

What to Pack



You Absolutely Need...

- Copy of your passport & another form of ID (school ID, driver's license)
- Malaria meds if you are taking any
- **Ghana is cash only, no traveler's checks.** Bring as much cash as you are comfortable carrying with you. Teach on the Beach can change money for you in Ghana.
- Credit/Debit card: Visa most widely accepted, Mastercard, AMEX
- Pants/ skirts/dresses (For school/formal meetings)- knee length
- Tank tops/t-shirts
- Shorts for the beach/around the house (Bermuda style or basketball shorts)
- Bug Spray, sunscreen, shampoo, soap, contact solution, feminine products
- Flashlight
- Beachwear: bathing suit, separate towel for beach (don't want a dirty towel when you shower)
- Footwear: flip flops, dressier sandals to teach in, gym shoes if you plan to do some hiking
- Towel for bathing
- Bed sheet, pillow, towel/clothe for the beach
- Backpack/book bag
- Camera

We highly recommend that you bring USED clothing, nothing that you will have trouble parting with, often volunteers come back with very few if any belongings.

We encourage you to leave your valuables at home but if you decide to bring them keep them with you at all times (jewelry, laptop, camera, iPhone, iPad, etc.)

What you may want...

- Snacks – granola, trail mix, snack bars,
- Coffee (if you're a fanatic)
- Comfortable sleepwear
- Mosquito nets (they are available for purchase in Ghana)
- Basic first aid kit (Band-Aids, ibu profen, Imodium, Tums)
- Nice clothes for going out at night in the city

Donatables for the kids... see our 'What we Need' list.