



WHAT TO BRING CHECKLIST

Bring these forms

1. Consent & Waiver Form
2. Medical History Form (with copy of insurance card)
3. Medication Information
4. Medical Care Consent Form
5. Pledge Form
6. VGS Social Media Policy
7. ALA Girls Nation Documentation Form

Each day is packed with activities. Arrive well rested.

Bring two canned foods for Farmville Food Pantry

Bring \$2-5 for taxes

DO NOT pack your belongings with others from your high school, hometown or family

Bring these clothing and personal items

Six days' worth of clothing: This may include slacks, khaki pants, capris, and knee-length walking shorts or skirts. Tops may include professional blouses or polo shirts. You will also need two professional outfits such as summer-weight pants suits, jacket and skirt combinations, or dresses which cover the shoulders, and low-heeled dress shoes. At least one of your outfits should be entirely black in color. Yoga pants and leggings may only be worn beneath a top, skirt or dress of appropriate length. Strapless or revealing tops, jeans, spandex shorts, short shorts or clothing with printed messages will NOT be permitted. Appropriate length for all shorts, skirts and dresses will be strictly enforced. You may be asked to change if an outfit is not compliant.

You will receive one American Legion Auxiliary Virginia Girls State tee-shirt that may be worn during assemblies and regular meetings. Additional ALA VGS tee-shirts will be available for purchase.

Shoes: Comfortable walking shoes, sandals, flats or tennis shoes are required. You will be walking across campus multiple times a day so be sure to bring comfortable shoes that will not cause blisters.

Casual clothing: On the city floor (the group of dorm rooms that constitutes your city) casual clothing is appropriate.



Sportswear: Some of the activities offered will be sport related; therefore, you may want to pack four days' worth of tee-shirts and shorts as well as athletic shoes. Sportswear such as jogging shorts, sports bras, tank tops are appropriate for these activities.

Other items to bring

- Sports equipment and supplies, including braces, shoes or any other equipment needed to participate in your sports activity
- Sweater or jacket for cool, air-conditioned meeting rooms and/or rain gear
- Musical instrument(s) — if you plan to join the band, send the Director an email with the name of the instrument you play
- Talent show music, props and costumes if you plan to try out (pianos are available)
- Sleepwear, toiletries and other personal items
- Soap
- Shampoo and conditioner
- Toothbrush and toothpaste
- Towels (bath towel, hand towel, face cloth, paper towels)
- Flip-flops for the showers
- Bedding (Twin extra-long XL sheets, a warm blanket or comforter) or sleeping bag and a pillow.
- Small trash bags for personal use
- Hangers
- Necessary medication prescribed by your physician or over-the-counter medication you may need (i.e. Advil®, Tylenol®, Band-Aids®)
- Alarm clock
- Art supplies – these supplies are used for decorating your room's door and making city and campaign signs, but no pre-made campaign materials are allowed
- Camera
- Money to pay city and state taxes and to purchase memorabilia and other items. Credit cards are accepted at the store for purchases over \$3.00.
- Pens, pencils and notebook paper
- Tote bag to carry personal items across campus
- Sunglasses, sun hat and umbrella

What NOT to Bring

- glitter
- glitter glue
- balloons
- expensive clothing or jewelry
- clothing that would not be permitted in school