

Cross-cultural Immersion in Healthcare: GHANA

Packing Suggestions

Please note, personal items must fit in one carry-on bag, with the exception of liquid personal items. Your checked bag will be reserved for clinic supplies.

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.
Clothing will be washed each day.

- 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, sox (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

Food

- Peanut Butter
- 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)
- 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