



**Tour Operator** Colibri Boston info@colibríboston.org

**Sylvia** +1 617-301-1237 **Jorge** +53 5-344-2776

### Emergency Telephone Numbers

Country Code for Cuba +53

**Emergency:** 106

**Asistur:** English speaking tourist information. 7-866-8527 (regular hours), 7-866-4121 (24h emergency)

**American Embassy:** (+53) 7-839-4100 Address: Calzada St between L&M

**Hospital:** Clínica Central Cira García Hospital in Miramar, +509 34 86 8761

**Panataxi:** 7-55-5555

### Travel Essentials

1. Colibri Boston provides legal tours to Cuba for Americans under the "Support for the Cuban People" category (§ 515.574). This category needs to be used when booking flight tickets.
2. United States law specifies that in order to comply with this category, travelers must engage in the full-time schedule of activities provided by our program. The responsibility of tracking and recording activities and interactions with Cuban people is on us and we maintain it for five years
3. We can airport pick-up and drop-off at the airport for an extra \$45 per person, but we require that you provide us with your flight itinerary at least 10 days before the trip starts. Alternatively, you can arrange your own transportation.
4. We suggest that for trips lasting from 5-7 days you will bring a minimum of \$350-500 for personal spending if you are not planning to shop a lot.
5. Our trips include tips in restaurants during meals as well as drivers, but you are welcome to tip the Cuban guide if you wish.
6. Your flight includes Cuban basic insurance. If additional insurance is needed (evacuation, trip cancelation), we recommend Allianz, as all the payments for the trips are non-refundable.
7. A vegetarian diet is provided, but we are not responsible in case of food allergies.
8. Money exchange is provided at the Government official rate for American dollars at Casas.
9. Most of the Casas provides internet signal, but internet card is available for purchase, costing an average of 1.5 CUC to 2CUC per hour.

### Suggested Packing List

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| <input type="checkbox"/> Passport and visa card  | <input type="checkbox"/> Reusable water bottle                       |
| <input type="checkbox"/> Cash (only crisp new bills, American credit cards do not work). | <input type="checkbox"/> Comfortable shoes (one sneaker, one sandal) |
| <input type="checkbox"/> Prescribed medication   | <input type="checkbox"/> Summer clothes                              |
| <input type="checkbox"/> Sunscreen (travel size)   | <input type="checkbox"/> Hat   |
| <input type="checkbox"/> Hand sanitizer (travel size)                                    | <input type="checkbox"/> Earplugs                                    |
| <input type="checkbox"/> Diarrhea (Imodium) and pain medication                          | <input type="checkbox"/> Personal cosmetics (travel size)            |
| <input type="checkbox"/> Backpack  | <input type="checkbox"/> Bathing suit and beach towel                |