

CUBA: MAKING HISTORY

CLOTHING & EQUIPMENT LIST

NOTE: *The t-shirts, shorts and footwear you wear during some of the service projects can get extremely dirty, wet and muddy. You may want to bring clothes and shoes you wouldn't mind donating at the end of the program.*

CLOTHING

- 1-2 PAIRS of PANTS (casual and lightweight for service)
- 3 PAIRS OF SHORTS – at least 2 should be SYNTHETIC/QUICK-DRY SHORTS/BOARD SHORTS*
- 5-6 T-SHIRTS OR TANK TOPS – at least 2 should be SYNTHETIC/QUICK-DRY T-SHIRTS*
- 1 LIGHTWEIGHT LONG-SLEEVED SHIRT (for protection from bugs/sun)
- 6-8 PAIRS UNDERWEAR
- 1 FLEECE JACKET/SWEATSHIRT/LINED WINDBREAKER*
- 1 RAIN JACKET*
- 2 BATHING SUITS
- 1 SET OF CASUAL DRESS CLOTHES (for dinners out and the final feast celebration – a sundress or nice pants and shirt)
- 1 PAIR OF PAJAMAS (or preferred sleepwear)

FOOTWEAR

- 1 PAIR FLIP FLOPS, CHACOS, OR TEVAS.
- 1 PAIR OF COMFORTABLE SHOES FOR CITY WALKING.
- 1 PAIR OF OLD SNEAKERS (great for service)
- 4-5 PAIRS OF SOCKS

LUGGAGE

- BACKPACK, TRAVEL BACKPACK OR DUFFEL BAG (4,500—5,000 cubic inches) *
- DAYPACK*

ACCESSORIES

- 1 SMALL LIGHTWEIGHT BEACH TOWEL
- SUNGLASSES
- SUNSCREEN
- VISOR/BASEBALL CAP/SUN HAT
- 2 WATER BOTTLES (each one liter, Nalgene-style or Camelbak)*
- INSECT REPELLENT WITH 20-35% DEET*
- TOILETRIES (shampoo, conditioner, soap, toothpaste, etc. in small bottles)
- PERSONAL MEDICAL KIT (see **Clothing & Equipment Glossary** for recommendations)*
- WORK GLOVES (for service projects)
- WATCH w/ ALARM (cell phones and other wifi-devices will be collected and not available to use as a alarm) *
- SPENDING MONEY (please see **Program Information Handbook** for details)
- 3 PENS/ PENCILS (for activities)

FORMS AND DOCUMENTS

- PASSPORT AND PHOTOCOPY OF PASSPORT
- AIRPORT MEETING INFORMATION FORM

OPTIONAL

- JOURNAL/NOTEBOOK
- RASH GUARD (for protection from sun during water activities)*
- CAMERA, MEMORY CARD & CHARGER (OR EXTRA BATTERIES)*
- 3 PRONG TO 2 PRONG CONVERSION PLUG*
- DONATIONS FOR SCHOOLS (baseball equipment, school supplies, children's books, art supplies, etc.)*

***Please reference the Clothing & Equipment Glossary for more information on these items.**

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CLOTHING & EQUIPMENT GLOSSARY

Clothing packed for your ARCC program will keep you comfortable throughout the varied weather conditions we encounter. We emphasize using a layering system while living in the outdoors. Layering well and attending to small changes in temperature and exertion will result in much more comfort than you ever thought possible. The synthetic materials suggested are chosen for their with drying abilities and their light traveling weight. Keep in mind, once cotton is wet it will not keep you warm or act as an insulator against the cold. Cotton will also not dry completely in a humid environment like we have in Cuba.

NOTE: This glossary is a supplement to your Clothing & Equipment List. Please see your Clothing & Equipment List for a full list of necessary items.

CLOTHING

SYNTHETIC/QUICK-DRY SHORTS: These shorts are 100% synthetic and dry much more quickly than cotton. An example of these are athletic or swimming shorts.

SYNTHETIC/QUICK-DRY SHIRTS: These shirts are 100% synthetic and dry much more quickly than cotton. An example of these are athletic shirts or workout tops.

FLEECE JACKET/SWEATSHIRT/LINED WINDBREAKER: This is recommended for extra warmth at night and on the flights.

RAIN JACKET: Either strong coated nylon or Gore-Tex jacket works best. We recommend raincoats with a built-in hood. Thin nylon ponchos are not acceptable as they tear easily.

LUGGAGE

BACKPACK, LARGE TRAVEL BACKPACK OR DUFFEL BAG: You will be lugging your bags all over Cuba, so you will want something that you can easily throw over your shoulder (ie. Has shoulder straps.) Many students travel with an internal frame backpack much like you use on an overnight camping trip. A travel backpack is typically a bit smaller than a backpacking pack and usually includes several features, which make it helpful for international travel. The most notable difference between a backpacking pack and a travel backpack is the fact that the shoulder and waist straps stow-away for checking on an airplane. You may also choose to use a large duffel bag as your main piece of luggage. **You should try to find a backpack, travel pack or duffel bag that is at least 4500 cubic inches.** Your main bag will need to carry clothing, waterbottles, personal items and everything else you will need on your program.

Please do not bring suitcases as they will be challenging to move over long distances on dirt roads and cobbles.

DAYPACK: Your daypack can be your school book bag or something similar. We use these for city days or on travel days when a large backpack is unnecessary or inaccessible. If you purchase a travel backpack with a removable daypack, you do not need to purchase or bring a separate daypack.

ACCESSORIES

SUNGLASSES: We strongly suggest that you do not bring expensive designer sunglasses on this program as they can be easily lost or damaged.

CAMELBAK/NALGENE WATER BOTTLES: Hydration is the key to a healthy adventure. A Camelbak is an alternative to a water bottle; it is a water pouch that slides into the back of your backpack and can often hold more water than one liter of water. Nalgene bottles are one-liter bottles made of durable plastic that are easy to clean and refill.

INSECT REPELLENT: ARCC strongly recommends using insect repellent with a 20-35% concentration of DEET, as studies have found this to be most effective in combating insects.

PERSONAL MEDICAL KIT: All ARCC leaders carry a full first aid kit, however please consider bringing a personal medical kit with a few items you might need as you adjust to the new environment. For this program, ARCC recommends the following items:

- Pepto Bismol
- Probiotic (eg. acidophilus)
- Imodium
- Electrolyte packets (eg. Emergen-C)

- Small bottle of hand sanitizer
- Motion Sickness Medication (for bus rides)
- Antibiotic (eg. Ciprofloxacin)

With the exception of the antibiotic, all of these items are available over-the-counter. However, please discuss the use of any and all medications with your physician. Medications can sometimes be challenging to procure in Cuba, thus it makes some sense to bring our own in the event of severe “traveler’s stomach”. We will only administer the antibiotic after receiving parent permission.

WATCH w/ ALARM: A watch is essential for any type of travel. Yours should have an alarm for days when we have an early morning. We recommend waterproof or water-resistant watches. Remember that your cell phone and other wifi-devices will be collected and not available to use as an alarm.

OPTIONAL

CAMERA, MEMORY CARD & CHARGER: We encourage you to bring a camera as there will be many great opportunities for pictures. Small digital cameras are a nice combination of size and weight. Be sure to bring at least one memory card, your charger and/or extra batteries. The waterproof/disposable cameras are also a great choice for this program. ARCC does not reimburse the cost of lost, damaged, or stolen property. Cell phones and other wifi devices will be collected and not available to use as a camera.

3 PRONG TO 2 PRONG CONVERSION PLUG: If you are bringing a camera or phone charger that has a 3 prong plug (grounded), you may want to get a 3 prong to 2 prong conversion plug from the hardware store. Some of the outlets in Cuba only take 2-prong plugs.

RASH GUARD: The sun can be brutal in Cuba, especially on the white beaches. If you are prone to sunburn, you may want to bring along a rash guard to be used on our beach days. Rashguards are made of a synthetic material and can be found at any surf shop. You may also find them at some outdoor stores like REI.

DONATIONS FOR SCHOOLS: During our community service sections we’ll be visiting communities with with a desperate need of donations. As we get closer to the trip departure, we will be passing along to you a list of what items our friends in Cuba feel are most necessary at the moment. Please know that you are under no obligation *at all* to bring donations.