

Cuba Short-term Trip Travel Tips and Packing List

Fast Facts

Currency: Cuban Convertible Peso (1 USD = 1 CUC).

- Including exchange fees, the rate is closer to 1 USD = .87 CUC.
- Additionally, locals primarily use Cuban Pesos (1 USD = 26.5 CUP). Foreign currency is not exchanged for CUPS.

Electrical: Typically 110v. No need for a converter or plug adapter.

Languages Spoken: Spanish, English becoming more common.

Time Zone: Cuba Standard Time, Same as EST and EDT.

Weather/Climate: Highs in the 80s and 90s, lows in the 60s or 70s.

Lodging: You will be staying in hotels or guest houses. Bedding and towels are provided.

Meals: Meals will be at the hotel/guest house, host churches and local restaurants.

Water: Only use bottled water for drinking and brushing your teeth. Bottled water will be provided so be sure to bring a refillable water bottle.

Spending Money: Your basic expenses will be covered; however, you may want personal cash for souvenirs or love offerings. \$100-200 is recommended. Credit cards will not be accepted in Cuba.

Currency Exchange: You can exchange money at the craft market during our final sightseeing day.

Shopping: There will be an opportunity to shop for souvenirs at the end of the trip.

What to Wear

Our desire is to make sure we dress in a way that will not offend our hosts. Please dress conservatively and modestly. A flashy wardrobe can be a stumbling block to our friends who may have far fewer material goods. We ask that there be nothing sleeveless, tight-fitting or low-cut, no clothing that contains innuendos/political messages/profanity, and nothing with rips/holes.

- **Air Travel:** Dress casually and modestly. Look like a tourist the day you enter Cuba. No leggings or clothing with rips or holes.
- **Ministry Days:** Men and women should wear Khaki/dockers type pants or nice jeans, and a casual shirt. Women may also wear capris. No shorts.
- **Church Service:** Men should wear long pants and a collared shirt. Women should wear a long skirt (below the knee) and nicer shirt/blouse.

- **Touring/Sightseeing:** Shorts are acceptable.

Packing

- Keep your passport with you, do not pack in checked baggage.
- Carry-on: One backpack that fits under seat in front of you. No duffel bags.
 - It is recommended that you pack a change of clothes in your carry-on in case your checked luggage is delayed.
- Reminder: You can only take small bottles (max 3oz. size) of liquids in your carry-on bags. Please put these in one clear Ziploc bag not to exceed the 1-quart size.
- Checked Bags: 1 suitcase
 - Leave 1/3 of your bag for team supplies such as interpreter and church work gifts.
- Be sure to include identification on and inside each piece of luggage.
- Be sure to weigh and measure your bag before travel day.

Other Travel Tips

- Watch your luggage, passport, and belongings at all times. Pickpockets and petty thefts are common within airports and tourist areas.
- Leave your valuables at home. Don't bring anything that you can't afford to lose, or anything that reinforces the idea of being a rich American.

Travel Items

- Passport
- Insurance card
- Backpack, passport pack
- \$100-\$200 (personal spending)
- Credit card (for US only)
- Flight schedule, emergency contacts
- Travel toilet paper, Kleenex
- Plane neck pillow
- Personal snacks, gum

Linens

- Wash cloth
- Bag for laundry

Clothing

Women:

- 2-3 pants, nice jeans or capris
- Tees, blouses, shirts (1/day)
- Skirt (below the knee, church)
- Long shorts (sightseeing)

Men:

- 2-3 pants, nice jeans
- Tees, shirts (1/day)
- Long pants, collared shirt (church)
- Long shorts (sightseeing)

All:

- Light jacket, sweater, hoodie (for cooler evenings)
- Sleepwear
- Underwear, socks
- Hat (sport or wide brimmed)
- Sandals, shoes (sturdy, comfortable for walking)
- Flip flops, shower shoes
- Outfit for plane home

Other Items

- Toiletries: soap, shampoo, shaving, feminine prods, etc.
- Toilet paper, half rolls can be flattened to take less room
- Glasses, contacts, solutions
- Sleep aids: meds, earplugs, mask, etc.
- Personal meds/prescriptions (pack in carry-on)
- Cipro – Rx
- Hair dryer (if needed)
- Hand Sanitizer, wipes
- Sunscreen, Sunglasses, Chapstick
- Bug repellent, repel wipes (containing DEET)
- Reusable water bottle
- Headlamp, flashlight, batteries
- Alarm clock
- Rain Gear: umbrella, poncho (dollar store)
- Bible
- Notebook, notepad, journal
- Devotion for day scheduled
- Pens, pencils
- Life token
- Playing cards, games
- Headphones
- Camera, Batteries
- Phone, charger, cord,
- Family photos
- Ministry supplies (bilingual, Evangecube, other items designated by team)
- Note: Do not bring any items that mention East West.