



**Back To GHANA**  
**September 2026**  
**KNOW-B-4-U-GO**

Dear Travel Participant,

It is with great pleasure that we provide you with some helpful information to prepare you for your tour. Please read the information below in full for helpful hints, reminders and updated instructions for your tour. Some items may be repeated; however, important.

**Passport:** A valid Passport is required to travel to Ghana. Your Passport must not expire before 6 months after the date of your return to the US. (March 27, 2027)

**Ghana VISA Purchase:** Visa purchase must be submitted to the Ghana Embassy a minimum of 1-2 months before departure. The cost for a Ghana Single entry Visa is \$60 regular mail or (\$100 expedited). You will have to send your application along with your actual Passport to the Ghana Embassy directly. There are now a few new requested items you will need to upload during this application process. This being - a host letter, proof of an invitation to Ghana (agency have/will provide), your passport copy, a copy of your signature, and a Passport photo. Your Visa application process should be done within 30 + days prior to our departure! Please visit their website to familiarize yourself with the process and requirements. There is also a "Chat" line that will assist you if needed. Visit their website at <https://ghanaembassydc.org/>

**COVID-Vaccine:** Is a negative COVID-19 test (PCR and/or serology) required for entry? No, currently it is no longer required to enter Ghana. In addition you are no longer required to have a negative test result on your return to the US.

**Special dietary and medical needs:** Please, advise CST of any special dietary and or medical needs. If you have not provided CST with this information before 30 days of our departure your request may not be accommodated during our travel. This is very important!

**Departure Date, Location & Flight Schedule:** TBD United Airlines Round Trip from Washington Dulles International Airport to Accra Ghana– Fare is subject to change for 2026. When flight schedules become available (Please arrive at the airport a minimum 3-4 hours before departure time for all International flights) our estimated flying time is 9h30m. Estimated arrival to Ghana 9:05am. Flight Schedules TO BE ANNOUNCE (TBA)

- Because of the flying time, we also recommend you bring any medication and or medical supplies needed. A "Neck-Roll" may make your flight more comfortable. Pack light & smart so that you are not over-burdened with lugging too many pieces of luggage in & out of the country. We want you to have an easy-breezy journey while leaving room for your shopping items! PLEASE advise CST of any medical conditions, and requirements; such as medical devices, food allergies (fish, nuts, etc.), diabetes, dietary restrictions, CPAP machine, if carrying on the plane (the airline may need equipment name, type and measurements), wheelchair requirement, handicap- accessible rooms, etc. Some may not be accommodated.*

**Traveling as a group:** We ask that you **PACK YOUR PATIENCE**, and carry them with you always especially while touring and gathering sessions. Some activities may take longer depending on the event. Think positive and take in the experience. *Special request airline seat assignments are not guaranteed. Typically, group booking terms only allow for holding our space, and not assigned seats. Seat assignments are solely at the discretion of the airlines. Please know we always do our very best at pleading your case.*

**Luggage:** Per United Airlines, and CST you are allowed 1 checked bag weighing no more than 50lbs each and 1 carry-on, plus a purse or back-pack. International Motor Coaches have limited storage space; we recommend you pack smart and leave room for shopping. Understand, that your gratuity only covers the handling of one piece of luggage; any additional luggage handled for you will require you to tip the handler directly at minimum **(\$1per additional bag).**

**Packing:** Warm to hot weather; pack lightly with Spring & Summer interchangeable outfits. Pack an **"All White"** outfit for our African Naming Ceremony. Remember to also take along personal items needed daily, e.g., camera, sun/reading glasses, comfortable walking shoes, socks, shower shoes, hat, medicines, and a flashlight. Pack a couple of washcloths, some hotels may be limited, and or not have them at all. Pack a few packs of tissue (some public restrooms may not have tissue in them. Liquid items in Ziploc bags.

**Step:** Is "The Smart Traveler Enrollment Program" (STEP) is a free service and benefit that allows U.S. citizens traveling and living abroad to enroll their trip with the nearest U.S. Embassy or Consulate in case of international emergencies. This service is **OPTIONAL!** To enroll your trip visit; <https://step.state.gov/step/> the sooner the better.

**Travel Documents:** Travel documents will be ready and issued approximate 2 weeks prior to our departure date. The date for our CST hosted document gathering will be announced. Held approximately 2-weeks before departure. (TBA) A Zoom will be setup for those living outside of the Washington DC, Maryland, and Virginia area. *If you live in the Wash. DC, MD., or VA area, and are unable to attend the document gathering, we recommend you have someone sign them out for you otherwise expect a mailing fee. Those living outside of the Washington DC, Maryland and Virginia area, your documents will be mailed to you signature receipt.*

**Gratuities:** It is customary as a group to offer gratuities for our Tour Guides, Drivers & Luggage handlers (one piece of luggage per person). Additional pieces of luggage handled by our baggage handlers will cost \$1 per bag handled for you. Hotel housekeeping is also not included in the gratuity, and is at your discretion. The recommended amount for tipping for this tour is US\$15 per person per day (10-days on ground & handling = \$150 per person... Place your US\$-Dollars in a sealed envelope with "YOUR" name & amount given on the outside of the envelope. We (CST) will collect them upon arrival in Ghana at the **first** hotel check-in! *Your gratuity covers the tour guide, motor coach drive, and baggage handlers. It does not cover hotel maid service, or personal services to you.*

**Travel Protection Insurance is Mandatory:** Protect your investment and purchase travel protection insurance, with medical coverage with a minimum \$15,000 - \$50,000... For Travel Protection Insurance you can visit our website anytime [all4champion.com](http://all4champion.com) for a FREE Quote and to make Purchase... you also have the option to shop the web to compare cost and coverages. Although you can purchase insurance before your departure, we recommend you purchase travel insurance within 14 days or less from your initial deposit. You are not covered until insurance is purchased.

**Drinking water in Ghana?** Although you can drink water from the tap in Ghana we recommend "Bottled Water" - We will provide the first bottle of water on our touring days. Bottled water is easily purchased at convenient stores or through our tour guides. Cost is nominally priced.

**Eating Food:** Most foods in Ghana are safe to eat, especially their large variety of delicious, cooked foods, peeled fruits & vegetables. Uncooked foods, like salad leaves, are not recommended because the leaves are washed in local tap water which may cause unwanted diarrhea. Marinated veggies and fruits are okay to eat.

**Do I need Vaccinations? Proof of COVID-Vaccinations is no longer required.** Other immunizations see chart provided. US Citizens should be up on their childhood immunizations. If you have special medical needs or concerns, we recommend you consult with your physician or immunization specialist.

**How do I dial an International Phone Number from the USA?** *(This information is best left for your family at home)*  
**Ghana Country Code: +222, then the number provided**

**What do I dial in an Emergency?**

In case of an Emergency whilst in Ghana – dial, **112 or 191 or 193**

**US Embassy Ghana:**

Address: 24 Fourth Circular Rd, Accra, Ghana

Phone: [233 30 274 1000](tel:233302741000)

**Returning Home:** After our wonderful GHANAIAN experience, we are expected to return to Washington Dulles Intl. Airport on Nonstop Flight early morning of Sunday, September 22, 2024. Estimated arrival time 6:20 a.m. approx., flying time 8-9 hrs.

**Country Time Zone:** Ghana – 5 hours ahead of US-Eastern Standard Time

**Carrying Money:** It is the personal choice of each traveler to carry the amount of money you wish for meals not mentioned in itinerary, shopping, etc.; recommendation- minimum \$50 per person per day should be sufficient, only a suggestion; you may wish to spend more or less. *Most major credit cards are accepted in establishments.*

**Money Exchange:** The Currency in Ghana is called Cedi. It is best to change your US Dollars in-country, i.e., US\$ to Cedi (Ghana). This is easy to arrange. You can visit CST website to follow the exchange rates that change frequently. When exchanging money upon arrival, make sure that you have **CLEAN & CRISP BILLS older than year 2010.** Preferably large bills \$100/\$50 is recommended for converting. Subject to change) exchanging traveler's checks **can** be difficult and not recommended in W. Africa. Currently the Cedi to US Dollars = US\$1. = GHS = 11.8 Cedes, this may vary. *Our Ghanaian tour guide will advise, and assist in the best places to exchange our dollars.*

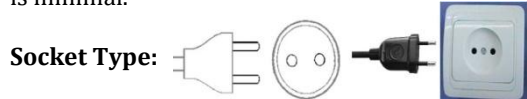
**Using your Credit Card:** When it's possible to pay for goods and services by credit card, MasterCard and Visa are accepted. Rarely is the **American Express & Discover Card accepted.** It is highly recommended to use CASH at markets.

**Extra Spending Money:**

- Meals not included in itinerary, average \$10 & up depending on selection and location, however, the breakfast & dinner buffets are so full and plentiful, rarely will you need to spend monies on lunch. We will brief you before travel on how to save.
- Shopping & personal purchases are at your own discretion
- Extra pieces of luggage outside of the allowed can be costly.

**Phone Adapters & Power Converters:** Do I need Power Adapters (USA to Ghana)? Yes, Electrical Power Specifications in Ghana; the power sockets are of type D and G. 230V supply voltage and 50Hz.

Make sure to invest in a Universal Adaptor; can be purchased at most Walmart, Staples and or most electronic stores. The cost is minimal.



International Adaptor Samples:



**Your Cell Phone:** You may be able to use your own cell phone. Check with you cell phone provided for information on international plans, activation, and per minute rates. FYI: there are free “AP’s” available. WhatsApp & Facebook Messenger. It allows to you message and call friends and family without a cost. Cell phone to cell phone... you and your loved ones will have to download these apps to your cell phone to communicate. Check it out.

#### TAKE A PEEK AT OUR HOTELS ON-LINE

LABADI BEACH HOTEL - <HTTPS://WWW.LEGACYHOTELS.CO.ZA/HOTELS/LABADI-BEACH-HOTEL>

GOLDEN TULIP HOTEL – <HTTPS://KUMASI-CITY.GOLDENTULIP.COM>

Ridge Royal Hotel - <https://ridgeroyalhotel.com.gh/>

Royal Senchi Hotel - <https://www.theroyalsenchi.com>

**Returning Home:** Currently we will depart Accra, Ghana at 11:30 p.m. September 26, 2026 and scheduled to return back to Dulles International Airport approx. 6:20 a.m. September 27, 2026 – Flight schedules are subject to change.

#### *Before You Leave:*

Get a good night's sleep -Drink plenty of fluids, preferably water -Eat light and easily-digested food -Take a rapid walk or shower - Wear loose-fitting clothing - comfortable shoes and, if necessary support stockings - Consult your doctor on the usage of anti-embolic medications before you fly - Avoid smoking - Avoid crossing legs for long periods when seated - Avoid taking sleeping tablets.

#### Immunization Summary of requirements & recommendations:

All travelers should visit either their personal physician or a [travel health clinic](#) at least 3mos. before departure. *Malaria:* Â Prophylaxis with Lariam (mefloquine), Malarone (atovaquone/proguanil), or doxycycline is recommended for all areas. CST can recommend a travel health clinic. (301) 773-4100/Largo, MD. (202) 546-0062/Wash. DC.

<b>Hepatitis A</b>	Recommended for all travelers
<b>Typhoid</b>	Recommended for all travelers
<b>Yellow</b>	<b>Required for all travelers</b>
<b>Meningococcus</b>	Recommended during the dry season (November through June)
<b>Polio</b>	One-time booster recommended for any adult traveler who completed the childhood series but never had Polio vaccine as an adult
<b>Hepatitis B</b>	Recommended for all travelers
<b>Rabies</b>	For travelers spending a lot of time outdoors, or at high risk for animal bites, or involved in any activities that might bring them into direct contact with bats
<b>Measles, mumps, rubella (MMR)</b>	Two doses recommended for all travelers born after 1956, if not previously given
<b>Tetanus-diphtheria</b>	Revaccination is recommended every 10 years
<b>Malaria</b>	Recommended to take prescription medicine before, during, and after your trip to prevent malaria. Your doctor can help you decide which medicine is right for you, and also talk to you about other steps you can take to prevent malaria

\*\*\* Itinerary and schedules are subject to change without notice\*\*\*

*Tour notices & updates will continue as needed...*

*Please forgive any typos*