



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, appointments with your state senators, a service project, Arlington National Cemetery, Twilight Tattoo, and/or monument tours. Some activities may be planned jointly with American Legion 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 F. Bolger Center in Potomac, Maryland. The American Legion Auxiliary provides room and board. Towels and bed linens are furnished by the William F. Bolger Center. There will be two senators per room.

Veteran Appreciation

The American Legion Auxiliary is an organization that supports military, veterans, and their families. Part of the ALA Girls Nation program involves acknowledgment and thanks to those who have sacrificed their lives for our freedom.

Dietary Restrictions

Please include any medical or religious special dietary needs during the online registration process so we can accommodate accordingly. The William F. Bolger Center 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 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 ALA Girls Nation store is credit card only (no cash). A link for pre-orders will be sent about 1-2 weeks before ALA Girls Nation. When traveling, you will be responsible for luggage fees. We suggest purchasing food and beverages before leaving the security part of the airport. You may want something to eat while you are waiting for the bus that goes between the airport and the William F. Bolger Center.

Luggage

Bring only 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 William F. 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 the Slack app on your phone. Also, download the app for the airline on which you will be flying.