





“WE CARE” MEDICAL MISSION CHECKLIST 2025

Medical mission trips can be a life-changing experience, being prepared is crucial to a successful and safe medical mission trip. Amazing Grace Children's Charity has provided the following guidelines, based on the most current medical and mission organizations' standards and feedback from our teams, to help prepare for your trip and while on the mission field.



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GUIDELINES FOR MEDICAL MISSION





BEGIN VISA APPLICATION PROCESS FOR CONFIRMED TEAM MEMBERS.

Submit signed passports, required photos, completed visa applications.

Malpractice insurance is not required in Ghana on medical missions trip. However if you would like to purchase individual or group travel insurance through your travel agent.

Have workers check their current medical policies for overseas coverage. Many US policies do not offer international coverage. Make sure the policies provide evacuation services to come home due to illness or injury.

Suggest that workers buy supplementary travel accident and sickness insurance, plus evacuation services, if their policies don't cover these, your missionary travel agency may be able to suggest reliable carriers.





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UP TO
3 MONTHS
AHEAD

PLAN AND RESEARCH BAGGAGE REGULATIONS FOR THE AIRLINE YOU ARE FLYING.



- Go to the airline website directly (usually under baggage/luggage link). Ask the airline or your missions travel agent. They can tell you the maximum free allowance per person and fee for excess bags.
- If purchasing as individual tickets, a few mission travel agencies still have exclusive contracts with some airlines for extra free luggage. Ask your travel professional for details.
- Remind your travelers of any items excluded from import into your destination country.
- Buy airline tickets ideally no later than 3 months prior to departure.
- Andrew Nyantakyi (+1 952 200 6933) our missionary travel agency in the US can facilitate our ticketing process to retain the lowest fare.



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UP TO
2 WEEKS
AHEAD





■ GENERAL CONFIRMATIONS

Make sure each passenger has in their possession (*or group leader has all if preferred*):

- Airline e-ticket confirmation
- Passport with visas
- Vaccinations and Yellow card
- Anti-malarial medication (*if needed*)
- Supplemental travel insurance (*if needed*)

CONFIRM WITH YOUR COUNTRY HOSTS OR FIELD OFFICE OF YOUR ARRIVAL.

Obtain the address and phone number of the U.S. Embassies or Consulates in your country or countries of travel. These are available from the U.S. Department of State





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UP TO
3 DAYS -
DEPARTURE

FINAL PREPARATIONS



CHECK WEBSITE OR CALL THE AIRLINE(S) TO CONFIRM YOUR FLIGHTS, TIMES, GATES, ETC.

Be sure to do this 2-3 days prior to your return flights also.

REVIEW DOCUMENTATION WITH GROUP MEMBERS

- Passport with visas & immunization cards (if needed)
- Airline e-ticket confirmations
- Tag Your Luggage. Use similar or brightly colored tags to identify your group.

KINDLY CONSIDER CARRYING 1-2 BAGS ON BEHALF OF THE ORGANIZATION MISSION SUPPLIES TO ENSURE THAT SUPPLIES ARE DELIVERED TO GHANA.

SUGGESTED PACKING LIST FOR MEDICAL MISSION



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MISSION UNIFORM:

- Scrubs Black pants
- Shirts (No sleeveless shirts while working with patients in many countries)
- Pants or long skirts (No shorts while working with patients in many countries)

ACCESSORIES:

- Warm hat
- Sun hat
- Sun glasses

WEATHER WEAR:

- Shorts
- Swimsuit
- Exercise clothes
- Sleepwear
- Underwear
- Socks

GEAR:

- Easily portable luggage
- Towel (quick dry)
- Umbrella (travel size)
- Headlamp & flashlight
- GPS
- Reading material & journal
- TSA approved luggage locks or zip ties
- Sleep sheets or sleeping bag blow up bed
- Travel pillow
- Snacks (non-perishable items)

FOOTWEAR:

- Comfortable work sneakers (closed toe, broken in, and able to get dirty)
- Flip flops or sandals
- Crocs

TOILETRIES:

- Shampoo/conditioner/soap /lotion (travel size)
- Sunscreen
- Lip balm
- Mosquito/insect repellent
- Toothbrush/toothpaste
- Comb/brush
- Shaver/razor
- Glasses/contacts/ contact solution
- Tampons/pads/menstrual cup
- Wet wipes/antibacterial hand sanitizers



DOCUMENTS

Consider taking photos of important documents (passport, visa, ID, etc.). Keep the photos on your phone or camera memory, email a copy to yourself, and make paper copies to leave with a family member or friend, with the mission leader, and in a secure space with your luggage.

- Passport
- Entry visa (or required paperwork)
- Other photo ID
- Currency (crisp USD or currency valid at destination)/credit card/debit card/traveler's checks
- Trip itinerary
- Flight confirmation
- Local maps
- International health insurance card
- Medical documents and immunizations
- List of important phone numbers, addresses

