

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.

## 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 a place of worship, 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.
- 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 support items such as a knee or arm 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

- 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, feminine hygiene products, 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, an annual service project completed by ALA VGS citizens. Please bring your donation in a separate bag or box for collection at check in. Spend no more than \$10 in total for a sampling of these items:
  - Laundry detergent for high-efficiency (HE) washing machines
  - Individually packaged snacks like cookies, fig newtons, bite size candy, snack cakes, small to-go peanut butter, Rice Krispies treats, etc.  
Please **NO** potato chips, nuts, or peanut butter/cheese crackers.
- 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. You may store food items in your room, but please note that citizens do not have access to refrigerators for food storage. Limited snack options are available onsite in vending machines.