

# PACKING LIST – CUBA

## PACK YOUR BAGS!

The AdventureWomen team has curated this list for your adventure to Cuba. It is meant to provide packing guidelines, but please also think about how you travel and what works for you as individuals. If you have any questions, please don't hesitate to ask! It's what we are here for.

## Dress for the Weather

The weather in Cuba this time of year is very nice – high temperatures in the mid-upper 70°s with low humidity. Most days are sunny and there is minimal rain. However, cold snaps have been known to hit some parts of Cuba, where temperatures have been known to fall into the 50°s often associated with winter rainstorms sweeping in from the north. You should include raingear and a sweater or fleece jacket with your shorts and t-shirts. You may also want to bring a few snacks for van rides.

## PACKING CHECKLIST

### Clothing & Gear

- Duffel bag/suitcase
- Daypack
- 1 pair of comfortable shoes for walking
- 1 pair of sandals
- 1 pair of flip flops
- 2-3 pairs of socks
- 3-4 short sleeve shirts/tank tops (quick dry recommended)
- 1 long sleeve shirt (quick dry recommended)
- 1 medium weight fleece sweater/jacket for cool evenings
- 1-2 pairs of pants
- 1-2 pairs of shorts
- 1-2 sun dresses
- 1-2 set of nicer clothes for the evenings
- Bathing suit
- Waterproof jacket
- Hat for sun protection
- Underwear & bras
- Sleepwear

### AdventureWomen Essentials

- Travel documents (passport, airline tickets/itinerary, travel insurance policy number) and money
- 2 spare passport photos (in case of lost passport)
- Snacks for the van rides
- Optional locks for your luggage
- Optional travel alarm clock with spare batteries
- Optional headlamp with spare batteries
- Optional camera, memory cards, battery charger
- Plug adapter(s)
- Power bank/portable charger
- Insect repellent/bug spray
- Optional spare glasses, contact lenses, cleaner, saline, etc.
- Money belt or neck pouch
- Sunscreen and lip balm with SPF
- Hand wipes/hand sanitizer
- Toiletries: soap, shampoo, and conditioner; toothbrush, toothpaste; small packet of tissues; tampons and panty liners (avoid plastic applicators)
- Earplugs – we recommend silicone earplugs

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- Optional assorted stuff sacks and bags – consider bringing nylon or silicone bags to reduce the use of disposable plastics
- Reading material/journal and pens

## Personal First Aid Kit

- Prescription medicine you usually take (in original containers)
- Personal epi pen – if you need one, don't forget to pack it!
- Seasick/airsick/motion sickness medication (if prone to sea or motion sickness)
- Bandages, gauze, ace bandage, blister prevention
- Antiseptic wipes/spray
- Antibiotic ointment
- Cotton-tipped applicators
- Optional Oral rehydration tablets/packets – helpful to rehydrate
- Antidiarrheal medication
- Mild laxative
- Antacid
- Cold remedies
- Ibuprofen/acetaminophen
- Eye drops
- Tweezers, scissors (travel size), safety pins

*Please note you'll be taking different modes of transportation that could cause motion sickness, and you'll be tasting many different foods. Please be sure to consult a travel doctor if you have any concerns and bring prescription and over-the-counter medicine you feel YOU will need for this trip.*