

2023 PACKING LIST

To show up as your best self at VGS, we want to make sure delegates are properly prepared to take on the week, bringing necessary items for self care and feeling comfortable while away from home.

Most of your time will be spent in casual clothing, walking around campus, and participating in scheduled activities. We highly recommend coming prepared with layers to account for summer temperatures and air-conditioned buildings. You will stay in a dorm room and use a communal bathroom; dorm rooms come with minimal furniture and amenities.

CASUAL CLOTHING. For the six days of VGS, you will need clothing similar to what you wear to school. This could be dress code appropriate shorts, pants, tops, dresses, skirts, and comfortable shoes.

SLEEPWEAR. Please bring pajamas that you are comfortable wearing around other delegates and sleeping in each night; please note that the air conditioned dorms can get cool at night.

SHOES. Bring casual shoes for walking in around campus, tennis shoes, and shoes for elevated attire and inauguration.

WORKOUT WEAR OR GYM CLOTHES. The ALA VGS Olympics present the option for delegates to compete in athletic events. Bring at least one outfit consisting of gym shoes and shorts, leggings, or an athletic skirt. Also, bring any necessary orthopedic support braces (i.e. a knee brace) or an inhaler for physical activities.

ELEVATED OUTFITS. Bring two to three elevated outfits that will make you feel your best when potentially running for office and addressing your fellow delegates. These could include: dresses, suits, skirts or nice pants. These outfits should be something that you would wear to a place of worship, an internship, or a job interview.

INAUGURATION OUTFIT. Please bring an outfit to wear at inauguration. This outfit should be what you would wear to a special occasion like a theater performance, graduation ceremony, or recital. This is not semi-formal or formal attire.

- BEDDING.** Twin XL sheets, a pillow, blanket, comforter, or all-in-one sleeping bag.
- PERSONAL HYGIENE PRODUCTS.** Soap, shampoo, conditioner, antiperspirant, toothbrush, toothpaste, mouthwash, face wash, moisturizer, sunscreen, chapstick, retainers, hairbrush, head wraps/bonnets, feminine care products.
- SHOWER ESSENTIALS.** Towels, washcloths, loofah, shower shoes, shower caps, robe or towel wrap.
- SCHOOL SUPPLIES.** Pens, pencils, paper, tote bag/backpack, water bottle, hand sanitizer.
- MEDICATIONS.** Bring necessary prescribed medication and/or over-the-counter medication that you take on a regular or occasional basis (i.e. Advil or Tylenol).

ELECTRONIC DEVICES. Tablets and laptops can be used in a limited capacity for programmatic purposes like running for office and research.

MUSICAL INSTRUMENTS. Some VGS assemblies allow for delegates to play instruments during musical presentations.

SNACKS. You may choose to bring snacks and a water bottle. Delegates do not have access to refrigerators or microwaves but can store food items in the dorms. Limited snack options are available onsite in vending machines.

VA DONATIONS. Every year, VGS makes a donation to the VA hospital. We are proud to say this initiative was started by Girls State delegates just like you, and we hope you can help us continue this legacy! Please bring donations separately at check in and aim to spend no more than \$10 total for a sampling of these items:

- ▶ **INDIVIDUALLY PACKAGED SNACKS.** Cookies, fig newtons, bite size candy, snack cakes, granola bars, fruit snacks, allergy-friendly trail mix, rice krispies treats, etc.; please no potato chips, nuts, or peanut butter/cheese crackers.
- ▶ **LAUNDRY DETERGENT.** Liquid/powder/pods compatible with High Efficiency (HE) washers.

☆ **LOUNGEWEAR.** There will be night meetings in the dorms where loungewear is appropriate.

☆ **CLOTHES HANGERS.** Each dorm room provides hanging and drawer space for storing clothing.

☆ **OUTERWEAR.** Sweater or jacket for air-conditioned meeting rooms, rain jacket/umbrella.

☆ **GETTING READY ITEMS.** Blowdryer, hot tools, makeup products, hair spray, and hair styling products.

☆ **PRODUCT HOLDERS.** Shower caddies or toiletry bags to carry your personal hygiene products to and from the bathroom.

Do you need help finding some of these 'need to haves'?

Welcome to the VGS Closet!

We will have a closet prepared with gently used clothing of all sizes available in the VGS office. The goal of this closet is to ensure that each delegate has access to clothing for stage, inauguration, running for office, or just daily VGS dress code despite what they are able to buy or bring. If you think you will need items during VGS, please reach out to your VGS counselors.

Other Important Notes:

Your roommate will not be from your school, hometown, or family; do not pack any shared items.

You will be able to lock your room when you are away. VGS is not responsible for loss or damage to your property.

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