



PACKING FOR GHANA? HERE'S WHAT YOU NEED.

- ❖ A digital camera or video camera.
- ❖ Insect repellent – essential for protecting against mosquito bites, especially in rural areas and during evening outings.
- ❖ Sunglasses / Sun or Straw hats / Sun lotion / Lip balm – to shield against sunburn.
- ❖ Lightweight Backpack – for day trips and carrying essentials while exploring.
- ❖ Reusable Water Bottle – to stay hydrated and reduce plastic waste.
- ❖ Flashlight – Handy for navigating in areas with limited lighting or during power outages.
- ❖ Travel Adapter – Ghana primarily utilizes type G electrical outlets, with occasional use of type D outlets, so a suitable adapter is necessary for charging devices. Ghana operates on a 230V supply voltage and 50Hz.
- ❖ Bring your joggers or sneakers for hiking as well as sandals for relaxing
- ❖ Swimwear or drip-dry clothes in case you take a swim.

VISITING GHANA? HERE ARE KEY SECURITY TIPS TO KNOW.

- #1 Avoid currency exchange in the streets.
- #2 Safeguard your valuables, especially passports, and do not leave them in vehicles.
- #3 Obtain consent before photographing local people.
- #4 Respect local customs and traditions to enjoy a meaningful and mutual travel experience.
- #4 Feel free to negotiate prices in souvenir shops or markets. Do not be shy!
- #5 Avoid walking alone at night, particularly in poorly lit or secluded areas.
- #6 Confirm if a taxi is registered before using it.
- #7 At Moodofhope Tours, while we strictly discourage our guides and third-party suppliers from requesting gratuities, guests are welcome to leave a tip at their own discretion - based on your satisfaction with the service provided.