

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**
- Lipscomb release, signed by 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 coffee supplies (spend no more than \$10 in total for a sampling of these items):
 - Ground coffee for use in traditional coffee machines (not instant)
 - Sugar and sweetener in canisters or packets
 - Powdered creamers