

## Ghana Packing List 2024

### General Information

You will be allowed ONE checked bag (weighing less than 50 lbs) and ONE carry on piece (think a backpack). This is a total of two items. You are not allowed a personal item. For ease of travel, consider using backpacks for your carryon and a rolling suitcase for your checked bag. Also, sometimes luggage will get lost in transit. Save room in your carry on bag for a change of clothes and some small toiletries. Pack your liquids in Ziplock bags in case they leak. When you arrive for Orientation, we will provide you with a ticket jacket containing your passport, copies of your passport, visa, vaccination cards, international insurance, and flight information.

You are welcome to wear different clothing while you are here for Orientation in Orlando and then leave it here so that you don't have to carry it with you this summer. There is a washer and dryer on campus that you can use.

### Clothing

Bring a week's worth of clothing. Make sure you include church appropriate clothing. Togolese put a high value on coming to church nicely dressed. Also, they show pride and honor by dressing nicely so don't just bring your ratty t-shirts. However, you will be hand washing your clothing so it's best to not bring white clothing or clothes you wouldn't want stained. It will be hot but for cool evenings, you might want a sweatshirt or jacket. It will rain a lot so rain gear is essential. Be careful about bringing clothing that is see through if it gets wet. It's also recommended that you bring quick dry, moisture wicking and lightweight clothing, but this isn't comfortable for everyone. Finally, there will be a lot of bugs and mosquitoes so you might want to consider treating your clothing with Permethrin or something similar before leaving, but this is not required.

### Tattoos

If you have any visible tattoos depicting animals such as snakes, lions, dragons, or signs against nature, it shocks the population. So you will need to cover these tattoos while you are in public. Simple tattoos with handwriting, etc. do not need to be covered.

### WOMEN

<p><b>Pants/Skirts/Swimwear</b> You will need to wear long skirts (at least 4-5) that are at least knee length or longer both for everyday use and for church. Nothing above the knee. Any skin showing, is fair game for mosquitos. Bring a one-piece swimsuit for the beach with shorts to wear over it. Your swimsuit should be covering your cleavage and stomach completely. Knee-length gym shorts for playing soccer with the kids or inside your personal house. You can wear shorts inside your bedroom.</p>	<p><b>Tops</b> Do not bring tank tops. Plan to wear short sleeved or 3/4 sleeved shirts that are not low cut or tight fitting. Don't be afraid of wearing bright colors or big patterns! You may want both sports bras and regular bras and t-shirts for playing soccer. You will want headbands and ponytail holders for pulling your hair out of the way in the heat and it's recommended that you bring a bandana or scarf for covering your head in Muslim communities.</p>
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## **MEN**

<b>Pants/Swimwear</b> Shorts or pants are fine. Jeans are less culturally appropriate. Pants must be worn at church.	<b>Tops</b> Bring both nicer shirts and t-shirts. Please be mindful to not bring any graphic tees that could label you as an American or be offensive.
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## **Underwear**

Women, please be sure to hide bra straps and underwear lines. Guys, you will want underwear with some support; you will be doing a fair amount of walking. You may want Gold Bond for chafing.

## **Shoes**

Bring Chacos or some other sturdy sandal. You'll be wearing them most of the summer when you are out and about because it's hot. You would be miserable in hiking boots. You may want a pair of flip flops for showering, a pair of tennis shoes or other closed toed shoe for playing soccer, and a nicer pair of sandals or nice shoes for church.

## **Do Not Bring**

Expensive watches or other expensive items.

Hair dryer will be fine for you time in Orlando, but it won't be necessary in Ghana.

## **Personal Spending Money**

It is best to bring your personal spending money in cash using new bills. We recommend a range of \$200-\$500 and exchanging it in the airport when you arrive because the rate isn't as good elsewhere. You can bring credit and debit cards and withdraw cash from Barclays Bank but make sure you inform your bank and credit card company of your travel plans before you leave so your account won't be frozen or cancelled.

## **Gifts – NOT REQUIRED**

Bibles (in the French language), Books, T-Shirts, American Candy, Shoes, Soccer balls, jump ropes, coloring books and crayons for the children. The kids also love stickers. (NOTE from Past Edgers: if we were aware, we would have brought some items to gift to people when appropriate. We saw opportunities to give toys to the children and laptops, iPads, iPhones that are not being used anymore. They are useful in the ministry there.)

## **Travel**

- Pillow for long flights and travel days
- Eye mask for travel
- Earplugs
- Compression socks
- Money belt or pouch
- Cards, games, books, etc. for your international travel
- Face masks

## **Food**

- Snacks: Protein Bars, PB, dried fruit, nuts

- Gatorade powder, liquid IV powder, or Propel powder in individual packets. If you bring a giant jar, it will become a hard rock from the humidity once opened.

### **Other**

- Bible and Journal/Notebook, Pen
- Flashlight or headlamp and batteries
- Rain jacket
- Photos of your family to share with your new friends. Be aware of the modesty of the people in the photos.
- Sturdy Water Bottle (32oz or more)
- Small backpack or day bag
- Sermon notes for preaching opportunities
- Scissors
- Sewing kit
- Laundry line or thin rope and clothespins

### **Technology**

- Laptop for ministry (computer trainings)
- Watch and/or alarm clock
- Personal sized battery powered fan (this will help keep you cool while you sleep)
- Electrical converter and or adapter. Check to see what the country requires.

### **Bedding**

- Mosquito Net. Get something that is versatile for various bed sizes or length of string.
- Flat twin sheet. You will not want a blanket, but sometimes it will be nice to cover up with something. It will also help keep stray mosquitos or bugs off you.
- Your sleeping arrangements will have two people to a room/bed.

### **Toiletries**

- Soap, shampoo, conditioner (Liquid or bars. If your team wants to share shampoo and conditioner, figure it out in your group chat, who is bringing what items in bulk.)
- Toothbrush (bring a couple) and toothpaste
- Laundry powder or laundry bar
- Deodorant
- Loofah or washcloth
- Hand sanitizer or wet wipes
- Travel Kleenex packs or "wet wipes" to use for toilet paper (public restrooms will not providing toilet paper)
- Razor/Shaving Cream
- Gold bond
- Sunscreen
- Bug Spray with DEET or a natural alternative
- Beach/Bath Towel
- Small amount of dish soap and bottle brush to wash your water bottles with.
- Women-bring enough feminine products for the summer

### **Meds**

- Prescription Meds (in original container)

- Any OTC meds you typically use. Inhaler if you have asthma
- Glasses/Contacts/ Sunglasses
- Probiotics
- Enzymes
- Emergen-C
- Fiber Pills
- Ibuprofen
- Acetaminophen
- Cold Meds
- Allergy Meds
- Multivitamins and/or fiber supplement
- Band-Aids/First aid

**Recommended but not Required (Ask your doctor)**

- Anti-Malarial pills are HIGHLY RECOMMENDED
- Ciprofloxacin for stomach issues
- Z-Pak
- Pepto
- Epi Pen if you are prone to allergic reactions

**Required Documents**

- Driver's license (or other photo ID)
- Student ID (good for discounts at tourist sites)
- Emergency Contact Info

(Edge Staff has your passport, yellow fever card, and visa)