

Ride Africa: Ghana Packing list

Cycling kit

Cycling shorts - min. 2 pairs, padded lycra

Cycling jerseys - Your two provided jerseys and spares if you want.

Fingerless cycling gloves - for road vibration (highly recommended)

Socks - 6 pairs of lightweight sports socks

Trainers/cycling shoes

Sun hat/bandana - to protect your face and neck from the sun and for dust protection

Helmet (compulsory - must be worn at all times)

Pedals (optional but compulsory if you are bringing matching cycling shoes)

Saddle (highly recommended to bring the saddle you've been training on)

Water bottle or 2

Important documents

Passport (with a photocopy stored separately)

Insurance documents (with photocopy stored separately)

Yellow fever certificate and any other vaccinations certificates you might have

A credit card

Ghanian Cedi (see below for "how much money should I bring")

Toiletries

Personal toiletries

Insect repellent - 50% DEET

Bite relief cream

Hand sanitiser

Toilet paper

Wet wipes

Lip balm with SPF

Sunscreen (minimum 50. You're out all day in the heat and won't notice if you burn whilst cycling).

Chamois cream/vaseline (or your gloop of choice)

Aftersun

Paracetamol/aspirin/ibuprofen

Antihistamines

Blister kit

Rehydration sachets

Imodium/anti-diarrhea

Any supports (knee/ankle etc.) that you require

Any regular medication you are taking to last the 10 days or so you'll be away.

Any epipens or emergency medication you require.

Other personal items

Lightweight towel

Swimming costume

Camera inc. chargers/memory cards etc.

Sunglasses

Energy bars/chocolate if you have preferred favourites you want with you (although plenty of snacks will be provided)

Sunglasses

Phone charger

Alarm clock if you can't rely on your phone

Long sleeve tops for sun protection

How much money should I bring?

We would recommend you bring around £100 depending on how much alcohol you want to drink. £100 will be plenty for a few drinks, souvenirs and an optional evening trip or two. If you want to drink lots, you'll need to bring more.

What gift can I bring for the projects?

Marti has written about one of the projects we'll be visiting which you can [read on the blog](#).

Many of you have asked if there is anything you can physically bring for the projects. Schools will appreciate pens, notepads, footballs, football pumps and light gardening equipment for the Shape Lives Foundation garden

General advice from Marti, Programme Manager: it's not appropriate to bring huge quantities of items to donate to the projects - we'd rather you concentrate on your fundraising so that we can support specific programmes with the partner in Ghana and in the other countries we work in. We can then spend that money where it is most needed, which often isn't in physical items. However, if you feel you want to bring gifts for the

host partners, educational items (such as the above) to support the work of the Shape Lives Foundation and the schools, would be appreciated