

Packing list for your travel to Cuba with the Che Guevara Brigade!

The US blockade makes many items unavailable, or hard to find in Cuba, make sure to **bring with you everything that you will need during your stay in Cuba**. The list below contains suggested items that you might want to pack with you.

Essentials

- Passport (must be valid for more than next 6 months; **if not** Canadian citizen, please check Cuba VISA requirements for the country of your passport, generally if one has Canadian multi entry category visa attached to a passport, no need to apply for Cuban visa)
- Spending money - Cash, USD (for souvenirs, snacks, bottled water)
- Health insurance card printed
- Towels (for beach and shower)
- Items to handwash clothes (soap, small brush, rope/twine, clothing pegs)
- Snacks (nuts, cookies, dried fruit, etc)
- Light, loose clothing such as linen
- Shoes you can walk a lot in

Medical/Health

- Medications that you generally take
- Supplements/vitamins
- Medication for gastro-intestinal issues (Pepto-Bismol, Tums, Probiotics)
- Painkillers (Ibuprofen/Aspirin, Tylenol)
- Rehydration salts/electrolyte packets
- Medication for allergies (Claritin, Benadryl)
- Hand sanitizer

Clothing

- Sandals/flip flops (for beach, shower)
- Swimsuit
- Shoes and clothes for volunteer work (that you don't mind getting dirty)
- Light rain jacket/rain poncho/umbrella
- Sweater, long pants for chilly nights

- Hat for sun + sunglasses
- Nice clothes for special events
- Extra socks and underwear

Toiletries

- Soap/Body wash
- Shampoo/Conditioner
- Toilet paper, tissues
- Kleenex
- Wet wipes
- Menstrual care products
- Hair brush
- Toothpaste, toothbrush
- Sunscreen
- Deodorant
- Sunburn lotion/aloe vera gel
- Insect/mosquito repellent

Electronics

- Phone charger
- Power bank (fully charged)
- Headphones

Other suggested items:

- Earplugs
- Flashlight
- Backpack/shoulder bag for day trips
- Gardening gloves
- Small gardening tools
- Notebook, pens, pencils
- Spices, hot sauce, condiment packets, etc.

Donation suggestions:
Antihistamines
Paracetamol/Ibuprofen/Acetaminophen
Condoms
Menstrual care products
Triple antibiotic ointments
Powdered milk, non perishable snacks
Toothpaste, other generic hygiene items
Cold/flu medicine
Multivitamins, Prenatal vitamins
School supplies (pencils, erasers, sharpeners)
Prenatal vitamins
Batteries/Portable Chargers
Devices such as phones and laptops (Unlocked, factory reset)
Basic home repair tools