



BAHARI KARUNA, GHANA

TURTLE CONSERVATION, & COMMUNITY EDUCATION PROJECT IN WESTERN GHANA.

Additional information and checklist

A deposit of 20% will need to be paid in advance to confirm your place on the project. The balance can be paid prior to your arrival date or alternatively when you are on the project.

Getting here

Airport pickup and drop off at the project can be arranged prior to arrival (pay driver separately). We would recommend at least being met at the airport by one of the project staff who will ensure a smooth trip to the project base.

Otherwise

Travelling to Eikwe is easier than you think by public transport.

At Takoradi go to the Nzema tro-tro station where there is a direct tro-tro to Eikwe at roughly 10:00, 12:00, 14:00 and 16:00 - this journey is about 1 1/2 hours.

Alternatively, get a tro-tro from Nzema- Essiama, then a shared taxi from Essiama-Eikwe.

If you are travelling at night we recommend that you get a tro-tro to Essiama and then a private taxi to Eikwe 15-20 ghc.

Contact details:

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By phone: John Flynn +353 87 251 8782

What to Bring

Documents

- ☐ Original plus photocopy of passport
- ☐ Travel/medical insurance
- ☐ Yellow fever vaccination certificate (often checked at airport upon arrival)
- ☐ Travel Visa (3 month tourist visa)

Clothing

Pack for hot weather and dirty conditions. Lightweight and fast-drying articles are best.

- ☐ Field clothes
- ☐ Camp clothes (shorts and t-shirts are fine)
- ☐ Plenty of socks / underwear
- ☐ Swim suit
- ☐ Sunglasses / hat

- ☐ Rain gear /a good quality lightweight jacket is recommended

Footwear

- ☐ Hiking shoes or boot/trainers/running shoes for night survey – comfortable and broken in
- ☐ Flip-flops, sneakers or sandals for around camp.

Kit / Gear

- ☐ Watch
- ☐ Alarm Clock
- ☐ Headlamp (red light compulsory when working with turtles)
- ☐ Sunblock
- ☐ Insect repellent
- ☐ Good quality plastic /metal Water bottle or Camelbak type hydration system
- ☐ Day pack for hikes

Personal

- ☐ Toiletries (biodegradable soaps, shampoos and other products) & travel towel
- ☐ First aid kit including hydrocortisone/Benadryl for insect bites. Upset stomach/Diarrhoea pills.
- ☐ **Malaria pills!!!**
Malarone is the best but very expensive. Doxycil is also very good and readily available here and is much cheaper than other countries (about £10 for a months course)
- ☐ Ziploc / small dry bags for storing any electronic equipment you bring
- ☐ Spending money; cedis are available from the airport or en route to Eikwe
- ☐ Debit and credit card – Visa is more widely accepted than MasterCard

Optional

- ☐ Sewing kit
- ☐ Binoculars for bird and whale watching
- ☐ Compass
- ☐ Leatherman/Swiss army knife
- ☐ Field guides of interest
- ☐ A book or two for lazy afternoons
- ☐ Camera (ideally waterproof but not essential)
- ☐ Portable music player
- ☐ Laptop for internet use and movies etc – please bear in mind that humidity is very high here so we recommend good dry bags for all electrical items when not in use.
- ☐ Surge protected adaptor for electrical items.