West African Countries

Country key and capital names • UN M49 grouping

1	Benin	Porto-Novo	UNdata source
2	Burkina Faso	Ouagadougou	UNdata source
3	Cabo Verde	Praia	UNdata source
4	Côte d’Ivoire	Yamoussoukro	UNdata source
5	The Gambia	Banjul	UNdata source
6	Ghana	Accra	UNdata source
7	Guinea	Conakry	UNdata source
8	Guinea-Bissau	Bissau	UNdata source
9	Liberia	Monrovia	UNdata source
10	Mali	Bamako	UNdata source
11	Mauritania	Nouakchott	UNdata source
12	Niger	Niamey	UNdata source
13	Nigeria	Abuja	UNdata source
14	Senegal	Dakar	UNdata source
15	Sierra Leone	Freetown	UNdata source
16	Togo	Lomé	UNdata source

Regional membership: UN M49. Map numbers match the numbered locator.
Capital names: linked UNdata profiles, not a current-population snapshot.
16 sovereign states; includes Cabo Verde; excludes Saint Helena area.
Benin: Porto-Novo is constitutional capital; Cotonou is economic center.
Côte d’Ivoire: Yamoussoukro is capital; Abidjan is administrative center.
This list is not ECOWAS membership.
Source: UN M49 geographic classification