



## Suggested Packing List for Ghana Travel

### Toiletries:

- Bug Spray
- Sun Screen
- Band-Aids
- Antibacterial Ointment
- After-Bite
- Chapstick
- Shampoo
- Body Wash
- Toothpaste/Toothbrush
- Deodorant
- Individually Packaged Antibacterial Wipes
- Individually Packaged Body Wipes
- Individually Packaged Face Wipes
- Pads/Tampons (as needed; bring enough!)
- Mini Toilet Paper Roll

### Medications:

- Prescriptions
- Anti-Malarial Meds
- Pain Reliever
- Anti-Diarrhea Pills
- Allergy Pills
- Tums or Other Antacid

### Miscellaneous:

- Towel
- Sleep Sack
- Flashlight
- Money Belt
- Brush
- Elastics

### Documents:

- Passport
- Airline Tickets
- Itinerary
- Extra Passport Photos
- Copies of Passport/Tickets/Credit Cards
- Customer Service Numbers for Credit Cards

### Clothing:

- (Aside from the basic underwear, socks, shorts, and shirts)
- Long Sleeved Shirt
- Long (or Convertible) Pants
- Cardigan or Light Fleece
- (All for night protection against bugs)
- Rain Jacket
- Hat
- Bandanna
- Sneakers
- Sandals
- Flip Flops for Bathing

### Other:

- Day Pack
- Journal
- Books for Reading
- Camera
- Film or Memory Card
- Recording Device/Mic
- Blank Discs/Tapes
- Batteries
- Gifts for Hosts/New Friends

### Important Notes on Currency:

- ONLY VISA is accepted in most places in Ghana. Do not bring a Mastercard!
- Traveler's Cheques may only be cashed in big cities.
- You will get a better exchange rate for big bills (\$20, \$50, or \$100).
- Visa ATMs can be found in larger cities (Accra, Ho, Cape Coast).
- Traveler's Cheques can be cashed upon arrival in Accra and a Visa debit/credit card to be used in the cities (in stores or at ATMs).