



# Humanitarian Trip Donation Guide

This humanitarian trip to Cuba is offered **at cost**, and one of the most impactful ways participants can support our partner communities is by bringing essential donated items. We ask each traveler to bring **1-2 suitcases of donations**, or—if preferred—make a **\$200 financial contribution** that will be used to purchase priority items locally.

Donations **do not need to be new**. Lightly used items are welcomed and can often be sourced through:

- Family, friends, and neighbors
- Local churches or community centers
- “Buy Nothing” Facebook groups
- Workplace or neighborhood donation drives

All items will be distributed through trusted community partners including **Casita de Husillo, Luz de Vida, Mar Vivo Cuba, CEDA, local polyclinics, and the Jesuit Center.**

## Donation Items Needed

### Small Electronics & Lighting

- Small rechargeable LED lights
- Solar lights or lanterns
- Used laptops (no older than 8 years)
- Used smartphones (no older than 8 years)
- Chargers, USB cables, power banks

**Why:** Electronics are extremely expensive and difficult to replace in Cuba. Even older devices support education, communication, and community programs.

### Medications & Medical Supplies

#### Children’s medications

- Fever reducers
- Allergy medications
- Cough/cold syrups

#### General medications

- Pain relievers: ibuprofen, acetaminophen, aspirin
- Topicals: Voltaren gel, antifungal creams, hydrocortisone
- Vitamins: kids’ multivitamins, adult multivitamins, prenatal vitamins

## **Medical equipment**

- Blood pressure cuffs
- Glucometers + test strips
- Walkers, canes, crutches
- Nebulizers (if working)

**Why:** Many basic medications and equipment are unavailable or unaffordable for families and clinics.

## **Clothing & Shoes**

*(Lightweight, summer-appropriate items only)*

- Sneakers, sandals, and comfortable walking shoes (lightly used is fine)
- Summer clothing for children, teens, and adults
- Lightweight jackets or rain ponchos
- Underwear and socks (new only)

**Why:** Clothing is costly and limited in availability; shoes are especially needed for children and workers.

## **Lice Treatments**

- Lice shampoos
- Lice combs
- Lice treatment kits

**Why:** Lice outbreaks are common in schools and communities, and treatments are difficult to obtain.

## **Animal Care Supplies (Veterinarian Project)**

- Flea/tick treatments
- Pet shampoos
- Collars and leashes