

CUBA TRAVEL TIPS



PROJECT: Cuba 2018

DATE: May 25 – May 29, 2018

GENERAL TRAVEL TIPS

Our water projects are in developing countries and in locations that are off the beaten path. If you are joining our project team it is best to pack smart, pack light and bring curiosity, compassion and appetite for a little adventure. Safety is our top priority and we will always err on the side of caution. We interact closely with people in the local community and after our work day we like to explore the local culture and enjoy some local food with our new friends. Here are some general travel tips.

CUBA SPECIFIC TRAVEL TIPS

Cuba is a combination of modern, old 1960's cold war era, and very old, think Christopher Columbus 1492. Food and bottled water will be plentiful but common conveniences like tooth paste might be difficult to buy if you don't have it with you. We will make day trips, so a backpack will be handy to have. Bring a bathing suit in case we are lucky enough to stop at a beach or the hotel may have a pool.

- The hotels will be clean comfortable rooms with private bathrooms and A/C.
- People in Cuba dress modestly but they like lots of bling. We will be going to churches for the water projects. Shorts and t-shirts will do, but if you would like to go to Sunday service kakis and a polo shirt, or skirt and blouse will help you blend in.
- Our projects will be indoors installing plumbing, connecting pipes, and testing water. We will have all the tools and supplies necessary. If you would like to buy a water filter cartridge to donate we use: 10inch cartridges.
- We can legally bring back duty free: 4 bottles of alcohol and 2 boxes of 25 cigars. Cuban coffee, cigars and rum are very popular gifts to bring back.
- DONATIONS: the people that we will be working with will greatly appreciate any gifts you can offer. They have very limited access to things we take for granted: toiletries, pens, markers, chocolate, toiletries, batteries, charge cords & cables, baseball hats or shirts with USA band logos are very popular, did I mention toiletries. Bling. I brought very inexpensive jewelry from CVS and the women in the churches were very happy to accept it.

The Clean Drinking Water Team Inc is a 501 (c)(3) non-profit organization (TAX ID 82-3636663).

All donations are considered tax deductible.

CLEAN DRINKING WATER TEAM INC
7601 Clarke Road ▪ West Palm Beach, Florida 33406
▪ www.cleandinkingwaterteam.org ▪

PACKING TIPS

- Print out and bring a copy of your passport.
- Convert US dollars to Euro's if possible. In Cuba there is a 10% charge on exchanging US dollars to Cuban CUC. Euro's are easier to exchange. Let me know and I might be able to get Euro's for you at a discount.
- All medication needs to be in a labeled bottle. Prescriptions should be in a prescription bottle with your name on it.
- Bring a backpack or day bag for when we go out
- Electrical systems, current, plugs, are the same as USA so bring your chargers.
- wifi internet connections will be limited. Your phone or a tablet will do fine if you need to connect. If you can get to it from your browser it will work in Cuba. Skype does not work in Cuba they use IMO or SIGNAL.
- Bring a bathing suit, sunblock, sunglasses
- Sneakers or comfortable foot wear will be suitable for all locations, we will do some walking mostly on paved sidewalks and streets.
- Pick a good spot for your passport and keep it there. It's easier to remember one place than to hunt for it and worry if you lost it.
- Bring a bar of soap and shampoo. Even hotels have limited supplies of the basic bathroom necessities. One roll of toilet paper might be a good idea too.
- If we go out in the evening you might want one outfit suitable for a fun night out, especially if you want to try to salsa.

Water Filters

- Pentek 155016, P5-20 Spun Polypropylene, 2-1/2" x 20", 5 Microns
- 4-PACK Of 5µm Big Blue 20"x4.5" Sediment Water Filter Cartridge for Whole House
- 3M CUNO Aqua-Pure AP117 Premium Chlorine Taste & Odor Filter
- 3M Aqua-Pure SS12 EPE-316L Polypropylene Sediment Filter - Universal 10-inch 5-Micron Cartridge for 3M Aqua-Pure Whole House Filter
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