

DMC Study Abroad Travel Packet

This form is strictly for safety purposes for DMC Staff to hold in case of any emergencies.

Name: _____

Date of Birth: _____

Medications: _____

Allergies: _____

Other medical conditions we should know about (motion sickness, anxiety, etc):

Primary emergency contact:

Name: _____
Relation: _____
Daytime phone: _____
Evening phone: _____
E-mail address: _____

Secondary emergency contact:

Name: _____
Relation: _____
Daytime phone: _____
Evening phone: _____
E-mail address: _____

Turn this form in by _____ along with photocopies of:

- Your insurance card (if you have one)
- Immunizations card (showing your Yellow Fever vaccination)
- First two pages of the inside of your passport.

Packing List

Pack light! We can't say this enough! Pack only what you absolutely need. Start paying attention to what you use on a daily basis and how much of it you would use in a three weeks. If you're questioning whether something is essential or not, it probably isn't and you'll be happy in the long run that you don't have to lug it around!

You will probably decide that you won't need everything on this list, especially when trying to pack as light as possible, but read it over and think about it.

For Carry

Backpack

Day bag

Suitcase

Ziploc bags

Clothes

- *Pack light-weight, light colored clothes- it will be hot and muggy sometimes!*
- *Jeans are very hot but you might want to bring one pair for dressing up at night.*
- *Remember to be respectful! Ladies: something to keep in mind women do wear shorts, long pants and skirts there. You can wear shorts or long pants for dance classes and also at the beach but I would advise you to only bring the ones you need. No wearing of skirts at gyil lessons.*
- *When we go on our excursion trips or visiting formal public events such as funerals, outdoorings, and festivals, it is especially important to bring long pants and some descent clothes to wear to these events.*
- *Also bring clothes you wear for the evening dance classes. Make sure that some of the clothes you pack can double as dancing clothes (shorts, t-shirts, etc.)*
- *You should have one relatively nice outfit for church or another formal occasion where you may need to dress up.*
- *Don't bring all the clothes we listed below! We listed the absolute most you could ever possibly need.*
- *You will be able to buy more clothes there and you can buy fabric and have outfits made for you at the center by the tailors seamstresses who work at the center!*
- *Wearing camouflage in Ghana is illegal... so don't bring any*
- ***Bring a light weight blanket or a coversheet to cover yourself in bed. Sometimes the fans make the room cold or just in case you are the type who wants to cover up when you are in bed.***
- ***Also, bring at least two bath towels. The center does not supply bath towels.***

Women:

- 1 or 2 nice Dresses
- 3-4 T-shirts/sleeveless shirts/tank tops and Skirt
- 1 Pair of light pants
- 1 Pair of shorts
- 1 Pair of capris/Bermuda shorts
- 2-3 Bras

Both: Genders

- 7 Pairs underwear
- 1 Lightweight long sleeve shirt
- 1 Lightweight raincoat
- 1 Lightweight hoodie/sweatshirt
- 1 Set of sleep clothes
- 1 Swim suit
- 1 Hat
- 2 Pairs of socks
- 1 Pair of sneakers/walking shoes
- 1-2 Pairs of sandals/flip-flops

Hygiene

- *Figure out how much of everything you use in a month and only bring that much. You can find all sorts of little containers to put everything in.*

Toiletry bag	Shaving cream
Toothbrush	Baby wipes
Toothpaste	Pads/tampons
Dental floss	Hairbrush/comb
Deodorant	Hair ties/handkerchiefs
Soap	Moisturizer
Soapbox/bag	Tweezers
Shampoo and conditioner	Chopsticks
Towels	Hand sanitizer
Razors	Small compact mirror

Health

- *Bring your medication in the original packages even if it's over the counter so the officials know you're not carrying anything illegal.*

- *Try to stay as healthy as possible- take your vitamins, wash your hands often, and use antibiotic cream on any small cuts or scrapes. Our bodies are not used to the little germs in Ghana!*
- ***Communication is essential! Make sure to talk to Michael if you have any issues, questions, or concerns at any time during the trip. The following are some helpful first Aid stuff to bring.***

Prescription medicine (with script)
 Motion sickness tablets if applies to you
 Fever tablets
 Pain relievers
 Allergy pills
 Epi-Pen (if you have serious allergies)
 Anti-diarrheal (Imodium AD)
 Ex-Lax and Pepto-Bismol
 Glasses/contacts/solution if applies to you

Sunscreen
 Insect repellent
 Small first aid kit
 Band-aids/bandages
 Antibiotic ointment
 Water bottle
 Multi-vitamins
 Cold/Flu medicine
 Malaria pills

Miscellaneous

- *Ghanaian current is 220 volts, 50 cycles. Avoid bringing many appliances that need converting from 110 to 220 volts. If you are bringing such appliances, bring a step-down adaptor.*

Electric converter and adaptor plugs
 Travel clock/watch
 Flashlight
 Paperback book or anything to keep you occupied on the long flight.
 Dryer sheets (to keep your clothes smelling nice)
 Bring Band-Aids for your fingers when playing gyl
 Camera/Film or memory cards
 Packing/duct tape
 iPod/CD or Mp3 player, headphones

Batteries
 Battery charger
 Earplugs
 Sunglasses
 Safety pins
 Voice/music recorder
 Playing cards
 Sewing kit

Food

- *Remember that this trip is to experience another culture- a big part of which is the food! If there is something you absolutely must have or will miss, bring it, but otherwise the only thing you may want to bring is granola bars or your favorite biscuits. Also let Michael know if you have any dietary restrictions.*

Documents

- Passport with visa and vaccination certificate
- Insurance card/certificate
- Copy of itinerary
- Driver's license optional
- Student ID

Photocopies of important documents which are to be kept in a different place from the originals in case the originals are lost. We will also need copies of everyone's documents. Address list-with contact information for the people you may want to write to/call while in abroad.

Guidebook optional

Money: ₵

- *The Ghanaian Cedi is the currency in Ghana. The symbol for GHC can be written ₵. The Ghanaian Cedi is divided into 100 pesewas. As of January 2019, the exchange rate is US\$1 = ₵4.9. *Please be sure to check this rate before you come to Ghana, it changes!*
- *Forms of money to bring: Cash is your best bet- don't bother with traveler's cheques- they're hard to use and you won't get good rates. A Visa card or MasterCard) is ok for getting money if you run out but it is still inconvenient because it can take time to travel to get cash at the ATM and the exchange rate is bad.*
- ***Bring your money in large bills to exchange (no smaller than US\$50 and US \$100 dollar notes). Make sure they are the new colored ones with no major tears, extra markings etc.***
- *Bring a money belt/wallet/something to keep your money in.*
- *Think about and be aware of your money. Know where you put it, how much you spend. Think about where you will keep it and how you will hide it. You want a system that will be easy for you and no one else.*
- ***There is a safe at the Center and we can keep your money there for you.***
- *How much money should you bring?*
In terms of how much money to bring, we suggest \$500 if you have the money or whatever amount if you don't have that much to bring. But if you have the money, it won't hurt to bring it and if you don't spend, it you can always bring it back. It's better to have enough than to regret having less especially if you want to buy instruments or souvenirs. So check and see how much you can afford to bring.

Contribution for the party at the DMC the night before you leave Ghana = \$20

For other out of pocket spending apart from the \$20 party contribution, you will be responsible for paying for your drinks - including bottle water and lunches when you are on the excursion trips. The lunch is about \$5.00 for the days that you will be on the excursion.

Gifts Optional

- *You may wish to give gifts to people you meet while in Ghana. For children we suggest soccer balls, small toys, pens, pencils, candy, and clothes (especially ones with logos).*
- *Optional: we encourage our students to do a school supply drive and/or buy a bunch of school supplies ourselves (everyone spend no more than \$20 and buy pens, pencils, erasers, notebooks, paper and possibly books) to donate to the local schools in Medie.*
- ***Optional: You can give monetary tips to the friends and teachers at the center at the end of your stay as a thank you. This is a precedent that has been set by others in the past as a courtesy. So have a little extra cash to tip at the end if you are able to do so.***
- *You have to be smart about how and when to give gifts. With gifts it is very important to give them at the end of a visit. Give it collectively to Michael to distribute it appropriately, and to give gifts in moderation. We do not want to create an atmosphere of expectation where kids or even adults are constantly asking for things. It makes it uncomfortable for us as well as other travelers to the area.*

Luggage information and baggage allowances for Airlines

- *Make sure you can carry everything you're bringing.*
- *Please read carefully; international airlines are very picky! We don't want you to be turned away at the gate because your stuff is too big or too heavy.*
- *Make sure your name and contact information is on all pieces of luggage!*
- *If you are flying to and from your home to JFK make sure to check the baggage allowances of the airline you are taking- you don't want to get stuck in NYC with all your stuff on the way home!*

Carry-on:

You can carry on **one bag plus one personal item**. Each must:

- Weigh less than 40lbs.
- Measure less than 45in. when you total length + width + height
- Fit easily into their SizeCheck unit (approx. 22"x14"x9")
- Fit in an overhead bin or underneath the seat in front of you.

Personal items include:

- Male or female purse
- Briefcase
- Laptop computer
- Camera case
- Items of a similar or smaller size to those listed above

These additional items are okay to carry on and do not count towards your allowance:

- Food items for immediate consumption
- One box or bag of duty free merchandise
- A jacket
- An umbrella
- One item of reading material

In your carry-on pack:

- Anything that is valuable, fragile, or essential. Keep in mind what you'd need if your checked luggage were lost. You might consider packing a change of clothes and underwear in your carry-on just in case.
- Film: Put film in your carry-on or it will be ruined. You might want to invest in an x-ray film protector bag.
- Batteries: and try to make sure they are in the original package. If you don't have the original packaging, pack them so they are not touching each other or any metal. Also make sure they won't be squished in your bag.
- Lighter with fuel (if you're bringing one)- you are only allowed one and it must be in your carry-on. You can bring two only if they are enclosed in a US DOT approved case. Lighters without fuel are allowed as checked or carry-on but lighter refills or lighter fuel is prohibited. Matches: non-strike anywhere matches are allowed and can be in your carry-on or checked. Strike anywhere matches are prohibited.

Liquids in your carry-on:

- Each liquids/gel/paste item in your carry-on must be no larger than 3oz/100 ml.
- Place all liquid/gel/paste items into a single quart-size, clear plastic, zip-top bag.
- When at the security checkpoint in the airport, take the quart-sized bag out of your carry-on and place it in the provided bin.
- Special provisions are usually made for medications if you must have more than 3oz of it with you in your carry on.
- Basically it's a huge hassle to bring liquids in your carry-on. Unless you absolutely need it with you on the plane, put it in your checked baggage because then you can bring more than 3oz of it and don't have to worry about anything at the airport.
- Liquids include: beverages, creams, hair gel, hair spray, bug spray, shampoo, sunscreen, toothpaste, etc.

Checked baggage:

You can check **two bags** on international flights for free. Each must:

- Weigh 50lbs.
- Measure less than 62in. When you total the length + width + height

In your checked baggage pack:

- Everything that's not in your carry-on!
- If you are bringing a pocket knife it must be in your checked baggage.

Special considerations:

- Think about what you are planning to bring back with you- make sure you will have enough room!
 - You should not need more than one checked bag to carry all your stuff so I suggest that you bring another bag of school supplies/donations us a second checked bag - optional. That way you are not tempted to bring too much unnecessary stuff and it leaves room for a second checked item on the way home (instruments, souvenirs etc.!)
 - Locks: Bring luggage with zippers so you can lock it. If you plan on locking your luggage before we get to Ghana, make sure the locks are TSA certified or they will be cut off at the airport. **If you have any questions, send us an email and we will provide answers.**
- See Ya!**