

Cuban Wildlife and Tropical Forests

Expedition Packing List

GENERAL

- A printed copy of the Expedition Logistics Document—***This is REQUIRED under OFAC regulation.***
- Your travel plans (travel itinerary), rendezvous details, and Earthwatch’s emergency contact information
- If traveling from the US or American citizens and residents traveling from elsewhere: Copy of OFAC General License article 515.575 (***included in the Expedition Logistics Document***)
- A printed copy of your Confirmation Email from Earthwatch (***the letter you receive when you sign up for the expedition***)
- Proof of Health Insurance (***included in many airfare tickets***) *Cuba requires visitors to have non-U.S. medical insurance, usually included in airline ticket prices on flights originating in the United States. Please confirm your coverage with your airline before arrival in Cuba. If needed, Earthwatch can provide you with an individual proof of coverage document showing your coverage through our insurer—OnCall International—for the duration of the program.
- Photocopies of your passport and flight itinerary, in case the originals are lost or stolen; the copies should be packed separately from the original documents
- Passport and visa, if required, for your country of residence
- Cuban Entry card with ‘humanitarian travel’ as authorized reason for travel
- Signed “Certification for Travel to Cuba” form (***included in the Expedition Logistics Document***)
- Signed Wildlife Conservation Society “Assumption of Risks Agreement and Release” form (***included in the Expedition Logistics Document***)
- Documentation for travel by minors (*if necessary*)
- Sufficient funds to cover sanitation fee upon arrival (USD 35) and potential quarantine costs (USD 60–100/day for 5–6 days). **Note** that U.S. credit cards are not accepted in Cuba; cash is required for purchases in Cuba.

CLOTHING/FOOTWEAR FOR FIELDWORK

- Soft and waterproof luggage (easiest for mules to carry)
- 2–3 lightweight, quick-drying, long-sleeved shirts
- 2–3 pairs of quick-drying long pants
- Wide-brimmed sun hat or baseball hat
- Lightweight raincoat or poncho
- 4–5 pair of thick hiking socks (wool or synthetic—NOT cotton)
- Bandana
- Hiking boots with ankle support—mandatory
- Rubber boots*

*Particularly important during the rainy season, May–September, but also helpful for river crossings in high-rain periods that may occur throughout the year. Waterproof boot gaiters may be carried instead of rubber boots, but you must bring a second pair of hiking boots available when the first pair is wet or drying. You can also leave your rubber boots behind as a donation to the project and/or local community.

CLOTHING/FOOTWEAR FOR LEISURE

- At least one set of clothing to keep clean for the end of the expedition
- Sandals
- Lightweight pants
- Shorts
- T-shirts/tank tops
- 1–2 long sleeve shirts for layering
- Sweatshirt / light jacket (important for la Sabina field site where it can get chilly)
- Tennis shoes / casual shoes
- Pajamas or sleeping clothes for warm and cold weather

FIELD SUPPLIES

- Small daypack or rucksack with waterproof cover
- Drybag or plastic sealable bags (good for protecting equipment like cameras from dust, humidity, and water)
- Sunscreen lotion SPF 45
- Insect repellent
- Lip balm with sunscreen
- Binoculars
- Field notebook (Rite in the Rain All-Weather Paper) and pencils
- Two one-liter water bottles OR one two-liter water bottle or reservoir
- Sunglasses
- Headlamp
- Rechargeable batteries or Power Bank

BEDDING AND BATHING

Note: *Bedding is provided at the research stations.*

- Mosquito Net: In Jarico Field Station, the rooms have window bug screens, but there is no mosquito netting over the beds. At La Sabina Field Station, bedrooms do not have window screens. You should bring a twin-size net with a no-see-ums mesh size. One with a central hanging hook is recommended (e.g., [Amazon.com: Mosquito Net for Single to King-Sized Beds—Fully-Enclosed Bed Canopy for Travel or Decoration—Free Bag, Hanging Kit & Adhesive Ceiling Hooks for Easy Setup: Home & Kitchen](#)).
- Quick dry, lightweight bath towels

PERSONAL SUPPLIES

- Face masks—enough for the duration of the project
- COVID-19 antigen (rapid) tests
- Personal toiletries
- Hand sanitizer
- Personal first aid kit (e.g., anti-diarrhea pills, antibiotics, antiseptic, itch-relief, allergy meds, pain reliever, bandages, blister covers, etc.) and medications
- Personal medications or other necessities, enough to cover possible time beyond your planned travel days.
- Baby powder (recommended by field staff to relieve chafing in the hot, humid environment—but not talcum powder)

- Small Bottle of Aloe Vera or equivalent skin calming cream (good for bug bites and sunburn)
- Flashlight or headlamp with rechargeable batteries (don't forget your charger!)
- Electrolyte remedies
- Spending money and money to cover the non-field component of your trip (US credit/debit/ATM cards are not accepted in Cuba)

OPTIONAL ITEMS

- Camera, memory card(s), and extra camera battery
- Hardware for sharing digital photographs at the end of the expedition
- Dry bag or plastic sealable bags (e.g., Ziploc) to protect equipment like cameras from dust, humidity, and water
- Books, games, art supplies, etc., for free time
- Earplugs for light sleepers
- Pair of gardening gloves
- Flip flops or sandals for the shower
- Swimsuit for recreational activities
- Supply donations for research projects (see list of needed items below). These items are difficult to procure in Cuba. Any donations are appreciated but entirely optional).
 - School supplies for local children
 - Tape measures and diametric tapes
 - Batteries (AA; non-rechargeable)
 - Over-the-counter first aid medications (such as Ibuprofen, Tylenol, etc.)
 - Tick spray
 - Personal hygiene items

Note: *Bring only what you can carry and handle on your own. If traveling by air and checking your luggage, we advise you to pack an extra set of field clothing and personal essentials in your carry-on bag in case your luggage is lost or delayed.*