

American Legion Auxiliary

Volunteer Girls State

What Do I Bring to Girls State?

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 and \$50 Activity Fee

(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
- Media permission form, signed by parent**
- ALA VGS rules, signed by citizen and parent**
- Samsung application completed** if you are eligible – see web site for eligibility requirements
- \$50 activity fee**

Clothing

- Six days worth of casual clothes.** You will possibly spend some time outside, so nice shorts (no cut-offs) are appropriate. If your school allows you to wear shorts, follow their guidelines for what is acceptable. Casual clothing may also include pants, nice jeans, skirts, and comfortable shoes.
- 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. This is your VGS uniform and will be worn for your ALA VGS photo.
- Work out or gym wear, including shorts, T-shirt, and gym shoes.** These are for the ALA VGS Olympics festivities.
- Knee/leg braces, knee pads if needed for athletic competitions.** The ALA VGS Olympics present the opportunity for some citizens to play basketball, volleyball and other sports. If you require a knee or leg brace or knee pads for athletic events, bring those items with you.
- Shoes.** Since citizens will walk around campus from activity to activity, 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.
- Athletic shoes.** If you require a particular type of shoe for basketball, volleyball, running or other athletic competition, please bring those shoes with you.
- Sleepwear.** You will need sleepwear for six nights. There will also be night meetings within the dorms where loungewear will be appropriate.

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Toiletries and Other Personal Items

(There are community showers on the dorm floors.)

- Shower caddy**
- Soap**
- Shampoo**
- Toothbrush**
- Toothpaste**
- Towels and washcloths**
- Robe**
- Handheld mirror**
- Flip-flops for the showers**
- 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.
- 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

- Umbrella and/or a rain jacket**
- Sweater or jacket for cool, air-conditioned meeting rooms**
- Alarm clock**
- Musical instrument(s).** The VGS Chorus provides opportunities for citizens to play instruments during musical presentations.
- Clothes hangers.** Each dorm room provides hanging space and drawer space for storing citizens' clothing.
- Camera**
- 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.
- Snacks, if you choose**
- Water bottle, if you choose**
- Veterans' Personal Care Donation.** Please bring these items (spend no more than \$10 in total for a sampling of these items):
 - ground coffee and non-dairy creamer
 - little Debbie snack cakes
 - lotion
 - powdered laundry soap
 - inexpensive reading glasses