

Items to Take to Ghana



Alarm Clock or Watch (one you won't mind losing or getting broken)
Camera & Film (film is expensive in Ghana so take plenty with you)
Flashlight & Spare Batteries (for walking in the evenings - a small one with a bright beam is sufficient.)

First Aid Kit: (We'll have first aid supplies with us; but a small, personal kit is a good idea)

Malaria Pills (as prescribed by your physician)
Immodium (or similar product for diarrhea)
Pepto-Bismol, Tums or similar product for indigestion (tablets are easiest to carry)
Tylenol or Ibuprophen
First Aid Antiseptic/Anesthetic cream
Hydrocortisone cream or spray
Band-aids
Personal medications

Soap & Shampoo (in plastic containers; no glass)
Liquid Hand Cleaner or Disposable Wipes (for cleaning face/hands during the day)
Toothpaste & 2 Toothbrushes
Mosquito repellent (100% DEET)
Sunscreen (SPF 30-50)

Hat with brim

Rain jacket or collapsible umbrella

Swimsuit

Personal Journal (all TLG team members will keep a journal)

Pens, pencils, paper (for personal use)

Snacks (e.g. granola bars, candies, crackers)

Sunglasses (a pair or two that you won't mind losing or getting broken)

Towel and washcloth

2 passport-size photos (extras, just in case)



OPTIONAL

Sewing Kit (small sewing kit to repair buttons, tears, etc)

Roll of your favorite Toilet Paper (flattened and in a zip lock bag)

Voice recorder (small one that you may find useful if you want to record children's voices, etc)

Lightweight Binoculars

CD or MP3 Player or small portable radio & spare batteries

CLOTHING: PACK LIGHT - (If you can't afford to have it ruined, leave it at home)

3 or 4 changes of lightweight clothes will be enough.

Cotton is best. (Temperatures will be in the 90's)

A casual outfit appropriate for church

If it needs to be ironed, leave it home

For evenings: Long sleeves and long pants or long skirts to avoid insect bites.

Shoes: Comfortable, lightweight, good for walking (Sandals, deck shoes, 1 pair of sneakers)

