

ADVENTURES

in good company

DISCOVER THE RHYTHM AND HEARTBEAT OF CUBA PACKING LIST

FOOTWEAR

- ❑ 1 pair of mid-weight **hiking boots** or shoes (waterproof)
- ❑ 1 pair of comfortable **athletic shoes**: for sightseeing & general use
- ❑ 1 pair of **sandals** with ankle straps: for walking on the beaches & around town (e.g. Teva/Chaco sandals)
- ❑ 2-3 pairs **hiking socks**: (wool or synthetic equivalent: Smartwool, Bridgedale, Darn Tough)

EQUIPMENT/ESSENTIALS:

- ❑ **Passport and a photocopy of your passport** (*please see important passport info on page 2*)
- ❑ Cuba Travel Documents: **Tourist Visa** (*see page 2*)
- ❑ Adequate **cash** for the length of your trip (*see page 2*)
- ❑ 1 pair **trekking poles** (required)
- ❑ 1 **daypack** (24-30 Liter)
- ❑ 2-3 Liter water capacity (if you are bringing a **hydration system**, you may also want a **water bottle** for daily use)
- ❑ 1-2 **bandannas/buffs**
- ❑ **Sunscreen** and **lip protection**
- ❑ **Sunglasses** (100% UV protection) w/retention strap

CLOTHING

- ❑ 1-2 pairs comfortable, synthetic **long or 3/4 pants** for hiking (zip offs work well)
- ❑ 1-2 pairs of **shorts or 3/4 pants** (lightweight and quick drying)
- ❑ 1-2 lightweight, **long-sleeved shirt** for sun/bug protection (button up front is the best)
- ❑ 2 - 3 synthetic or lightweight **short-sleeved shirts**
- ❑ 1 lightweight **fleece jacket or sweater**
- ❑ 1 **rain jacket and rain pants**/rain skirt: should be a waterproof/breathable fabric like Gore-tex
- ❑ 1 **wide brimmed or baseball style cap/hat** for protection from the sun/rain
- ❑ **Underwear and nightwear**
- ❑ 2-3 changes of **comfortable clothes** for casual wear (e.g. pants and/or skirt, with a couple of tops) try Toad & Co for sustainable options!
- ❑ 1-2 **swimsuits** or quick-dry shorts and a sports bra/t-shirt
- ❑ 1 **swimsuit** cover-up

- ❑ **Ear plugs** (for a good night's sleep!)
- ❑ Small quick-drying packable **towel**

TOILETRIES (SMALL EVERYTHING)

- ❑ **Toothbrush** and **toothpaste**
- ❑ **Dental floss**
- ❑ **Hand sanitizer**
- ❑ **Shampoo & conditioner**
- ❑ **Insect Repellent**
- ❑ **Personal items** (contact lens supplies, sanitary items, personal medications)
- ❑ **Personal first aid/patch kit:**
Band-Aids, 1 safety pin, moleskin, Compeed (or blister bandages), ibuprofen, etc.

OPTIONAL

- ❑ **Camera** and film/memory card (extra batteries)
- ❑ **Cell phone, charger**
- ❑ **Wristwatch/travel alarm clock**
- ❑ **Compact binoculars**
- ❑ **Book/Journal and pen**
- ❑ **Lightweight umbrella**
- ❑ **Small headlamp or flashlight**
- ❑ **Extra snacks** (snacks will also be provided)

Please note: Individuals who have had or have the potential for a severe allergic reaction to insect stings, specific foods or medications must bring an epi-pen. Please consult your physician and tell your guide.

ADVENTURES IN GOOD COMPANY'S packing list covers everything you need to ensure your safety and comfort. You may not use everything you bring; however, you need to come prepared for all possible weather conditions. At the same time, you must be able to carry your own luggage, sometimes up and down stairs.

PASSPORT & TRAVEL DOCUMENTS: Your passport must have **six months validity** at the time of entry and **two blank pages** are required for entry/exit stamps. We recommend having a photocopy of your passport stowed inside of your luggage (as an additional precautionary measure, consider leaving a photocopy with family or friends at home as well).

The second document required for you to enter Cuba is a **Tourist Visa**. A Cuban Tourist Visa can be obtained online by citizens of many countries including the U.S., Canada, Australia and New Zealand. You can check out Cubavisas.com for more information. You can't enter Cuba without sufficient **medical travel insurance!**

Before you leave for Cuba you must fill in the Advance Passenger Information online. You can only complete the form if it is 72 hours or less until your flight departure time. To fill in your Advance Passenger Information, please visit the official [D'VIAJEROS webpage](#).

CURRENCY: U.S. credit and debit cards do **NOT** work in Cuba. You should bring U.S. dollars or Euros to Cuba and exchange them for Cuban Pesos (CUP) at authorized banks, CADECA offices, airports or hotels. *Travelers should confirm alternative payment options before traveling, as policies concerning the use of U.S. dollars in Cuba are subject to change. Please visit the [U.S. Department of State webpage](#) for additional information.*

FOOTWEAR: Well-fitting, sturdy boots or trail shoes are very important to your safety and enjoyment. If you plan to buy new boots, break them in by wearing them around town and taking some short hikes before your trip. For general hiking, lightweight or mid-weight Cordura or leather boots with a Vibram sole work well. If you have weak ankles or are recovering from an ankle surgery, get boots that come above the ankle - you'll find that this will give you more support in uneven or slippery terrain. Remember to waterproof your boots before the trip. Even boots billed as 'waterproof' need to be treated with a waterproofing product.

CLOTHING: The clothing listed on the packing list has been chosen for your specific trip conditions and for its versatility for layering. NO COTTON for your activewear! It should all be made from synthetic/synthetic blends, down/down blends, or wool/wool blends. Layering is the most practical and efficient method of insulating the body. Several layers of varied-weight materials provide better insulation than one thick layer of clothing. Also, adding or subtracting layers allows you to adjust to the temperature at your particular level of activity.

RAIN GEAR: You will need a parka or jacket made of coated nylon or a waterproof/breathable fabric like Gore-tex, Hellytech, Membrane, H2No, or Ultrex. Be sure it keeps water out. Before making this necessary purchase, be sure that it fits you properly. It should be large enough to fit over all your layers. In particular, the hood needs to be effective. It should shield your face from the rain and turn with your head. Movement of your arms must not interfere with the hood. Put on your daypack; can you still raise your arms? Your wind/rain pants should be comfortable, allow enough room for your layers, and permit free movement of your legs. Partial or full-length leg zippers are helpful for easily putting your pants on over your boots.

DAYPACKS: Your daypack should be large enough to hold the following items: 2-3 liters of water, rain gear, lunch/snacks (for the day), sunscreen, a warm layer (fleece pullover or vest), personal first aid kit, lightweight gloves, warm hat and personal items such as camera, etc. We recommend a daypack with a capacity between 24 - 30 Liters (1450 and 1840 cubic inches) with a hip belt, padded shoulder straps, and 'lifters'. Before you leave home, check to be sure that it is comfortable to wear all day and has sufficient space for all of your items.

HYDRATION: Being able to easily access your water without assistance so that you can drink frequently is important to your safety and enjoyment. One method is to have a water bottle attached to your waist strap. Another option is to use a hydration system such as Camelbak, Platypus, and MSR bladder bags, which are collapsible water bags with a hose attachment that you drink from. The bags fit inside or outside your pack with the hose positioned over your shoulder so that you can access your water as you hike. Bladder bags can hold 1 - 3 liters of water.

TREKKING POLES: Trekking poles are required for this trip. Trekking poles contribute to your safety by improving your balance and stability and to your health by saving stress on your hips and knees. If you are not familiar with trekking poles, read this blog post that addresses the most commonly asked questions: [Trekking Poles for Hiking Trips: The 4 Most Common Questions](#)

Be sure to check out the Adventures in Good Company Gear Guide—it's packed with great recommendations to help you gear up for your adventure!

Click [here](#) to view our recommendations!