

**NOTE: To ensure all citizens have the same advantage when running for office, citizens will not room with others from their high school or family. DO NOT pack your belongings with others from your high school, your hometown or your family.**

## Registration Forms (All can be downloaded from <http://alavgs.org/forms>)

- Medical form, completed and signed by parent (no doctor's signature is necessary), with copy of insurance card attached
- ALA VGS rules and release, signed by citizen and parent
- Lipscomb release, signed by parent
- Copy of Samsung application that has been submitted online (if you are eligible – see website for eligibility requirements)

## Clothing

- Six days worth of casual clothes. You will spend some time outside, so nice shorts (school-appropriate length; no cut-offs) are acceptable. Casual clothing may also include pants, nice jeans, skirts, and comfortable shoes. We recommend layers to account for summer temperatures and air-conditioned buildings.
- Two to three nice outfits. You will wear these outfits for various evening activities, when we have notable speakers, or if you decide to run for office. This can include nice pants, khakis, skirts, or a casual dress or sundress. If you bring strapless tops or dresses, please include some sort of sweater or jacket in case you are participating in ALA VGS proceedings.
- One to two dresses, suits, skirts or nice pants. These outfits should be something that you would wear to church, an internship, a job interview or another special occasion like a theater performance, graduation ceremony, etc. This is not semi-formal or what you would wear to a dance at school.
- A pair of khaki shorts. You will wear these shorts with your ALA VGS T-shirt, which you will receive upon arrival at Girls State.
- Work out or gym wear, including shorts, T-shirt, gym shoes, and knee/leg braces (if needed for recreational activity). The ALA VGS Olympics present the opportunity for some citizens to compete in athletic events. If you require a knee or leg brace for athletic events, bring those items with you.
- Shoes. Citizens will spend a significant portion of the week walking around campus, and comfortable shoes are a necessity. You should bring shoes for your less-casual outfits and tennis shoes for ALA VGS Olympics. Shower shoes or flip-flops will come in handy in the dorm.
- Sleepwear/loungewear. There will be night meetings within the dorms where loungewear will be appropriate.

## Toiletries and Other Personal Items

- Bed linens. Bring twin-sized extra-long sheets, a warm blanket and/or comforter and a pillow. Please note the air-conditioned dorm rooms can get very cool at night.
- Soap, shampoo, and other toiletries as needed
- Toothbrush
- Towels and washcloths
- Robe or towel wrap (There are community showers on the dorm floors.)
- Shower caddy
- Flip-flops/shower shoes
- Necessary medication prescribed by your physician or over-the-counter medication that you take on a regular basis or take occasionally (i.e. Advil or Tylenol)

## Miscellaneous Items

- Laptops, netbooks, iPads, or tablet computers are allowed at Girls State, and you may use these items on a limited basis for programmatic purposes like running for office and research. ALA VGS is not responsible for your personal property.
- Veterans' Personal Care Donation. Please bring your donation in a separate bag or box for collection at registration. Spend no more than \$10 in total for a sampling of these items:
  - Coffee supplies
  - Ground coffee for use in traditional coffee machines (not instant)
  - Sugar and sweetener in canisters or packets
  - Powdered creamers
  - Laundry detergent for high-efficiency (HE) washing machines
- Clothes hangers. Each dorm room provides hanging space and drawer space for storing citizens' clothing.
- Pens, pencils and notebook paper
- Tote bag or backpack. You will be walking from activity to activity and may want to carry personal items and your notebook with you
- Sweater or jacket for cool, air-conditioned meeting rooms
- Umbrella and/or a rain jacket
- Musical instrument(s), if you choose. The VGS Chorus provides opportunities for citizens to play instruments during musical presentations.
- Water bottle, if you choose
- Snacks, if you choose

