



## Preparation Checklist/Things to Note:

### COVID Tests

- ✓ Must take COVID test on December 24th or 25th prior to leaving US (cost varies/some insurance covers)
- ✓ Will need to take another COVID test when landing in Accra Airport (**about \$150 USD cash/credit card**)
- ✓ Will need to take another COVID test prior to leaving Ghana (**about \$60 USD cash only**)
- ✓ Vaccinated passengers will still need to take all COVID tests

### Vaccinations/Shots

[\(Click here for details on CDC website\)](#)

- **Required- Yellow Fever vaccination.** [Click Here](#) for list of clinics who administer the vaccine in the US. MUST carry a yellow fever card as it will be checked to clear passport control and customs. (NOTE: I would suggest making an appointment for this vaccine ASAP as clinics have been known to run out)
- **High Recommended- Malaria pills.** You can visit a travel health clinic (CVS or Passport Health) or check with your normal physician for a prescription. You can also check with the clinic you make appointment for Yellow Fever Vaccination to see if they can write prescription for Malaria pills

- **Highly Recommended Now- Polio Vaccination**. If you were vaccinated against polio as a child, but have never had a polio booster dose as an adult, you should get this booster dose. Adults need only one polio booster dose in their lives. Check with the clinic you make appointment for Yellow Fever Vaccination to see if they can administer Polio or Polio booster vaccination OR normal physician
- **Highly Recommended Now- COVID Vaccine**

### **Items to Bring**

1. **Physical Passport and a Copy of Passport (Digital and Printed)**
2. **Yellow Fever Vaccination Card**
3. **COVID Vaccination Card (if applicable)**
4. **At least \$800 USD cash (if this is within your budget to pay for meals not included in itinerary, souvenirs, tips/gratuities, activities not included in itinerary).**
  - a. **NOTE: PLEASE BRING ALL \$100 BILLS**
  - b. **Credit card machines/ATMs may have issues so it is always good to carry more than enough cash.**
5. **Credit Card and Debit Card (Ensure to contact bank and let them know you will be traveling)**
6. **School items for volunteer event (list will be provided at Meet and Greet)**
7. **Insect repellent (look for ingredients containing DEET, Picaridin Oil of lemon eucalyptus (OLE) OR IR3535)**
8. **Travel Adapter- Please purchase a universal adapter. Ghana uses type D and G outlets.**
9. **Wireless phone charger**
10. **Professional Camera/Quality phone camera (photographer will be there to capture moments but bring good camera in case you want more personal shots)**
11. **Sunscreen- 30-50 SPF**
12. **Hand Sanitizer**
13. **Wet wipes**
14. **Travel size tissue**
15. **Antacids tablets (Tums or Pepto bismol)**
16. **Summer Wear (Weather in Ghana will be 85 F or higher)**
17. **Swimwear**
18. **Comfortable shoes (sandals/and or gym shoes)**
19. **All White & All Black Outfit (Going Out)**
20. **An unlocked phone that can accept a sim card**
21. **1-2 Bottles of your favorite Alcohol (Liquor there will be more expensive and limited options)**
22. **Small Carry-on bag or Book bag**

### 23. And Most important Patience, Positivity and an Open-Mind!

#### Phone/Wifi

1. Wifi will be available in hotel and on tour bus to scheduled events
2. Contact mobile company regarding international data plan (WIFI will be scarce in Africa)
3. If phone coverage does not work, the following will be available for purchase on arrival:
  - a. Sim card with data plan- **about \$20**. Please check with the carrier to confirm the phone is unlocked and can accept foreign sim cards. If not, you can bring an unlocked phone or purchase one in Accra
  - b. Mobile hotspot- **about \$60** (but can connect multiple devices so can share price with someone you will be with the entire trip)