



Cross-cultural Immersion in GHANA *Packing Suggestions*

Travel Documents

- Passport & Copy of passport
- Yellow fever certificate
- Copy of Flight Itinerary
- Insurance Information
- Emergency Contact Info
- Personal Funds – Large denominations
 - (\$250-\$500 for souvenirs and personal items)

Clothing Basics

Bring old items you are not attached to donate.

- [Shower shoes/flip flops](#)
- Towels (shower, hand & face)
- T-shirts (4-5)
- Capri pants, long skirts and/or long shorts (3-5)
- Scrubs
- Sports Bras, underwear, socks (4pairs)
- Sleepwear
- One or two warm-weather professional outfits to wear to presentations and/or meetings
- Sneakers, keens, closed toes sports shoes/sandals
- Hat
- Sheet or light blanket
- [Travel Pillow](#)

Personal Items

- Pre-moistened face wipes
- [Pre-moistened toilet wipes](#)
- [Hand Sanitizer or anti –bacterial wipes](#)
- 2 Toothbrushes & toothpaste
- Soap(Peppermint Dr. Brommers is a great option)
- [Shampoo, leave-in conditioner](#)
- Goldbond Powder
- Deodorant
- [Bug Spray](#)
- Sunscreen
- Small tissue or toilet paper pack to take with you, many restrooms do not have paper available

- [Peanut Butter](#)
- [Food Bars – granola/protein/energy](#)
- [Propel/Gatorade/hydration packets](#)
- [Dried Fruit/nuts](#)
- [Gum/mints](#)
- [Candy/chocolate](#)
- [Instant Coffee/teabags](#)
- [Instant Oatmeal](#)
- [Ginger candies](#)
- [Crackers](#)
- [Food items enriched with fiber](#)

Medications

- **Personal medications**
- [Anti-malaria pills](#)
- [Cipro or traveler's diarrhea choice](#)
- [Pepto Bismol](#)
- [Dramamine](#)
- [Benadryl](#)
- [Hydrocortisone cream](#)
- [Tylenol/Advil](#)
- [Band-aids](#)
- [Sleeping aids](#)

Misc

- [Large water bottle \(or two\)](#)
- [Power bank](#)
- [British adaptor](#) (for camera, computer, etc.)
- Books, magazines, cards, games
- Pens and Paper and/or Journal
- Multi-sized ziplock bags
- [Headlamp or small flashlight](#)
- Small daypack
- Earplugs, [sleeping mask](#)
- Trinkets or small gifts for community health workers