

## Country: Ghana

- Visa:
  - Contact [www.ghanaembassy.org](http://www.ghanaembassy.org)
    - Forms must be submitted in duplicate at least 2 weeks prior to departure
    - Two passport photos are required with visa applications
  - Travel with at least one 2x2 passport photo
- Local Contact:
  - Two references or points of contact or hotels are required for visa
  - These will also be need for immigration paperwork on arrival into Ghana
  - Your team leader will supply this information
- Medical:
  - Proof of Yellow Fever inoculation is required
  - Hepatitis A, Malaria, and Typhoid prophylaxis are highly recommended for all travel
  - Meningitis vaccine is recommended during the “dry season”
  - Routine vaccines - MMR, DTP, chickenpox, polio, and yearly flu shot are recommended
  - You are encouraged to visit [www.cdc.gov](http://www.cdc.gov) for the most up to date travel info
- Clothes:
  - For Men:
    - Jeans, cargo pants, or slacks are all acceptable
    - Polo style or collared shirts may be worn anywhere
  - For Women:
    - Modest apparel is always appropriate
    - Jeans, slacks, or knee length skirts are not out of place
  - Any type of shoe worn in the US fits the norm
- ***Make sure to check the local weather before you travel! Anywhere in the world can be chilly!***
- Things to bring:
  - Refillable water purification bottle
    - We recommend this one: <http://shop.camelbak.com/all-clear-bottle/d/1208>
  - Bug Spray
  - Sunscreen
  - Snacks (protein bars, trail mix, candy bars, etc.)
- Have a copy of your itinerary for your return flight (with your name on it) and a copy of your travel insurance paperwork easily accessible (especially when traveling)
- It is almost impossible to dress nicer than a person from West Africa
  - For church services, a tie or dress is not required but would not be out of place
- Medicines and personal supplies may be available locally, but do not depend on local sources
  - Personally carry in anything you require during your stay