

■ Student Packing Checklist – Ghana Research & Cultural Exchange

This checklist is designed to help students prepare for their upcoming exchange program in Ghana. Please review carefully and pack according to airline luggage guidelines. Essentials like travel documents, health requirements, and culturally appropriate clothing are highlighted.

■ Travel Documents

- Valid Passport (6+ months remaining)
- Ghana Visa (secured prior to travel)
- Yellow Fever Vaccination Card (required for entry)
- Travel Insurance documents
- Parental/Guardian Consent forms
- Flight tickets & itinerary
- Emergency contacts list

■ Clothing

- Lightweight, breathable shirts and pants
- School/group uniform or program t-shirt (if provided)
- Comfortable walking shoes
- Sandals/flip-flops
- 1–2 sets of semi-formal wear (for official visits)
- Light jacket/sweater (evenings can be cooler)
- Rain poncho/umbrella
- Sleepwear & undergarments
- Swimwear (optional – for approved outings)

■ Health & Hygiene

- Prescription medicines (in original containers)
- Basic first aid kit (band-aids, pain relief, antiseptic cream)
- Hand sanitizer & antibacterial wipes
- Sunscreen & insect repellent (DEET recommended)
- Reusable water bottle
- Personal toiletries (toothbrush, soap, deodorant, etc.)
- Tissues & toilet paper travel packs

■ Academic & Research Materials

- Notebook & pens
- Laptop/tablet (optional, based on group leader guidance)
- Camera or smartphone for documentation
- USB drive or cloud access for saving work
- Assigned readings or research prep materials

■ Miscellaneous

- Travel pillow/eye mask for flights
- Snacks (non-perishable, packaged)
- Small backpack/daypack
- Plug adapter (Ghana uses 230V, UK-style plugs)
- Cultural gift items (optional, for exchange visits)

■ Tip: Pack light but smart. Students are encouraged to bring culturally respectful clothing, stay hydrated, and keep all important items in their carry-on. Leaders will provide a final briefing before departure.