

# 2017 Tip Sheet

This “Tip Sheet” is an effort on the part of the administrators of the American Legion Auxiliary Alaska Girls State Program to assist you in preparing for your arrival. Careful consideration of these tips will serve to make your experience at American Legion Auxiliary Alaska Girls State more convenient and comfortable.

**TRANSPORTATION:** Sponsors or parents are responsible for furnishing all transportation to and from the American Legion Auxiliary Alaska Girls State Program. A representative from the ALA Alaska Girls State Program will meet delegates at the Airport or Train Depot and transport them to the program facility.

**MEDICAL CERTIFICATE:** A copy of this must be submitted with your registration packet and the originals must be brought with you to the session. (WE MUST HAVE THIS ON FILE FOR YOU TO PARTICIPATE)

**MEDICAL SERVICE:** Excellent medical service will be provided. At any time day or night, competent doctors are available at Matsu-Regional Medical Center and West Valley Medical Campus. Every effort possible is made to safeguard the health and wellbeing of every American Legion Auxiliary Alaska Girls State Citizen.

**FOOD:** (Food will be provided) Meals will be served three times daily and a snack each night. Bring a water bottle for drinking during session.

**SLEEPING QUARTERS:** You will be assigned to a city, each city is assigned sleeping quarter (Bring either a sleeping bag or sheets, blankets and pillows). Cabins are heated.

**TOILETRIES:** Citizens are responsible for bringing the following: Tooth brush, tooth paste, comb, brush, shampoo, conditioner, bath soap, etc. Towels, wash cloth, shower shoes, etc. Bug repellent! (the mosquitoes are ravenous).

**CLOTHING:** Each citizen is responsible for bringing one weeks’ worth of clothing (you may want to bring a dress or dressy outfit for graduation). Please bring business attire for speeches, daily wear is comfortable but, appropriate for school. No short shorts, sweats, halter tops, belly shirts, or pajamas; No house shoes or flip flops during session, meals or speakers. Bring a warm coat (you never know). Be sure to bring a swim suit and an extra towel. BRING A RED SHIRT FOR FRIDAY NIGHT!

**RECREATION EQUIPMENT:** Tennis shoes, shorts, sweats, athletic equipment desired may be brought to the program. Every citizen is expected to participate in the morning exercise regimen.

**MUSICAL INSTRUMENTS:** Bring any instrument that you would like to showcase at the talent show on Wednesday night, the audience will include members of The American Legion family who have been invited to the appreciation dinner that night.

IT IS RECOMMENDED THAT ALL EXPENSIVE JEWELRY, LAPTOPS, TABLETS AND CELL PHONES BE LEFT AT HOME, AMERICAN LEGION AUXILIARY ALASKA GIRLS STATE WILL NOT BE RESPONSIBLE FOR LOSS OR DAMAGE.

**SCHOOL EQUIPMENT:** Each citizen should bring pencils, pens, stationary, and a note book. Plus be sure to bring your copy of the Uniform Rules for reference throughout the week.

**VISITORS:** Visitors are welcome. Visitors must not interfere with the schedule of the program. All visitors must check in at the office and follow all American Legion Auxiliary Alaska Girls State Rules. All visitors must stay in common areas. All visitors must be approved by the Director.

**ARRIVAL TIME:** Registration and city assignments will start at 1:00 p.m. on Saturday June 3rd and end at 5:30 p.m. Dinner will be served at 6:00 p.m. and the Opening Ceremony will begin at 7:00 p.m. Please type your name indicating you have read this form.