

ADVENTURES

in good company

CUBA PACKING LIST

FOOTWEAR

- 1 pair of mid-weight hiking **boots**
- 1 pair comfortable **shoes** for after hiking and general use
- 1 pair sandals with ankle straps to wear while walking on the beaches, around town, etc. (**Teva** or **Chaco**)
- 2-3 pair hiking **socks**: (wool or synthetic equivalent: **Smartwool Darn Tough**)

EQUIPMENT/ESSENTIALS:

- **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** (25-30 liters)
- Small **headlamp** or flashlight
- 2-liter water **capacity**
- 1 bandana or **buff** for sun protection & cooling off
- **Sunscreen** and **lip protection**
- **Sunglasses** (100% UV protection) w/ **retention strap**

CLOTHING

- 1-2 pair comfortable, lightweight, synthetic hiking **pants** (zip-offs work great!)
- 1-2 pair hiking **shorts**
- One quick-dry sport **dress** (optional for easy over the swimsuit/hiking)
- **Swimsuit**
- **Hat** – wide-brimmed hats are great in Cuba for sun protection (nylon variety is ideal, as it packs well)
- One long sleeve **shirt** for sun protection (button-up is ideal)
- 2-3 short sleeve **t-shirts** (synthetic is best)
- 1 lightweight **rain jacket** or windbreaker with some waterproof qualities)
- Light-weight packable **fleece**/jacket for warmth in mornings & evenings
- 1-2 changes of comfortable clothes e.g. pants and/or skirt, with a couple of tops) try **Toad & Co** for sustainable options!

- ❑ **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

OPTIONAL

- ❑ Sarong (very handy for changing clothes, laying on the ground, etc.)
- ❑ **Wristwatch**/travel alarm clock
- ❑ Compact **binoculars**
- ❑ **Journal** and pen
- ❑ Compact **umbrella**
- ❑ Camera and film/memory card (extra batteries)
- ❑ Water filters or Steripen for treating tap water to minimize the need to purchase single-use plastic water bottles

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!** A full rundown [here](#).

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.*

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](#).

DAYPACKS: Your daypack should be large enough to hold the following items: liters of water, rain gear, lunch/snacks (for the day), sunscreen, a warm layer (fleece pullover or vest), personal first aid kit, lightweight gloves, hat and personal items such as camera, etc. We recommend a daypack with a capacity of between 25-30 liters 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.

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 injury, 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 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.

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.

PERSONAL FIRST AID KIT: Bring a small first aid kit with familiar medicine and first aid supplies you might need. Recommendations include the following: blister or foot remedies like moleskin, Compeed, blister bandages, a small roll of duct tape (always helpful!), and personal medications. The guides will have a first aid kit, but having what you know works well for you is a good idea

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