

NEW JERSEY STATE FEDERATION OF WOMEN'S CLUBS OF GFWC
GIRLS' CAREER INSTITUTE - DELEGATES

June 6-9, 2022

WHAT TO BRING TO GCI

BRING ALL MEDICATION YOU NEED

ALL medication must be turned in to the Girls' Career Institute Nurse during the registration process. Prescription medication **must** be in the original labeled container with the name of the medication, instructions, and prescribing doctor. These medications must be in a plastic zip lock bag with a label indicating delegate's name. Please also list and bring all over the counter meds you take and store with the nurse in the locked area. **If the DELEGATE MUST have a certain medication with her at all times**, this must be indicated on the Medical Information form and initially presented to GCI nurse during registration for verification. Following verification, it will be returned to the delegate.

Bottom and top sheets (Mattresses are twin size, but extra long)

Pillow, Pillowcase, Light Blanket

Towels, Washcloths, Personal Toiletries, old Flip Flops (to be used as shower shoes)

Fan (Dorm is not air-conditioned)

Bottles of water (refrigerator available) or a refillable bottle to be filled at water fountains.

You may also bring other non-alcoholic beverages you prefer.

Snacks are provided, but if you must have certain items, bring them.

A microwave is available in each room.

Personal clothing appropriate for seminars, workshops, and meals (casual)

Swimsuit, towel, and Exercise Clothes (Zumba, running/walking/jogging)

Sweat Shirt (Hoodie) – The auditorium can get chilly and sometimes cold.

Rain Gear / Umbrella

Alarm Clock, Desk Lamp, Flashlight, Notebook, Pens, Clipboard

Clothes Hangers (optional) none are in the closets

Camera (with charger if necessary or extra batteries)

A carry bag will be provided; you may prefer a backpack (keeps your keys and change handy)

Extra change for vending machine (a \$5.00 bill is not change) –

Dollar bills, quarters, nickels, dimes

Cell Phone (limited use) – not a necessity – bring charger

Decorating materials for your room, door, or small bulletin board (your housemother will let you know your group's theme about 10 days prior to event.

Extension Cord – 10 to 20 feet

If you plan to enter the Talent Show, Art Show, or Fashion Show – don't forget to bring anything you need (instrument, costume, sheet music, artwork, etc.)

If you need background music, it must be sent to miller@njsfwc.org as an mp3 or mp4.

There are converters available on the internet if your music is not mp3

Please send music by email BEFORE June 6.

DO NOT BRING:

Excessive spending money, credit cards, expensive jewelry