



What to Bring: Packing List

Below is a recommended checklist for ease of packing. If you are wondering why some things are included on this list, there are a few more details following the list itself.

Diet/Health/Comfort	Clothing	Electronics
<p>* Food/ Protein Powder/ Snacks * Medicine (Allergy, Indigestion) (Powders, Prescriptions, Vitamins should be in labeled containers) * Reusable Water Bottle * Toilet Paper & Wet Wipes * Hand Sanitizer * Band-aids & Blister Items * Hand- Fan * Passport * Drivers License * Sunscreen/Aloe Vera * Bug Repellent * Hat /Sunglasses * Contact Lenses/Glasses</p> <p>Additionally * Fanny Pack and/or Money Belt (Since some night clubs require you to check larger bags, past travelers have enjoyed having their items in a smaller bag they can wear on the dance floor!) * Sandals & Comfy Walking Shoes * Bathing Suit</p>	<p>There are 3 Categories of Outfits we recommend:</p> <p>Caribbean Business Casual - Outfits that are suitable for any visits to Cuban businesses, museums, offices and/or community organizations, to demonstrate respect for the space.</p> <ul style="list-style-type: none"> ● Avoid: shorts, pants with holes in them, or any items that have stains on them ● Women: a sun dress, skirt & tank top, nice jeans, or a pair of khakis. ● Men: polo shirt & khakis/ nice jeans. You don't need to wear a jacket or tie <p>Athletic - For dance training throughout your program.</p> <ul style="list-style-type: none"> ● Leggings, athletic pants, shorts, and tank tops are all acceptable throughout your training. ● We recommend you wear darker clothes -- it can get dusty in certain locations! ● Travelers have trained in bare feet, socks, sneakers, jazz shoes, or dance shoes, depending on the class & location. We'd recommend bringing several options or discuss this question with your MM representative. <p>"Going out" - For just that... a night out on the town!</p> <ul style="list-style-type: none"> ● Men: Jeans, Khakis, or any non athletic pants. T Shirts without holes or any other nicer shirt is acceptable! Sleeves can be any length (but not sleeveless), and shorts are accepted as well. ● Women: Same as Men, with the additional options to wear sleeveless shirts, dresses, and skirts. All lengths are accepted. ● Many travelers leave the suede fancy shoes at home! Bring sandals, dance sneakers/ jazz shoes... shoes you don't mind beating up. The Dancesocks, to slip over the front of your shoes, can also be useful! ● Some travelers do bring their dance shoes, but only wear them in certain circumstances and on dance floors that are safe for the soles. 	<ul style="list-style-type: none"> ● Camera & Charger ● Mini Surge Protector ● Adapters - US & European ● 3-prong to 2-prong converter (for US) <p>Note: Casa Azul has US outlets, but many only have 2 prongs.</p> <p>Note: Electric Current = 110 or 220V (it will be labeled accordingly.) Check your electronics in advance to ensure they will be safe to use and plug in!</p> <p>Note: Be careful not to bring too many of the same kind of electronic (for example, several phones or laptops). It will raise a red flag as you're entering the country.</p>



What to Bring: Packing List- More Details!

These are items that past travelers have found to be useful on a trip to Cuba. **However, a good rule of thumb is anything you can't live without, bring with you.** You never know what amenities will be difficult to find! **And make sure you know where your passport is!**

Staying Healthy

- We don't recommend you drink the local water, but you can buy large jugs of filtered water and fill up your water bottle throughout the program. It's a good way to save instead of buying water every day!
- Note that all medicine, vitamins, powders, etc. should be in labeled containers.
- It is possible to purchase medicine while in Cuba in case of an emergency, however we do recommend that you plan ahead and have it available for yourself... as shortages do occur!

Staying Comfy

- Cuba is a tropical island- expect a bug or mosquito or two! Bug repellent is VERY difficult to find on the island. It is almost assured that you will not be able to buy it, so we highly encourage you to pack some.
- Sunscreen is also difficult to find on the island, so we recommend you bring it with you.
- Snacks will help you keep your energy up as you move through the day's activities.

Logistical Realities

- Places often do not have toilet paper, and NO you don't want to flush toilet paper or wipes--always use the waste basket! You will be happy to carry a small pack of tissues with you throughout the day.
- We recommend that you carry your Drivers License for identification while out and about and leave your passport in your room.
- The ground is harder and rougher in Cuba, and you don't want to ruin your shoes. Most people dance in sneakers, sandals, and other various street shoes. There will probably be some places where you could wear your dance shoes, if you would feel better bringing them, but in many places you will prefer not to :-)

What to Bring: Money

Below is a guide for common costs (outside activities, souvenirs, etc), as well as the current US Spending Policies & Guidelines.

Clubs	5-15 CUC
Concerts	35-100 CUC
Cabaret/Theater (Tropicana for example)	75-150 CUC
Private Lessons (varies with instructor, # of students, packages, etc)	25-100 CUC
Small hand instruments	10-30 CUC
Large Percussion instrument	80-200 CUC
Folkloric Skirt	30-50 CUC
Folkloric Orisha Costume	75-125 CUC
Beer / Cocktail	2- 8 CUC
Individual Pizza	1-6 CUC
Restaurant: Local -> Gourmet	4 - 20 CUC
Coco Taxi	~ 10 CUC/ 20 min
Convertible Tourist Taxi	1 HR ~ 30-40 CUC
Regular Taxis	5-35 cuc

What to Bring: Tipping

Tipping is culturally significant in Cuba, particularly in the tourist industry. Many professions rely heavily on tips for their livelihood. This could be for a multitude of reasons -- some professions receive small salaries from the government, some professions used to receive small stipends from the government, but no longer do, and some professions are deliberately conducted through tips to ensure that their service remains high quality.

Waiter/Chef	1-2 CUC/person or 15%
Bartender	~15%, change is fine
Cuban Hosts <i>(Your Cuban hosts on the ground will be handling all logistics & behind-the-scenes magic during your stay!)</i>	~2-5 CUC/person/day (You can give them something when they are especially helpful, and/or at the end of the program.)
Dance or Music Instructor	If it's one time...~ 5 CUC If they work with you regularly, it could be something larger at the end. For example: 5 classes... ~25 CUC. If they take you out as well, it would be nice to add something extra.
Drivers	If someone works with you regularly, it's nice to leave a tip at the end ~5-30 CUC
Taxis	You don't need to tip in taxis unless they have a meter. If you tip, ~1-2 CUC
Street Performers	~5-20 CUC

****Reminder: Credit & Debit cards drawn on a US bank or subsidiary likely will not work on the ground**

