

# VGS 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 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.**

## NEED TO HAVE

- ☆ **CASUAL CLOTHES.** Clothing for six days, like what you'd wear to school; appropriate shorts/pants/skirts, tops, dresses
- ☆ **SLEEPWEAR.** PJs/loungewear you'll wear around others in a dorm setting where the temperature fluctuates
- ☆ **SHOES.** Casual shoes for walking around campus, at least one pair of gym shoes, and dressier shoes for inauguration
- ☆ **ATHLETIC ATTIRE.** Shorts, leggings, or an athletic skirt; bring necessary orthopedic support braces (i.e. a knee brace)
- ☆ **INAUGURATION OUTFIT.** An outfit you'd wear to a special occasion, like a graduation or recital, not semi-formal/formal
- ☆ **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/towel wrap, a shower caddy.
- ☆ **SCHOOL SUPPLIES.** Pens, pencils, paper, bag/backpack, water bottle, hand sanitizer.
- ☆ **MEDICATIONS.** Bring any prescribed and/or over-the-counter medication taken (i.e. an inhaler, Advil, Tylenol).



Check out our [Pinterest](#) boards for packing inspo.

## NICE TO HAVE

- ☆ **OUTERWEAR.** Sweater/sweatshirt/jacket for air-conditioned meeting rooms, umbrella
- ☆ **RUNNING FOR OFFICE ATTIRE.** Dressier layers (ex. blazer) or outfits for public-speaking
- ☆ **CLOTHES HANGERS.** You'll have access to hanging and drawer storage space
- ☆ **GETTING READY ITEMS.** Blowdryer, hot tools, hair spray, makeup and hair styling products
- ☆ **ELECTRONIC DEVICES.** Tablets/laptops can be used in a limited capacity for programmatic purposes, like running for office, writing appointment letters, and research
- ☆ **MUSICAL INSTRUMENTS.** Some VGS assemblies allow for delegates to play instruments during musical presentations
- ☆ **SNACKS.** Citizens do not have access to refrigerators or microwaves but can store snack items in dorms; limited options are available onsite in vending machines
- ☆ **VA DONATIONS.** We ask citizens to bring any of the below items (around \$10 worth) as a part of our service project.
  - ☆ **INDIVIDUALLY PACKAGED SNACKS.** Cookies, candy, snack cakes, granola/fig bars, fruit snacks, allergy-friendly trail mix, rice krispie treats, etc.; please no potato chips, nuts, or peanut butter/cheese crackers
  - ☆ **LAUNDRY DETERGENT.** Liquid/powder/pods compatible with High Efficiency (HE) washers

**Do you need help finding some of these items?** Welcome to the **VGS Closet**.

We will have an onsite closet prepared of gently used clothing of all sizes available in the VGS office. The goal of this closet is to ensure that each citizen has access to clothing for inauguration, running for office, or just daily VGS dress code despite what they are able to buy or bring. Check with a counselor or staff member for more information upon arrival.

### 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.