



# Packing List

Cocodrilo, Cuba

Items with (\*) are required

## Documents

Photocopies of all documentation, tickets, passport\*

- Emergency passport kit: colored copy of passport, a passport photo (white background)\*
- Health and Travel Insurance policies (health insurance required): Emergency air evacuation\*
- Emergency contact information\*

## Money

**Attention:** U.S. credit or debit cards will NOT work at any bank or ATM in Cuba. While non-US debit cards can be used at ATMs in Havana, we recommend all volunteers bring sufficient cash to last their entire stay in Cuba. There is no ATM, bank, or place to exchange money in Cocodrilo. Volunteers should bring cash to Cuba in either US Dollars or Euros, which you will exchange for the Cuban currency (CUC).

## Clothes

- Short-sleeved shirts and tank tops
- Lightweight long-sleeved shirts and long pants for sun and bug protection\*
- Sun hat/ visor\*
- Sneakers\*
- Flip flops/sandals \*
- Sunglasses\*
- Bathing suit\*
- Rash guard
- Cover ups
- Rain jacket or small umbrella
- Pajamas

Average temperatures range from 70-85 Fahrenheit (21-29 °C) and the sun is very strong.

## Traveler's Health Kit

It is always advisable to carry your own small first aid and health kit. While IOI has first aid supplies and medicines available on-site these are strictly for **emergency use only**. It is difficult to buy basic first aid supplies in Cuba, so we recommend you bring the following:

### First Aid:

- Cotton swabs/balls
- Band-Aids/bandages
- Adhesive tape
- Nail clippers
- Tweezers
- Elastic (Ace) bandage
- Thermometer
- Safety pins
- Alcohol wipes and swabs

### Prescriptions Drugs:

A full prescription of any prescription medication you are currently taking\* (make sure you have enough for your whole stay!)

### Non-Prescription Drugs:

- Anti-itch creams
- Antibiotic skin ointment
- Anti-histamine pills and/or creams
- Aspirin or Tylenol
- Pepto-Bismol tabs/liquid
- Antacids
- Mild laxative
- Imodium
- Decongestant/cold medicine
- Cough syrup and throat lozenges
- Multi-vitamins, calcium & iron
- Aloe
- Chapstick with SPF
- Spare contact lenses and solution

## *Toiletries*

- Deodorant
- Toilet paper (not all bathrooms in Cuba have TP!)
- Soap, shampoo/Conditioner
- Brush/comb/hair ties; special hair products
- Toothbrush, toothpaste, floss
- Sunscreen (high SPF and waterproof! It's impossible to find in Cocodrilo, so bring enough for your entire stay)\*
- Lotion (after sun, moisturizer)
- Tampons/ panty liners
- Q-tips
- Face-wash
- Razor
- Baby wipes/hand sanitizer
- Earplugs

## *Miscellaneous*

- Snacks (nuts, granola bars, etc.) for between meals
- Water bottle\*
- Money Belt
- 3 prong to 2 prong plug adapter
- 2-3 TSA locks
- Sunglasses (1-2 pairs)
- Small backpack
- Ziploc bags to keep what you need dry (books, maps, documents, film)
- Swiss army knife or equivalent
- Flashlight/headlamp and batteries with red light function (it's better for the turtles if turtle monitoring)
- Beach towel or sarong
- Insect repellent (Mosquitoes can be very very bad!! Good repellent is important.)\*
- Camera (regular and underwater)
- Extra batteries (or rechargeable batteries and a battery charger)
- Travel alarm clock
- Binoculars
- Mask, snorkel, fins\*
- Wet Suit (Shorty or full length. Depending on the time of year)
- Dry bag
- Spanish phrase book or dictionary

## *Dive gear*

Volunteers have the option to scuba dive in Cocodrilo. Volunteers must be certified to dive. We highly recommend volunteers bring their own equipment if they would like to dive:

- Dive certification card
- Dive mask
- Fins (the kind with boots are slightly better so you can easily walk to the dive site with your boots then slip on your fins)
- Snorkel
- Regulator
- Dive computer
- Light
- BCD

Weights and tanks will be provided to the volunteers.

