



GHANA

Discover historical and modern-day human rights issues on the African coast

Packing for Ghana

One of the best ways to have a successful trip to Ghana is to plan ahead and start thinking about what you will be packing. Be sure to consider how heavy the items are that you are planning to bring—remember that you'll have to carry them around with you throughout your travels.

IMPORTANT ITEMS

MONEY

- ▶ We recommend bringing between \$150 and \$200 USD in small bills. Your food, water, transportation and other basic costs are included in the cost of the trip, but you will want to have some money to purchase souvenirs. You may also want to buy snacks or drinks along the way or at the airport before and during your travel—this will be at your own expense.
- ▶ Please note:
 - You do not need to exchange your money before your trip, as you will have a chance to exchange your U.S. dollars for the local currency once you arrive at the airport in Ghana.
 - You will be responsible for any additional baggage fees.

A DOCUMENT HOLDER

It is essential that you have a money belt or document holder to carry all important documents (passport, money, immunization record, etc) that should never leave your person while in transit. Upon signing up for your trip, you should have already submitted clear photocopies of your passport and medical insurance information. Your facilitators and the Me to We office will retain copies of this information should an emergency arise. We ask that you also leave a copy of this information with your parents/guardians.

Your document holder should include:

- Wallet
- Cash
- Important documents
- Passport
- Travel medical insurance information

LABELS

Please ensure you label your luggage with your name and full contact information (your home address).



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WHAT TO PACK IN YOUR CARRY-ON

- ▶ We recommend bringing a school-sized backpack, which will double as a daypack while you are in Ghana.
- ▶ Remember that airline regulations restrict you to only bringing 100ml bottles of liquids or gels (e.g. medications, contact lens solution) in your carry-on.
- ▶ As checking luggage is not always reliable, your carry-on should contain everything you would need for 1-2 days just in case your luggage gets to Ghana after you do.

The rest of your carry-on should include:

- Glasses/contacts and sunglasses
- 1 magazine or book to read
- Camera
- Watch or travel alarm clock
- Journal and pens
- 1 T-shirt
- 1 sweater
- 1 pair of pants
- 2 extra pairs of underwear
- Toothbrush/essential toiletries
- Important and prescribed medication (enough for the entire trip)

WHAT TO PACK IN YOUR CHECKED LUGGAGE

- ▶ Please do not bring a suitcase. All of your clothes and personal items should be packed in a hiking backpack.
- ▶ You may choose to invest in a hiking backpack from a local outdoor store such as Mountain Equipment Co-op or Coast Mountain Sports. The cost at these stores may range between \$150 - \$350 CAD.
- ▶ Alternatively you can also purchase a hiking backpack at a local store, where the cost may be closer to \$50 - \$100 CAD.
- ▶ Please remember to:
 - Pack any liquids or gels in Ziploc bags and in your hiking backpack, which will be checked before your flight.
 - Pack lightly—you'll have to carry everything you bring!
- ▶ Clothing
 - Cotton and natural fibres do not dry well in Ghana's hot and humid weather. We advise synthetic, quick-drying fabrics.
 - If you would like to wash a few items during the trip, you can bring laundry soap and do so in the sinks at your accommodations. If you plan on doing laundry, remember that cotton will keep you cool in the hot weather, but takes a long time to dry.
 - It is also very important that all participants dress conservatively during the trip, which means not wearing any clothing that is tight or revealing.



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CLOTHING MUST-HAVES

Bottoms:

- 1 full-length pair of pants
- 1-2 long, lightweight pairs of pants for evenings
- 4-5 pairs of knee-length shorts/capris
- Undergarments for length of the trip
- Warm pyjamas

Tops:

- 5-6 T-shirts (No low-cut v-necks)
- 2-3 long-sleeve shirts
- 1 light sweater
- 1 light, waterproof rain jacket with a hood

Footwear:

- Running/hiking shoes with ankle support
- Flip-flops for the accommodations and shower
- Socks for length of trip

VOLUNTEER CLOTHING

All items on this list are mandatory for all volunteer activities in the community:

- Hat with a brim
- Work/gardening gloves
- Safety goggles
- 2 1L reusable water bottles
- 2 pairs of light full-length pants (These must be worn at all times on the volunteer build site—khakis are great!)
- Steel-toe boots or a pair of running/hiking shoes with steel-toe covers (These must be worn at all times on the volunteer build site)

TOILETRY KIT

Please bring travel-size amounts of items and only what you will need for the duration of the trip. Please also remove any plastics and packaging from products before packing them to ensure proper recycling and limited waste in Ghana.

We advise bringing the following items:

- Toothbrush
- Toothpaste
- Dental floss
- Hairbrush
- Deodorant
- Shaving kit
- Moisturizer
- Hand wipes and sanitizer
- Sunscreen
- Aloe vera
- Anti-itch cream
- Feminine products (if required)
- Biodegradable shampoo, conditioner and soap—we recommend CampSuds or other brands available at sporting goods stores



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ADDITIONAL REQUIRED ITEMS:

- Bug spray (with DEET and Afterbite)
- Snacks (granola or energy bars, or trail mix in resealable bags)
- Gatorade powder or electrolytes
- Light pyjamas
- Camera and extra batteries/charger and power adapter
- Light blanket or single sheet (optional)
- Flashlight or headlamp with extra batteries
- Spare set of glasses/ contacts
- Laundry detergent/laundry soap bars
- Travel alarm clock
- Towel and facecloth (quick dry is preferred)
- A thin scarf or bandana (optional, but is great for covering your head and neck from the sun)
- Swimsuit (one-piece—if you are bringing a two-piece suit, please also bring a T-shirt to wear on top of it in the water)

WHAT NOT TO BRING ON YOUR TRIP:

- × Your cell phone (your facilitators will have a phone at all times for emergency purposes)
- × Yoga pants or leggings
- × Tank tops
- × Jewellery
- × Clothing with any brand names or sayings that may be culturally inappropriate
- × Knives or weapons of any kind (including Swiss Army Knives)
- × Hair straightener and blow dryer
- × Electric shaver

AVERAGE TEMPERATURES IN GHANA

January – March

27°C, sunny skies

April – June

26°C, light rain

July – September

25°C, scattered showers

October – December

27°C, sunny skies

Rain should be expected in all seasons. Please come prepared.