

# **Notes Before Traveling to West Africa**

## **Vaccinations Pills**

### **1. Required-Yellow Fever vaccination.**

Click [Here](#) for a list of clinics that administer the vaccine in the US. MUST carry 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)

### **2. 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 an appointment for Yellow Fever Vaccination to see if they can write prescriptions for Malaria pills

### **3. 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 an appointment for Yellow Fever Vaccination to see if they can administer Polio or Polio booster vaccination OR normal physician

### **4. COVID Vaccination Required**



# Important Items to Bring

1. Physical Passport & Copy of Passport (in case passport is lost/ stolen)
2. At least \$750 USD Cash OR Equivalent in Ghana Cedis (Some places may not take credit cards)
3. Credit Card and Debit Card (Ensure to contact the bank and let them know you will be traveling)
4. Insect repellent (look for ingredients containing DEET, Picaridin Oil of lemon eucalyptus (OLE) OR IR3535)
5. Travel Adapter - Please purchase a universal adapter. Ghana uses type D and G outlets.
6. Sunscreen-30-50 SPF
7. Hand Sanitizer
8. Antacids tablets (Tums or Pepto Bismol)
9. Contact mobile company regarding international data plan (WIFI will be scarce in Africa )
10. Summer Wear (Weather in Ghana will be 85 F or higher)
11. Swim Wear (There will be beach time and pool at the hotel. Please bring at least one solid/neon-colored swimsuit for pictures)
13. Comfortable shoes (sandals and or gym shoes)
14. 1-2 Bottles of your favorite Alcohol (Liquor stores are hard to find and you can also get at Duty Free in airport. May be more expensive and limited options)
15. COVID vaccination card (recommended)
16. Extra Towels (if needed/recommended)