not only look elegant but also feel far more comfortable in the Italian sun.

I've created some visuals to show the difference: the "typical tourist look" versus chic Italian-inspired alternatives. You'll see how a little more thought — and a touch of care — completely transforms the way you present yourself.

Because yes, you're on holiday. And no, you may never see those people again. But caring about your style is also caring about yourself. And isn't that what la dolce vita is all about?

DRESSES

These dresses are from “Lilysilk” - they are either silk (obviously!) or linen silk blend, which not only pack well, are well behaved when they are worn, but are also cool in the heat.

Note the flat shoes!







SHORTS

The same length, but oh, so much cooler and elegant! The sandals finish off the look. Again from Lilysilk and in silk or linen.







CARGO SHORTS

The pockets on cargo pants add inches and are a very unflattering length and fit. Opt for wider culottes that finish either just below the knee or just above the ankle.







LEGGINGS

Ditch the leggings for silk trousers, or wide leg linen trousers, which flow with your movement and feel wonderful against the skin







SHOES

There are so many comfortable shoes to choose from these days - Geox, Ovye and Vivaia are my choices - I can honestly walk all day in them







SNEAKERS

If sneakers or trainers are non-negotiable - let's keep them stylish.

Geox and Vivaia do breathable, ultra comfortable versions in stylish styles







BAGS



Don’t wear back-packs as you as asking for trouble - wear a cross body bag or something you can hug!





LARGE BAGS







HATS

Please don't wear those hiking hats, or baseball caps! These hats are packable and soooo stylish!









Italian Style Tips for September

• Mix summer whites with richer autumnal shades for a transitional palette.
• Choose quality fabrics – linen, cotton, silk – for comfort and elegance.
• Accessorise with statement sunglasses and a silk scarf.
• Swap heavy sandals for loafers or ballet flats for a polished look.



One Piece That Elevates Your Look This Month

A lightweight, tailored blazer in a neutral shade. It works with dresses, trousers, or jeans and instantly pulls your outfit together – perfect for city strolls or a romantic dinner.



Bella Figura Moment

Italian elegance isn't about perfection — it's about intention.

In September, take a slow evening passeggiata (stroll) along Via del Corso or the Tiber. Wear something that makes you feel feminine and confident. Order an aperitivo at an outdoor café.

Notice how Italian women move — relaxed, yet assured. That's bella figura.

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What to wear in Italy
October
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October in Italy is a beautiful transition into autumn.

The weather varies across the regions: you'll find cooler mornings and evenings in Milan, golden afternoons in Tuscany, and a softer, warmer light still lingering on the Amalfi Coast.

It's a month for layers, rich fabrics, and elegant comfort.

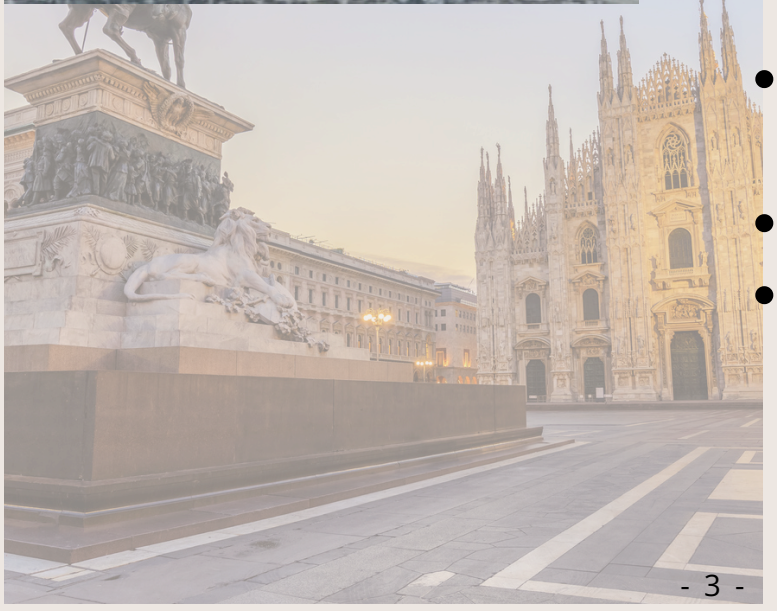
Milan



Expect crisp air, with average highs around 17–19°C. Milanese style leans into autumn fashion early – think wool trousers, chic ankle boots, and tailored jackets. A trench coat or wool blazer is perfect, paired with silk scarves for polish.

Style Notes

- Tailored blazers and trench coats
- Slim trousers or midi skirts with tights
- Ankle boots
- Scarves for both warmth and chic detail



Tuscany



In Tuscany, days can still reach 20–22°C, but mornings and evenings are cooler. Pack layers: light knitwear, a midi dress with boots, and a versatile jacket for winery visits or village strolls. Colours of the season – deep burgundy, olive, and camel – blend beautifully with the autumn landscape.



Style Notes

- Layerable knits in warm tones
- Dresses or skirts with boots
- A lightweight coat or jacket
- A crossbody bag for exploring villages

Almafi Coast



On the Amalfi Coast, temperatures linger around 21–23°C, with sea breezes in the evenings. A lightweight jacket, linen trousers, and elegant sandals work well for daytime. For evenings, choose flowing dresses or chic jumpsuits with a wrap. The atmosphere is relaxed yet refined.

Style Notes

- Linen trousers or wide-leg pants
- Light blouses for warm afternoons
- Wraps or cardigans for evenings
- Flowing dresses or jumpsuits for dinner by the sea



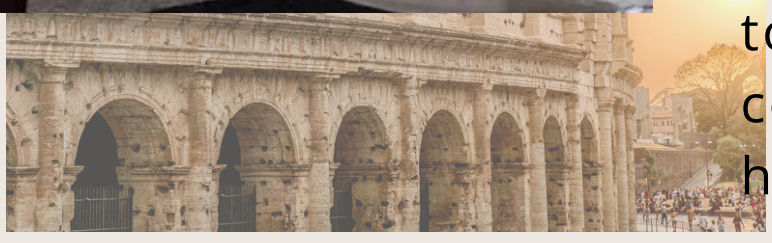
Rome



Rome in October is golden and romantic, with highs around 20–22°C. Afternoons are still warm enough for outdoor café tables, but evenings call for a light jacket. Romans favour effortless elegance – tailored jackets, midi skirts, and chic loafers for city walks.

Style Notes

- Tailored blazers over dresses or trousers
- Midi skirts with ankle boots
- Lightweight sweaters for layering
- Neutral and camel tones with a pop of colour (think scarf or handbag)



Packing Tips

ELEGANCE & COMFORT

- A mix of light layers and warmer knits
- Comfortable yet elegant walking shoes
- A tailored jacket or trench
- Scarves for style and warmth
- Neutral tones with a touch of autumn richness



About the series

This guide is part of my Italian Style Month by Month series — helping you travel light, dress beautifully, and feel effortlessly chic in Italy all year round.
If you'd like to receive next month's guide, join my mailing list and it will arrive straight in your inbox.

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