



AMERICAN  
LEGION  
AUXILIARY  
GIRLS NATION

## Helpful Hints

### Activities

As you can imagine after attending ALA Girls State, ALA Girls Nation is an action-packed week. A few of the activities that may occupy your week are: Senate sessions, political party meetings, a tour of Arlington National Cemetery and a wreath laying ceremony at the Tomb of the Unknown Soldier, a trip to the White House. Some activities are planned jointly with Boys Nation during the week.

### Weather

July in Washington, D.C. is hot and humid, with the average highs being near 90°. Bring clothing that will keep you cool, yet appropriately dressed. **Be sure to bring sunscreen for our off-campus events.** We will keep you supplied with water. Since the weather is unpredictable, you may wish to bring an umbrella or rain jacket.

### Rooming Accommodations

ALA Girls Nation senators will stay at the William Bolger Center in Potomac, Maryland. The American Legion Auxiliary provides room and board. Towels and bed linens are furnished by the William Bolger Center. There will be two senators per room.

### Religious Praise

The American Legion Auxiliary is an organization that stands for God and Country. Part of the ALA Girls Nation program involves praise and thanks to God and those who have sacrificed their lives for our freedom.

### Dietary Restrictions

Please be sure to include any **medical or religious** special dietary needs during the online registration process so that we can accommodate accordingly. The William Bolger cafeteria always offers a non-meat option to those who are vegetarians. However, when we travel off campus we need to know if you require a non-meat meal or have other specific dietary needs. We request that these be **medically or religiously necessary** needs versus just likes/dislikes. If you request a vegan or gluten-free meal, please ask staff for your meal when we are not eating in the cafeteria.

### Monetary needs while at ALA Girls Nation

Please bring a credit/debit/gift card for travel days, small souvenirs from off-campus visits, and for the ALA Girls Nation store. You may purchase ALA Girls Nation apparel for yourself, family, and friends. **The Girls Nation store is credit card only (no cash).** You will be responsible for luggage fees. And, you might want to purchase food and beverages while at the airports.

### Luggage

Only bring one piece of checked luggage so that all luggage will fit on the bus. (Our volunteers will greet you at the airport. Then, a chartered bus will take our group to the Bolger Center.) You will be responsible for luggage fees on your flights. Leave space in your bag as you will have more items to bring home on your return trip.

### Phone Apps

Download GroupMe and Kahoot! on your phone. Also, download the app for the airline on which you will be flying.