

CUBA 2015 Recommended Packing List

This list is just a suggestion, most things are optional, but it is just here to remind you of things you may need.

- ☐ Passport (and one copy to keep separate)
 - ☐ Journal and writing utensils
 - ☐ Travel insurance card
 - ☐ Cash (between \$200-500)
 - ☐ Debit/credit card (leave a copy with family in case it gets lost/stolen)
 - ☐ List of phone numbers of people in the U.S. you may want to call
 - ☐ English-Spanish dictionary
 - ☐ Backpack
 - ☐ Day pack (sufficiently large for day-trips or an overnight, able to secure to body)
 - ☐ Empty duffle bag (if you plan to take back a hammock or other craft goods)
 - ☐ Simple gift for host families
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| ☐ Tennis/hiking shoes | ☐ T-shirts/tank tops |
| ☐ Sandals/flip flops | ☐ 1 Light Sweater |
| ☐ Bathing suit | ☐ 1-2 pairs of pants |
| ☐ 2-3 pairs of shorts | ☐ Belt |
| ☐ Light rain jacket (we will hit the rainy season) | ☐ Socks |
| ☐ Long Sleeve Shirt | ☐ Underwear |
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| ☐ Flashlight/ head lamp | ☐ Small towel |
| ☐ Water bottle | ☐ Sun glasses |
| ☐ Toothbrush & toothpaste | ☐ Hat |
| ☐ Nail file/nail clippers | ☐ Shaving cream/razors |
| ☐ Soap, Shampoo & Conditioner | ☐ Deodorant |
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- ☐ Glasses/Contacts and solution (and your prescription just in case you lose them)
 - ☐ Travel alarm clock/watch
 - ☐ Dry bags/ plastic bags for wet clothing
 - ☐ Camera / video camera
 - ☐ Mosquito net preferably treated with Permethrin (available at REI)
 - ☐ Light sleeping sheet-bag (similar to a sleeping bag but made of thin, sheet-like material. Wonderful for homestays and travel in general. Available at REI).

First Aid Kit:

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| ☐ 30+ days of your regular meds/prescriptions | ☐ Pepto Bismol |
| ☐ Insect Repellant (min 30% DEET) | ☐ Cipro |
| ☐ Sun block | ☐ Pain Meds (Ibuprofen/Tylenol) |
| ☐ Band-Aids | ☐ Ear plugs |
| ☐ Blister care | ☐ Anti-itch cream |
| ☐ Neosporin | ☐ Instant Hand Sanitizer |

Women:

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| ☐ Purse/ other pack for around town | ☐ Hair dryer, hairbrush & hair ties |
| ☐ Minimal makeup | ☐ Pads/tampons |
| ☐ Lotion | |