

CUBA TREK KIT LIST

✓ Please use this check-list to help you pack!

Important documents & money

Passport & visa	<i>10-year essential; valid for 6 months after departing Cuba. Visa required, more information to follow.</i>
Money	<i>We recommend taking max GB£200 in small denominations; Cuban Peso can be obtained on arrival (see below for more information). Do not take US\$ as there is a surcharge to change this. Traveller's Cheques are best avoided. ATM machines are available in Havana but can be unreliable.</i>
Credit Card	<i>Always carry a credit card in case of emergencies; make sure you know your PIN number</i>
Insurance documentation	<i>Advisable to leave a copy with your next of kin too</i>
Air tickets	<i>To be collected at the airport from your tour leader</i>
Immunisations record	<i>Useful as a record/proof of your vaccinations; Typhoid, Hepatitis A, Polio Tetanus (must have had one in last 10 years) and Diptheria are recommended. Malaria tablets are NOT required.</i>
Money belt	<i>Safest way to carry cash and valuables</i>

Luggage

Rucksack/expedition kitbag	<i>For your main luggage (20kg luggage allowance)</i>
Large strong plastic bags	<i>To keep things dry inside your main bag (especially sleeping-bag)</i>
Small day-sack	<i>35-litre capacity recommended; see luggage notes (below)</i>

Trekking gear

Walking boots	<i>With good sole pattern and firm ankle support. Must be well worn in and waterproofed. Wear on flight; well worn in boots are irreplaceable</i>
Walking socks x5	<i>Enough for a clean pair each day- you will appreciate this small luxury!</i>
Wicking layers / T-shirts x 2	<i>Macmillan's own wicking tops are ideal (see below)</i>
Waterproof windproof jacket Waterproof windproof trousers	<i>Good quality essential; material should be breathable and seam-sealed; arm-pit ventilation zips a good feature.</i>
Protective sun hat / cap	<i>For sun protection; wide-brimmed recommended</i>
Sunglasses	<i>Wraparound style useful</i>
Shorts x 2 Trek trousers x 1	<i>Zip-off trekking trousers ideal</i>
Jumper/light Fleece	

General clothing

Extra pair trousers	<i>Spare for trekking / evening</i>
Loose, light long-sleeved shirt	<i>Spare or for evenings; useful for sun protection on hot days</i>
Fleece / thick jumper	<i>For cool evenings and mornings</i>
Underwear & socks	<i>Non-trekking socks for evenings / back at hotel</i>
Thermals (Optional)	<i>Useful for sleeping in or for extra-chilly times</i>
Swimming Costume	
Tracksuit bottoms / thermals	<i>Good for sleeping in and as spares</i>
Trainers / spare footwear	<i>For evenings, to give your feet a break from boots</i>
Small/travel towel	
Spare clothes for at the hotel	<i>You might want to bring a nice smart/casual outfit for the celebration night. All can be left in hotel</i>

Camping / general equipment

Sleeping-bag + liner	<i>2/3 season minimum; liner provides extra warmth (silk is best)</i>
Sleeping mat	<i>For extra warmth & comfort; (self-inflating thermarest style recommended), foam ones can be provided locally.</i>
Head torch with spare batteries	<i>Essential in camp, may be required on longer trekking days; head torch keeps your hands free</i>
Water bottle(s) / platypus	<i>Should be able to carry min 2 litres</i>
Head Torch/Torch	<i>Remember spare batteries.</i>
Rubber-tipped trekking poles	<i>Optional; useful on steep / uneven ground (use them when training).</i>
Water purification tablets	<i>Small pack as back-up only – this is purely a safety measure</i>
Liquid handwash	<i>Waterless for easy hygienic hand-washing</i>
1 roll toilet paper + plastic bags	<i>Bags for disposal of loo paper; fragranced nappy bags are best</i>
Ear plugs	<i>Useful if you are a light sleeper or if there are snorers in camp!</i>
Alarm clock	<i>Optional; useful if you have problems waking up (rarely a problem in camp)</i>
Whistle	<i>For safety reasons if you become separated</i>
Snacks (eg energy bars / dextrose tablets / dried fruit packs / jelly babies)	<i>Some snacks will be provided each day but bring top-ups, especially if you have special dietary requirements and may need a source of extra energy</i>
Wash kit (eg toothbrush, soap)	<i>INCLUDE WET WIPES (essential when water not easily available)</i>
Camera	<i>Bring spare batteries, memory cards etc (little opportunity to recharge)</i>
Book/cards/travel games	<i>Optional: useful for long flights/evenings</i>

Small personal first-aid kit

(include any medication you take regularly or while exercising)

Diarrhoea tablets	<i>eg Imodium or Arret</i>
Sun block / sun cream	<i>Minimum SPF 30</i>
SPF lip balm Aftersun / moisturiser	<i>Exposure to the strong sun and wind can make skin very dry</i>
Painkillers	<i>eg ibuprofen, paracetamol</i>
Rehydration sachets	<i>eg dioralyte</i>
Plasters and blister dressing	<i>compeed / moleskin / tape and dressings (whatever works best for your feet)</i>
Insect repellent	<i>Eg Ultrathon, Repel</i>
Medication	<i>Any other medication you take regularly or whilst exercising.</i>

Macmillan wicking tops

Why not buy Macmillan's own wicking base tops. Made from white 'coolmax' fabric, with the Macmillan logo printed on the front, they are excellent quality and great value for money at £15 each.

For more details, and to order your tops, please email us at hiking@macmillan.org.uk or call us on 020 7840 7887.

Climate

Average temperature in Havana is 18-26 °C with approximately 4 days of rainfall in March. Please note that Havana is at sea level but the climate can vary in the mountains.

Luggage

Please take your gear in a soft kit bag or rucksack – no suitcases. Storage space will be limited and your weight limit on the plane will be 20kg. Please bring a supply of large strong plastic bags for the inside of your day sack, sleeping bag and main bag.

Everyone will carry a day sack with camera and spare clothes, water proofs and some snacks for the day.

Take a clean set of clothes for the final night – these will be transported to the final hotel.

Wear your hiking boots on the plane.

Remember not to pack any penknives, scissors, tweezers etc in your hand luggage. It is best not to pack anything valuable into the side pockets of the bag you check in – items have been known to go missing.

Recommended money

GB£200 in small denominations will be easiest to change and should cover you for all possible contingencies. Apart from any souvenir shopping you may wish to do, there are the following to consider:

- Tips for guides/porters
- Meals not included (Celebration meal and 2 others)
- Cuban Tourist Card
- International Airport Departure Tax
- Remember to allow extra for drinks, souvenirs & other personal expenses.

This recommendation is a guideline only. Please note that costs may fluctuate and we have no control over any changes.