

## Packing List for Volunteers

Check with your airline to see the maximum baggage you are permitted to carry. Delta, at the time of this writing, allows 2 bags 50 lbs each and 1 carry-on of 35 lbs. We request that you dedicate at least one of your large bags to carry supplies/donations to Africa. If you are teaching, you will be responsible for making sure your own class supplies are there. Volunteers are asked to each other gather and carry supplies. Below are ideas of what personal items to bring in your personal bag. These are only suggestions and are based on experience and feedback from prior volunteers.

### Clothing:

- basics: underwear, socks, etc.
- Skirts @ knee length or longer
- shorts and or light weight pants
- tops - sleeveless is OK, light sweater or long sleeve shirt
- something nice for church
- sturdy sandals or sneakers that are easy to clean.
- slippers or extra flip flops
- sunglasses and hat
- hat and bandanna
- rain jacket/poncho
- swimsuit

(you might want to spray clothing with permethrin– a 2 week spray for clothes if the mosquitoes worry you)

### Toiletries and First Aid:

- Bug Spray (20-30% DEET)
- Sun Screen (min 30 spf )
- Band-Aids
- Antibacterial Ointment
- After-Bite
- Chapstick
- Shampoo and conditioner
- Body/All purpose Wash (Dr. Bronners)
- Toothpaste/Toothbrush/dental floss
- Razor and shaving cream
- Deodorant
- Antibacterial Wipes
- Body and Face Wipes
- Pads/Tampons (as needed; bring enough!)
- Mini Toilet Paper Roll
- tweezers
- Vaseline

### Medications:

- Prescriptions
- Anti-Malarial Meds
- Pain Relievers
- Anti-Diarrhea Pills
- Benadryl or Claritin for allergic
- Tums or Other Antacid

### Miscellaneous:

- Money Belt (waist type)
- Towels
- Sleep Sack
- Pillow
- Flashlight
- Book light
- Brush
- Elastics
- Sewing Kit
- Baggies
- Electrical adaptors for European and UK outlets (2 and 3 prong) transformer to 220 v if your equipment requires it
- Energy bars, trail mix, etc.
- GSM cell phone unlocked (you can buy a phone and sim cards there)
- Laptop – for keeping notes of your trip, organizing photos, watching movies in your room at night, accessing the internet when connection is available.
- Light blanket (if staying in hotels you may find over-air-conditioned rooms)

### Documents:

- Passport
- Visa (double check for accuracy)
- Yellow Card
- Airline Tickets
- Itinerary
- Extra Passport Photos
- Copies of all docs
- Credit card you used to purchase ticket
- Customer Service Numbers for Credit Cards

### Important Notes on Currency:

You will get a better exchange rate for big bills (we recommend new issue \$100).

Avoid using Credit Cards - Visa ATMs can be found in larger cities (Accra, Ho, Cape Coast).

ONLY VISA is accepted in most Traveler's Cheques may only be cashed in big cities.

Always carry valuables in your money belt around your waist and under your cloths).

### Gift Ideas

eye drops (it can be dusty!)  
Imodium and cipro for diarrhea  
antibiotic Z pack (as your doctor recommends)  
Vitamins, EmergenC, probiotics (so you keep your system strong  
against parasites.)  
rescue remedy, etc.  
Cinchona Officinalis (for stomach and also anti-malaria)  
Lycopodium Clavatum

**Other:**

Day Pack  
Pen / notebook /journal  
Books for Reading  
Camera., film/memory card  
video camera  
Recording Device/Mic  
Blank CDs or flash drive  
Batteries  
Gifts for Hosts/New Friends  
Polaroid camera and lots of film if you want to give kids pictures.  
Disposable camera if you want to give them to kids to take home  
and then bring them back to develop. In that case, be sure to send  
them a copy of the pictures you later develop

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wind up flashlights, cosmetic items (not shampoo), shirts, hats, shoes.  
Dried fruit and nuts, chocolate, Vitamin C packets (EmergenC),  
mosquito repellent, music (especially Christian/Gospel), inexpensive  
jewelry.

If you are sponsoring a child and want to bring them gifts – consider a  
gift to their class like books, dvds, money for things they specifically  
need which you can purchase while you are there. Items like school  
supplies or clothing are best to buy in Ghana.

**Laundry** - You can ask someone to wash for you or you can wash in  
your room. Bring twine or something to rig up as cloths line in your  
room.

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