



Packing Checklist

JAKERA

CUBA

- Clothing**
Shorts / T'shirt / lightweight long trousers / long sleeved shirts / fleece / rain jacket / good walking shoes / cap or hat / swimwear / towel / shades / head torch / dry bag *
smart clothes required for dance lessons (look good = feel good!)
- Luggage**
Day pack is necessary for every day use
- Shoes**
Sandals/comfortable shoes for evenings and time off.
- Sun Protection**
A good quality pair of sunglasses (make sure they offer 100% UV protection), sun cream (zinc or other waterproof sun protection) and a good quality hat / cap.
- Insect Repellent**
Insect repellent is recommended (as in all subtropical areas, insects can be a nuisance, especially in the evening). Long-sleeved shirts and trousers are ALSO recommended to offer the best form of protection in the evenings. If you are allergic to repellents seek advice before leaving your home country.
- Camera**
If bringing a digital camera bring a number of memory cards and a separate dry bag for your camera.
- Stationery**
Bring pens, pencils, notepads and A4 notebooks. Head torch: As it is more useful than a normal torch. Mask & Snorkel: You will have several opportunities to enjoy the beach and if you are volunteering in Punta Perdiz or Trinidad you should have you will need these for marine conservation.

- Spare batteries for any electrical devices**
– a lot of ‘basics’ that we take for granted may not be available locally, or if they are available are likely to be very expensive... these include toiletries such as soap, toothpaste, shampoo, deodorant. Photocopy of passport - Please bring a copy of your passport. Travel tip – email yourself a copy of your passport and other important documentation.

- Medical Kit**
It is always useful to carry a small personal medical kit with the medication you need or might need during your trip.

- Equipment**
Personal towel (quick dry sports towel) / Dry bag is necessary for everyday use / cap or hat / Gloves for Volunteering

- Small travel padlock**
– Bring your own padlock to lock up your valuables

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