

**Claudine's Packing List for Cuba (via Mexico)**  
**November 13 - December 7, 2016**

Annotated 12.1.17

NOTE: I divide most of the items below into four zippered cubes: 1) pants and tops; 2) undergarments, lounge wear, socks, towel, scarfs, kanga; 3) flip-flops, gear accouterment (batteries, hat, extra sunglasses); sundries, medical and first aid.

- ☐ small orange rolling duffle bag
- ☐ luggage locks for all lockable zippers (TSA approved)
- ☐ day pack, with waist belt
- ☐ cross-shoulder carry bag
- ☐ small, lightweight day pack for bus and city walking [Sea To Summit pack - holds 20 liters, weighs only 2.4 oz]
- ☐ security pouch – money belt
- ☐ travel vest [ExOfficio (13.5 oz.) has plenty of pockets (14, including 2 handwarmers), but is a tad warm in tropical weather; Magellan's (8 oz.) eight pockets, but cooler in hot weather]
- ☐ 1 plastic trash bag [I hate using plastic, but wet, dirty laundry and boots are best separated from clean, dry clothes]
- ☐ 2-3 plastic/freezer bags to rain proof smaller items [again, the plastic bag dilemma; I reused until they're tatters]
- ☐ 1 plastic grocery bags for wet, dirty boots [reuse until they're tatters]
- ☐ silk sleep sack [would normally stick in half-bag or lightweight sleeping bag, but destinations' weather very warm]
- ☐ camp pillow [small, squishable, lightweight, allows use of lodging pillow for between knees]
- ☐ OR Thermarest pad
- ☐ camping towels (2) [even use in hotels to conserve and promote hospitality industry's greening]
- ☐ 1 pair boots with orthotics [wear on plane, whenever I can get away with it – more support for troubled feet]
- ☐ 1 pair sneakers with orthotics [packed in duffle]
- ☐ Flip flops – ultra lightweight plastic/rubber [packed in carry-on daypack]
- ☐ breathable/water resistant rain jacket
- ☐ breathable/water resistant rain pants
- ☐ rain poncho w/ waist tie [another plastic item, sigh; prefer \$2 drug-store version—lightweight, fit over pack, can double as laundry bag]
- ☐ umbrella with cover [more for hot sun than rain]
- ☐ 1 pair multi-pocketed hiking pants [would normally take 2, but sacrificing for weight]
- ☐ 1 trekking/all purpose skirt [check out Macabi Skirts]
- ☐ 1 pair white cotton pants & shirt [business casual]
- ☐ 2 short sleeve shirts
- ☐ 2 black tank tops
- ☐ 1 long-sleeve tee shirt

- ❑ lightweight tank dress
- ❑ 3 briefs
- ❑ 2 sports bras
- ❑ 1 down sweater [indoor AC can be brutal]
- ❑ ? purple shawl
- ❑ wind breaker
- ❑ 1 fleece hat (AC, airplane)
- ❑ 2 small sun/rain hat (strapped + Patagonia)
- ❑ 2 pair hiking socks [bad feet cry for suitable socks]
- ❑ 2 pairs sock liners [keeps socks cleaner; also, I've NEVER had blisters]
- ❑ 2 ankle socks
- ❑ 4 cotton bandanas [have you read my Tip on Don't Forget the Bandanas?]
- ❑ 2 kangas (sarong) cloths [for use as bathrobe, beach/pool wrap-around, bed sheet, shawl, scarf; my favorite is sheer Indian cotton block-printed cloth]
- ❑ swim suit
- ❑ swim cap
- ❑ swim goggles (for laps), snorkel/mask
- ❑ sundries
  - ❑ sunblock
  - ❑ earplugs
  - ❑ shampoo [extra for hand laundry]
  - ❑ face wipes [for body orifices, too – I use until disgusting, no unsoiled areas left]
  - ❑ toothbrush
  - ❑ toothpaste
  - ❑ dental floss
  - ❑ brush (tooth) picks [can't always floss; plus, codgers have less enamel, fuzzier teeth]
  - ❑ face/hand soap [small bar or – strips? XXXX]
  - ❑ razor
  - ❑ nail clippers
  - ❑ comb
  - ❑ brush
  - ❑ needle and thread
  - ❑ safety pins [large and small; may use large as clothes pins]
  - ❑ lip protector
  - ❑ face cream or face-friendly sun cream
  - ❑ antibacterial hand sanitizer [liquid, small bottles – use generously!]
  - ❑ scripts, probiotics, supplements, fiber pills [it's a codger deal]
- ❑ hand fan
- ❑ soft rubber ball for back & shoulders
- ❑ medical/first aid kit
  - ❑ Malarone
  - ❑ Ciprofloxacin
  - ❑ activated charcoal tablets [wonderfully effective for absorbing mild stomach/intestinal boogens causing discomfort]
  - ❑ Ibuprofen gel
  - ❑ Z Pack

- ❑ Bonine
- ❑ Immodium
- ❑ Benzedrine (for bed bugs) [not fun!]
- ❑ Motrin
- ❑ Tylenol PM (jet lag)
- ❑ Saline nose spray
- ❑ Iodine
- ❑ alcohol wipes
- ❑ antibiotic ointment
- ❑ 2 elastic knee braces
- ❑ 2 elastic ankle braces
- ❑ band aids
- ❑ padded foam tape,
- ❑ 1 elastic Ace bandage
- ❑ 2 collapsible trekking poles
- ❑ 1 headlamp
  - ❑ extra AAA batteries
- ❑ 1 Photon light [always good idea to have small light hanging around neck]
- ❑ rubber bands & small bunjee
- ❑ small Swiss card (knife and scissor, etc) [put in check-in luggage! Includes small knife]
- ❑ compass
- ❑ Map of Cuba
- ❑ 2 pair of eye glasses
- ❑ 2 pair sunglasses (UV-resistant—overfits)
- ❑ mug (plastic, light weight)
- ❑ 1 two-liter Platypus water bag, sucking tube, bite valve cover
- ❑ 1 water bottle for SteriPEN disinfection
- ❑ Snacks (Kashi Bars, dried fruit, nuts)
- ❑ throat lozenges
- ❑ tissue paper
- ❑ iPhone
- ❑ long charge cord
- ❑ outlet plug
- ❑ battery back up
- ❑ voltage converter gadget/plugs – see email to TW
- ❑ binoculars & case
- ❑ Spanish cheat sheets
- ❑ Journal [itinerary with spaces added]
- ❑ Guide, bird books/info [mostly use online, but road-test navigation ease – print may be easier to use]
- ❑ reading materials [see comments under List It! Pack It!]
- ❑ pen
- ❑ pencil
- ❑ cash
- ❑ passport
- ❑ shot record
- ❑ photo copies of passport and trip itinerary + Iphone copies

- ❑ flight tickets and itineraries
- ❑ hotel/lodging, pickup, tour confirmations
- ❑ travel insurance information
- ❑ credit cards (Visa & MC)
- ❑ ATM cards [\[take 2; sometimes machines are finicky\]](#)
- ❑ Driver's license
- ❑ Photo copies of passport and trip itinerary + Iphone copies
- ❑ boarding passes