
Support For Cubans

Thoughtful gifts to pack for Cubans

Colin Ganley - October 2, 2022



Cuba has struggled to keep sufficient supplies of foods and medicines available for its population off and on since the revolution in the 1950s. The Covid period saw a downturn in visitors to the island. This shortage of visitors caused a drop in the amount of cash in the country. And the lack of visitors also reduced the amount of hand-carried support for families and friends.

One way that we can support the people of Cuba is to bring and donate some simple and inexpensive items to people we encounter during our time on the island. Each of the things listed below are mentioned because they are appreciated by a wide variety of people.

Do not feel the need to bring everything or anything from this list. It is simply to help guide your thinking about what is useful for people.

Things that have become scarce lately include:

- multivitamins
- acetaminophen
- powdered milk
- ground coffee
- chocolates
- nuts and snacks

Some special treats for young people might include:

- a baseball hat from a US team
- candy
- pens and pencils
- pad and crayons or colored pencils

There will be various opportunities to give these gifts to people. If you feel uncomfortable or want help, we can help you to find the right people to give them to who will distribute them to those in need.