

## **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 duffle 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.