GHANA MISSION PACKING CHECKLIST

Toiletries:
- [ ] Toothbrush and toothpaste
- [ ] Deodorant
- [ ] Comb / brush
- [ ] Razor
- [ ] Soap
- [ ] Shampoo
- [ ] Washcloth

First aid and medication:
- [ ] Any medication you need (in original packaging)
- [ ] Anti-malaria tablets
- [ ] Anti-diarrheal medication
- [ ] Paracetamol
- [ ] Plasters
- [ ] Sunscreen (at least Factor 20)
- [ ] After sun lotion
- [ ] Waterless antiseptic hand wash
- [ ] Wet wipes
- [ ] Insect repellent containing DEET

Clothing:
- [ ] Hat
- [ ] Walking shoes
- [ ] Socks
- [ ] Skirts
- [ ] Trousers
- [ ] Shorts
- [ ] Shirts
- [ ] Jumper
- [ ] Light waterproof jacket
- [ ] Underwear
- [ ] Swimming costume
- [ ] Towel

Other:
- [ ] Alarm Clock
- [ ] Sunglasses
- [ ] Pens
- [ ] Bible
- [ ] Torch
- [ ] Camera, extra batteries and memory cards
- [ ] Gifts for the children
- [ ] Passport
- [ ] E-Tickets
- [ ] Travel Money