



“Cuban Cultural Adventure”



‘For centuries, Cuba's greatest resource has been its people.’

-Pico Iyer

This itinerary is designed to comply with the rules and regulations set forth by the Office of Foreign Assets Control for the category of travel to Cuba (31 CFR 515.574) of Support for the Cuban People. This itinerary maintains a full-time schedule of meaningful interactions with Cuban individuals and private entrepreneurs that are promoting independent activity to strengthen civil society. We will be exploring Cuba at a rather robust pace and focusing our time on cultural exchange and engaging conversations with Cubans.

ITINERARY SNAPSHOT

Day 1	Arrive in Havana, Cuba by 11am. After meeting your guide and group at 1pm, you will visit Revolution Square followed by lunch at a charming private enterprise restaurant. Then, tour El Morro Fortress with your local guide before checking into your private bed and breakfasts and meeting your hosts. Evening orientation and dinner. (L+D)
Day 2	Walking excursion of Old Havana highlighting small businesses and entrepreneurs followed by a bicycle taxi to a local farmers' market to learn about <i>La Libreta</i> , the ration book system in Cuba. In the afternoon, you will visit with a veterinarian about his work and the veterinarian system in Cuba. Evening visit to Jose Fuster's house, a well-known Cuba artist with dinner in his home.(B+L+D)
Day 3	Early morning drive through the Cuban countryside to Vinales Valley where you will visit local farmers and learn about tobacco cultivation. In the afternoon, you will enjoy a short hike through the beautiful Vinales Valley led by a local expert guide. (B+L)
Day 4	In the morning, you will have a meeting with the Antonio Jimenez Foundation, then explore Havana by electric bike led by local biking experts. Following lunch, you will drive to Playa Larga and check-in to your bed and breakfast. (B+L+D)
Day 5	After breakfast talk with a conservationist and Cuba's environmental efforts. Snorkeling at Cueva de los Peces and lunch nearby at a private paladar. After lunch, depart for Cienfuegos and enjoy a walking tour that includes talking with local vendors and a stop at the Casa de la Cultura. Continuing on to Trinidad, where you will check into your bed and breakfast for the next 2 nights. (B+L+D)
Day 6	Hiking in Topes de Collantes National Park led by a local guide followed by a traditional lunch in the countryside. Visit a women's crochet cooperative in the afternoon with a sunset walk of Trinidad in the early evening. (B+L)
Day 7	After breakfast, you will return to Havana and tour Finca Vigia, Ernest Hemingway's home when he lived in Cuba. Lunch in the picturesque fishing village of Cojimar followed by visiting art galleries or San Jose Handicraft Market, where many private entrepreneurs sell their goods. Farewell dinner in a private paladar. (B+L+D)
Day 8	After breakfast, departure flight for home. (B)

(Legend: B = Breakfast included , L = Lunch included, D = Dinner included)

Flexibility and Patience

As with many travel experiences, flexibility and patience are key to having a positive experience on your trip. Especially in Cuba, things are changing very rapidly. Your itinerary is subject to change, and your local guide will do their best to keep you informed and up to date with any changes in scheduled activities.

DETAILED ITINERARY

Day One

Arrive in Havana, Cuba. Pass through Immigration and proceed to baggage claim where you will collect your luggage. Clear Customs and continue to the arrivals hall. Your guide will be holding a card with your group name, Bio-Bio Expeditions. You should plan to arrive into Cuba no later than 11am to ensure that you have time to go through customs/immigration and meet the group at 1pm.

Your first glimpse of Cuba will be your visit Revolution Square, the epicenter of political and governmental buildings of the Cuban government, and it is the site where millions listened to speeches given by Fidel Castro. Here listen to your local guide provide his perspective of the historical relevance of the location.

After lunch at a charming privately owned restaurant (also known as a paladar), you will visit to El Morro Fortress, the largest fortress in Latin America that also has a spectacular view of Old Havana. In the late afternoon, you will check into your and have dinner in a paladar. During dinner you will have the opportunity to chat with the owner of the paladar to learn more about the challenges of operating a restaurant in Cuba.

Day Two

After breakfast, we will enjoy a walking excursion of Old Havana with a local expert guide, complete with stops specified to artists' workshops, galleries and thriving private enterprises. We will visit a local farmer's market and ration store, by bicycle taxi, to see how Cubans shop for their everyday fruits and vegetables. During this visit, we will learn about *La Libreta*, the ration book system in Cuba.

In the afternoon, you will have the opportunity to chat with a veterinarian about his work and the veterinary system in Cuba. This evening, you will visit Jose Fuster's house in the Jaimanitas neighborhood to learn about his artwork and vision for his community.

Day Three

Breakfast will be followed by an early morning drive (2.5 hour drive) through the Cuban countryside to reach Vinales Valley where you will visit a local farmer's house to learn about tobacco cultivation and tour the farm.

Lunch will be at an organic farm overlooking the Vinales Valley, with time to tour the property and talk with the owners. In the afternoon you will have the opportunity to hike through the beautiful Vinales Valley with a local guide. After the hike you will return to Havana. Dinner will be on your own, your guide will have many paladares to suggest, if you haven't found any on your own in your travels around Havana.

Day Four

In the morning, you will have a meeting with the Antonio Jimenez Conservation Society to learn about this adventurous explorer and his amazing journey via canoe in the 1980s, studying the indigenous Cubans' route to Cuba from the headwaters of the Amazon.

Next you will explore more of Havana on a 2-3 hour tour of the city by electric bike, visiting various popular stops and some lesser known hidden gems led by expert bicycle local guides. After lunch, you will drive to Playa Larga (3 hour drive) and check-in to your bed and breakfast, where you will also be dining for this evening.

Day Five

After breakfast, you will visit with a conservationist about Cuba's effort to preserve their coral reefs and pristine ecosystem through its National Park System. Afterward, you will get to see these coral reefs up close with a snorkel at Cueva de los Peces. On the way to Trinidad, you will stop at Cienfuegos and enjoy a short walking tour. During this walk, you will interact with local vendors and stop at the Casa de la Cultura, an important cultural gathering place in town. Here you may strike up a conversation with a local dance troupe or musicians practicing.

You will continue onto Trinidad (1 hour drive) and check into your bed and breakfast upon arrival. Following dinner, you have the opportunity for an evening activity at Casa de la Musica with live music and dancing.

Day Six

Today we visit the Topes de Collantes National Park for a morning hike! During the hike, your local guide will explain the flora and fauna that can be found in the area. Sitting at about 2,600, this is a nice, cool rainforest reprieve from the warm valley below. On the way back to Trinidad, we stop for a traditional lunch in the countryside as well as a visit to a women's crochet cooperative, where we will chat with the workers there.

In the afternoon, you have free time to explore Trinidad. You will also be on your own for dinner after a sunset walking tour.

Day Seven

After breakfast, we return back to Havana. In the morning we will visit and tour with a local expert Finca Vigia, Ernest Hemingway's home when he lived in Cuba. Lunch will be in Cojimar at a private paladar, a picturesque fishing village that was Hemingway's inspiration for [The Old Man and the Sea!](#)

The afternoon will be a choose your own adventure! A couple of the activities you can choose from are visiting art galleries or the San Jose Handicraft Market where many entrepreneurs sell their handmade goods.

You will then check into your accommodation in Havana and have dinner in a private paladar. After dinner, you have the option to head to the Vedado neighborhood to visit Havana's Fabrica de Arte, and old peanut oil factory turned art and music collaborative space that is now one of Havana's most popular spots for Cuban youth and tourists alike.

Day Eight

After breakfast, we depart for the airport, saying farewell to new friends and carrying fond memories of Cuba back home.

Includes:

- Experienced Cuban tour guide
- 2 bottles of water per day per person
- Legal, licensed American travel tour requirements completed to the best of the detailed outline for Support for the Cuban People provided by the Office of Foreign Assets Control
- Meals outlined in the itinerary
- Accommodations outlined in the itinerary (private bed and breakfasts &/or hotel in Havana – depending on travel restrictions at the time of travel)
- All entrance fees for activities in itinerary
- Air-conditioned transportation while in Cuba
- Airport transfers to/from Havana airport (1 set airport transfer to/from Havana airport)
- Gratuities for all meals included in itinerary, plus 1-2 drinks per meal included as well

Not Included:

- Airfare to/from Cuba
- Cuban tourist visa
- Travel and medical insurance
- Meals not specified in itinerary
- Gratuities for guide and driver
- Items of personal nature-laundry, internet, etc.

Priority checklist

- Passport (valid six months from your date of return to the US)
- Photocopy of picture page of your passport (pack separately)
- Money (refer to the section below for recommendations)
- First-Aid kit and prescription medications
- Confirmed flight itinerary (be sure to confirm your departure times)

CONTACT INFORMATION

United States:

Bio Bio Expeditions:

Email: info@bbxrafting.com

Tel: 530-582-6865

Location: Truckee, California (Pacific Standard Time)

Cuba:

Emergency Contact in Cuba: Joslin Fritz +53 5517 0336

Emergency Contact in US: Cameron 952-393-7419

US Embassy in Havana

Cuba Calzada between L and M Streets

Vedado Havana

53-7-839-4100

Cuban Embassy in United States

2639 16th NW

Washington, D.C. 20009

202-797-8518

PASSPORTS & VISAS

All US citizens are required to have a tourist visa to travel to Cuba. You can purchase your visa at the airport when you check in for your flight to Cuba. As you check in to your flight at the airport, the attendant will ask you if you already have your tourist visa. Depending on the airline, she will either sell you a visa right there at the check-in desk, or she will direct you to purchase it at the departure gate of your flight. The airline staff checks each person before boarding the plane to see if they have their visa-it is not possible to board the plane without the visa. Depending on the airline that you are flying, the cost of the visa will be \$50-100. You can pay this with a credit card.

Your category of travel to Cuba will be Support for the Cuban People.

While this procedure is very easy, if you would like to purchase your visa ahead of time and have the visa mailed to you, you can visit the website <https://cubavisaservices.com/product/touristvisa-card/> to do so. The cost is \$85.

Luggage

Please remember to pack all essential items in your carry-on bag, including medications. Checked luggage can be delayed, and we recommend packing as much as possible in your carry-on bag(s).

Immigration and Customs

Upon your arrival in Havana, Cuba, you will clear immigration and proceed to baggage claim, where you will collect your checked bags, clear customs and continue to the arrivals hall. Here, you will be met by your guide and driver. Your guide will be holding a card with your group name, Bio-Bio Expeditions.

FLIGHTS & AIRPORTS

You are responsible for booking all flights, international as well as domestic. However, if you need help, please feel free to call or email the Bio Bio office. A travel agent we often use is:

G&G Travel and Tours Gilda Gutierrez
gildagutierrez@comcast.net
866-498-0530 or 786-206-0710

FLYING IN

The trip officially starts in Havana, Cuba on Day 1, Jose Marti International Airport – airport code: HAV. You should arrive by 11am in order to meet the group at 1pm.

FLYING OUT

On the last day, you can book your flight any time of day, but you may want to leave time for breakfast at the hotel.

PACKING

Packing and Clothing Suggestions

When packing, please keep in mind: versatility, modesty, and ease for washing and drying if you do not plan to have laundry done by your hotel. Cuba is very casual in its dress attire, and at no point will you need ‘fancy’ evening wear. Think cool, clean and comfortable.

If you’re male, common evening wear is a button down, polo, or a “Guayabera” shirt paired with khakis. If a female, many like to wear a comfortable sun dress and shawl for dinner. Speaking of which, comfortable walking shoes are a must!

Make sure to bring a light sweater or jacket as sometimes temperatures cool at night, or air-conditioning can be especially cold. Please DO NOT bring along expensive clothing or jewelry or anything that, if lost or stolen, would upset you.

These items are meant to be helpful in your packing:

- Passport and a photocopy of the front page of your passport (with photo and information). Pack this copy in a separate bag.
- Copy of your Cuban itinerary.
- Any medication you use, packaged in their original containers
- Sun-hat or visor, sunglasses and sunscreen
- Small tissue packets
- Moist toilesettes or bacterial gel (Not all bathrooms have soap available).
- Wash cloth (rare in Cuba)
- Small medical kit: Pepto Bismol, Immodium, powdered electrolytes, anti-acid, aspirin or Tylenol, band aids, antiseptic ointment, ibuprofen, etc.
- Camera & extra digital cards. Digital cards are not available in Cuba
- Ziploc plastic bag to protect camera
- Contact lenses kit, glasses (and prescription)
- Tampons or sanitary napkins
- Mosquito repellent containing DEET (In general there are few mosquitoes in Cuba but on occasion it is good to have repellent)

- Bathing Suit
- Luggage locks
- Sweater or light jacket for air conditioning / evening
- Casual lightweight clothing for daytime, good sun protection
- One pair of long pants and a long-sleeved shirt (Cuba is dress-casual, there is no need for dinner formal wear)
- Comfortable sundress or skirt
- Shorts (although many Cubans don't wear shorts often, they are acceptable to wear)
- Umbrella/parasol
- Toiletries and cosmetics
- Day pack or tote bag to use on walks and excursions
- Extra pair of glasses/contact lenses and cleaning solution
- Prescription meds in original bottles, with list of prescriptions in case of emergency
- Notebook to write down questions or keep notes if you'd like
- Small flashlight or headlamp

JET LAG PRECAUTIONS

When you cross several time zones to reach your destination, you often lose many hours of regular sleep. On arrival, your body then must suddenly adjust to new sleeping and eating patterns. The result is jet lag. Its symptoms are fatigue – often compounded by insomnia and restlessness – irritability, and vague disorientation. You cannot totally avoid jet lag but you can minimize it. Here's how:

- Start your trip well rested. Try to begin a gradual transition to your new time zone before you leave.
- Switch to your destination time zone when you get on the plane. Attempt to sleep and eat according to the new schedule.
- Try to sleep on overnight flights.
- Avoid heavy eating and drinking caffeine or alcoholic beverages right before and during your flight.
- Drink plenty of water and/or fruit juice while flying.
- After arrival, avoid the temptation to nap.
- Try to stay awake your first day until after dinner.

TRAVEL PRACTICALITIES

TRIP INSURANCE

Bio Bio Expeditions encourages all clients to obtain travel insurance to cover unexpected events such as trip cancellations, trip delay, lost baggage, medical expenses, etc. If you do not have a preferred travel insurance broker, we recommend Travelex. They have good rates and excellent coverage for international travel. In order to get coverage for Cuba, you will need to call them directly as they do not offer quotes online.

IMMUNIZATIONS

Although there are no immunizations required to travel to Cuba, in addition to your routine vaccinations, the CDC also recommends the **typhoid** and **Hepatitis A** vaccines. We advise that you consult your physician regarding recommended immunizations and other health precautions. Bio Bio Expeditions does not take responsibility for which medications or inoculations you and your physician deem necessary for your safe participation on the expedition. For further information, call the CDC's International Traveler's Hotline:

Phone: 1-888-232-4636

Online: www.cdc.gov/

WATER

While many Cubans drink the tap water, we recommend only drinking the bottled water. Just to be prudent, we recommend using the bottled water for teeth brushing too. It is very important to keep well hydrated in Cuba as it can be warm and humid. Many guests bring SteriPens (handheld water purifiers) and a water bottle. They find this works quite well.

FOOD

Special Food Needs

The Cuban diet is heavy on rice, beans and animal protein (pork, chicken, fish, beef). We can arrange vegetarian plates at dinner and lunch with advanced notice, however if you have special dietary needs, we will need to know these in advance. Low-carb and gluten-free are difficult but not impossible to do in Cuba.

Snacks

Snacks are not common in Cuba due to the size of the meals. Feel free to bring snacks like nuts, granola bars or trail mix if you know you like to nibble between meals, though plan for large lunches and dinners. Vegetarians and Celiacs in particular may want to bring along something to supplement their diet.

DIGESTIVE WORRIES

Traveling to Cuba is not like traveling in Central America where water borne diseases are more common. Despite the many precautions we all take to stay healthy, occasionally one may experience diarrhea. The major problem associated with diarrhea is fluid loss leading to severe dehydration, so it is important to maintain plentiful fluid intake. Avoid milk and caffeine, as it will only further dehydrate you. The best drinks are weak tea, mineral water, and caffeine-free soft drinks. Ideally it is best to let diarrhea run its course, however you may want to bring over-the-counter diarrhea medication to minimize your potential discomfort.

Bathrooms

Bathrooms in Cuba can tend to be not as clean as we are accustomed to in the United States. At certain stops along the trip, it's possible that the toilets will not have toilet seats. Oftentimes there is a bathroom attendant whose job it is to make sure there is paper and soap for you. While the use of the bathroom is always free, it is appropriate to leave a small tip of 10-25 cents for this person. It's always also a good idea to travel with a small pack of tissues.

PRESCRIPTIONS

If you currently take prescription medications, be sure to have a plentiful supply and also the doctor's written prescription in case you need a refill. It is best to carry medications in your carry-on bag in case of lost luggage. Also, if you wear prescription glasses or contacts, we advise that you bring along a spare set.

VOLTAGE

Most of Cuba runs on 110 volts and 60 hz, although some modern European hotels will also have outlets of 220 volts. Most sockets in private homes will accommodate a North American two-pronged flat pin plug, so adapters are generally not needed. iPhones and android phones can be plugged into the electrical outlet directly in Cuba.

Connectivity

In certain areas, access to cell phone coverage and Internet may be limited or nonexistent. Your cell phone will not work in Cuba, though now there are some providers providing roaming services. Please check with your cell phone provider. In order to avoid charges, we recommend turning off your cellular data and turning your phone to airplane mode. There are

various internet hot-spots throughout the city, located in parks and sometimes hotel lobbies. The internet can be very slow and sometimes not work at all, and so it's best to advise your family and friends that you will be out of touch during your time in Cuba.

SAFETY

Although the Cubans are a warm, friendly, fun-loving people, Incidents of pick-pocketing are not uncommon in the cities where you will be traveling. Cuba is a very safe destination in general. Though incidents of theft are rare, they can happen. Most accommodations have safe deposit boxes in which you can leave valuables during your stay, but we urge you to leave expensive jewelry and other valuables at home.

Always keep your wits about you and be aware of your surroundings. When you're with other people, watch out for each other. Keep your money and important documents in a money belt or hidden pouch around your waist, neck or under your shirt. When purchasing items, do not pull out lots of money.

Room Safes

While Cuba is a safe country with little crime, we recommend only carrying the case you need for the day and a copy of your passport. We recommend leaving the majority of your cash and your passport in the room safe. When staying at private bed and breakfasts, some do not have safety boxes in their rooms, though this is rare. If you don't feel comfortable leaving your valuables in the house, you can always bring them and leave them in the van or bus, which will always be locked and guarded.

Weather Conditions

Although weather varies to a degree depending on the season, in general you can expect to be greeted by hot and humid weather – typically in the 80s, and slightly cooler at night. The rainy season runs from July through October, although it is not uncommon for the island to receive short afternoon rain showers any month of the year. It is advisable to check weather conditions at your destination via online weather services the week before departure. This will help you determine which items to pack.

MONEY MATTERS

American credit and debit card usage was recently legalized in Cuba, but they do not work at this time. Most foreign bank cards are accepted in the larger tourist spots throughout the island; however, small merchants are likely not set up to handle such transactions. You will need to bring all the cash you plan on using for the trip. We recommend that you bring between \$75 to \$90 per day of your trip per person, keeping in mind that you'll have a couple dinners on your own, and things like alcohol, souvenirs, Wi-Fi cards, and tips are not included.

The fixed exchange rate is: 1 USD = 24 CUP (Cuban Peso). This is based on a 1 to 1 conversion rate and then a 13 percent tax is charged. This tax does not apply to certain other currencies, so if you have Euros you may get a better rate. Your guide will help you exchange your money during the trip.

TIPPING

Tips are not included for your guide or for meals on your own. While by no means mandatory, if you feel they have added to the value of your experience you may want to offer a tip at the end of the trip. We recommend the following amounts assuming good performance:

- Guide: \$6-\$10 per person, per day
- Restaurants (for meals on your own): 10% (if a service charge is not included in the bill)
- Drivers: \$3-\$5 dollars per person, per day

Usually your guide and driver will prefer CUP, but he or she will also accept US dollars.

RECOMMENDED READING

Recommended Books

Informational:

- ***Moon Handbook Cuba*** by Christopher Baker (2015)
Baker's comprehensive, indispensable guide leaves no stone unturned, covering the natural, cultural and political life of Cuba. One of the best guidebooks on Cuba.
- ***Cuba: What Everyone Needs to Know*** by Julia Sweig (2009)
Director for Latin American Studies at the Council on Foreign Relations, Sweig traces the geography, history and identity of Cuba in this admirably succinct history of the island nation and its role in world affairs.
- ***Cuba Revelations*** by Marc Frank (2014)
An insightful, in-depth look at contemporary Cuba, written by a reporter who has lived in Havana for the last 25 years.
- ***Havana*** by Alfredo Jose Estrada (2007)
A favorite book on Havana. A look into the rich history of this beautiful city. Estrada writes in narrative history form and can sometimes be too informational, but still it is a great read for anyone visiting this city.

Novels:

- ***Dreaming in Cuban*** by Cristina Garcia (1992)
A short, poetic novel or three generations of Cuban women, their reaction to the revolution and the complex relation between those who remained in Cuba and those who settled in the States.
- ***Waiting for Snow in Havana*** by Carlos Eire (2004)
A lyrical memoir of a privileged, eccentric boyhood 1950s Havana. Eire, a historian at Yale, fled with his brother to the United States in the wake of revolution.
- ***The Old Man and The Sea*** by Ernest Hemingway (1952)
This is a classic, written by Hemingway while he was living in Cuba.
- ***Our Man in Havana*** by Graham Greene (1958)
The story of a British vacuum cleaner salesman who gets accidentally drawn into cold war espionage with disastrous results.

Specific Topics:

- ***Cuba and Its Music, From the First Drums to the Mambo*** By Ned Sublette (2007)
A thorough and entertaining history of Cuba and its music by the popular radio producer, music historian and cofounder of Cuban record label QbaDisc.
- ***Bacardi and the Long Fight for Cuba*** By Tom Gjelten (2009)
Gjelten chronicles the rich intersection of power and politics, community and exile in contemporary Cuba through the saga of the Bacardi family. A fixture in making 1920s Havana a playground for the rich and famous in the prohibition era, Bacardi-and its proprietary yeast strain-famously left Cuba for Puerto Rico during the revolution.
- ***The Sugar King of Havana: The Rise and Fall of Julio Lobo, Cuba's Last Tycoon*** By John Paul Rathbone (2011)
Another favorite of mine on Cuba. "Drawing on stories from the author's own family history and other tales of the island's lost haute bourgeoisie, *The Sugar King of Havana* is a rare portrait of Cuba's glittering past-and a hopeful window into its future."
- ***Havana Nocturne: How the Mob Owned Cuba and Then Lost it to the Revolution*** By T.J English (2009)
An interesting account of the Mob's role in Cuba in the 1950's and their subsequent descent and exit from the island after the revolution.

Travel Literature:

- ***Trader with the Enemy: A Yankee Travels Through Castro's Cuba*** by Tom Miller (2008)
Miller captures the openness, sensuality and pride of Cuba and the Cubans in this eloquent account of entertaining travels in Fidel's Cuba.

- ***Enduring Cuba*** By Zoe Bran (2008)
Zoe Bran shares her experience traveling through Cuba with a natural history tour in early 2001. While there have been changes, many of her thoughts and insights remain true of Cuba.

Recommended Movies/Documentaries:

- *Strawberry and Chocolate* (Fresa y Chocolate) (1993) Nominated for an Oscar, the film tells the story of two men in Cuba who fall in love with each other.
- *Before Night Falls* The life of Cuban poet and novelist, Reinaldo Arenas
- *Unfinished Spaces* Documentary describing the architecture of the Institute of Superior Arts in Havana *Highly recommended.*
- *The Man of Two Havanas* (2012) The documentary describes the life and happenings of Max Lesnik, a revolutionary who left Cuba and who has created uproar with his continual outspoken nature of the Revolution. An excellent documentary.
- *Suite Havana* (2003) Following the lives of thirteen ordinary Cubans as they set out about their day. The film has no dialogue and is a documentary.
- *Seven Days in Havana* (2012) Directed by Benicio Del Toro, the film is set in Havana and plays out a week for various individuals in the capital city.
- *Cuba and the Cameraman*, a light documentary about a traveler and his travels through Cuba that span a twenty year period. Available on Netflix
- *Seasons in Havana* A recent TV series available on Netflix about fictitious murder mysteries, but wonderful shots of Havana.

ADDITIONAL INFORMATION / WEBSITES

While we do our best answering all of your questions, there are certain details that we may not have right at our fingertips. Below we have compiled a list of websites that will help you find answers with all of those questions.

Money

- www.xe.net/ucc/ — This is a universal currency converter site.
- www.oanda.com/ — Exchange rates and currency forecasts.

Clothing/Gear

- www.patagonia.com — Expedition clothing.
- www.rei.com — Expedition gear and clothing.
- www.mountainhardwear.com — Tents, sleeping bags, and expedition clothing.
- www.exofficio.com — Lightweight travel clothes.
- www.eaglecreek.com — Excellent travel gear and packing tips.
- www.cameraworld.com — The best prices and camera and video gear.
- www.nrsweb.com — Anything you could ever want for the river.
- www.llbean.com — Outdoor gear and clothing.

Health

- www.cdc.gov/travel/index.html — Center for Disease Control

Weather

- www.accuweather.com — Find out the weather anywhere in the world.

Travel Warnings

- travel.state.gov/travel/travel_1744.html — State department warnings for overseas travelers.

PRE -DEPARTURE CHECKLIST

Please keep this sheet handy and check off each item when completed

- Passport, money, credit cards, Cuban Visa and valuable documents. Keep these close to your body in a well-concealed place.
- Make photocopies of plane tickets, credit cards, traveler's check receipts and passport. Leave a set at home as well as in your duffle bag.
- Make sure you carry on the essentials that you cannot live without. Don't check them!
- Medications and prescriptions (keep in your carry-on luggage).
- Eyeglasses and contacts (keep in your carry-on luggage).
- Reading material for the flight, and relaxing in Cuba.
- Reconfirm flights 72 hours in advance.
- Make sure you have a ride to the airport.
- Leave Bio Bio Expeditions contact phone numbers with a responsible person.
- Find someone nice to water your plants, feed your dog, and pet your cat.
- Do not forget to tell work you will be gone a few days!