



HELPFUL HINTS



Activities

Girls Nation is a weeklong federal government education program for young women. As you can imagine after attending Girls State, it is a busy, action-packed week. Senate Sessions, Political Party meetings, guest speakers, and off-campus tours are only a few of the activities that will occupy your week. For an overview of the week, please see the *Tentative Schedule of Events* included in this packet.

Accommodations

Girls Nation senators will stay at the National 4-H Center in Chevy Chase, Maryland at the following address: 7100 Connecticut Ave., Chevy Chase, MD 20815-4999. The American Legion Auxiliary provides room and board. Towels and bed linens are furnished by the National 4-H Center. Roommates are randomly assigned.

Girls Nation Store

You will have the opportunity to shop at the *Girls Nation Store* during the week and purchase Girls Nation apparel for yourself, family and friends. So be sure to bring some spending money!

What to Bring

Washington D.C. is hot and humid. Plan on bringing clothing that will keep you cool. Every day we are off campus touring and the dress code is the GN uniform top and black pants or skirt. During Senate Sessions, you may dress business casual, however you are generally in your uniform shirts everyday and there is usually little time to change before Senate Sessions. You may choose to bring a dress outfit for both the Banquet and Commencement. Due to packing and storage issues, **please do not bring a long formal prom gown.** Dresses / skirts should be similar to what you would wear for a Semi-Formal such as Sadie Hawkins or your Sunday best.

All off campus functions require a uniform. You will receive two Girls Nation uniform shirts upon arrival at the 4-H Center. **You must wear a black skirt no more than two inches above the knee with your uniform shirt. Black Slacks will be permitted for some tours, so you may bring black pants, as well.** Sandals (**please note no rubber flip flops will be allowed**) are acceptable; however, certain events may require you to wear pantyhose and closed toe shoes (black shoes preferred).

In the dorms, jeans, appropriate length shorts and lightweight slacks can be worn. No tube tops, halter-tops, strapless or spaghetti strap shirts or dresses will be allowed. Bare midriffs are also unacceptable.

It may be helpful to bring a few extra hangers, as you may need more than what is provided.

Since the weather is often unpredictable, you may wish to bring an umbrella or rain jacket. It is also a good idea to bring a sweater or sweatshirt, as the air conditioning in some of the buildings can be very cold. You will probably wish to take photos of the places you visit and the new friends you meet, so be sure to bring your camera. See the *Packing List* included in this packet for a more complete list of items you may want to bring with you to Girls Nation.

Website and Public Relations

The staff at Girls Nation will work hard to promote you and all of the exciting things you will experience at Girls Nation. A website will be modified daily, so your family and friends at home can see what you are doing during your stay in Washington. The web address is www.legion-aux.org. In addition, the Public Relations staff will issue press releases to various media outlets.