



We encourage you to take the tunnels between the House buildings, and the tunnels between Senate buildings, so you don't have to walk as far and so you don't have to go through security again. You can get to the tunnels by going to the basement level of any of the buildings. You will have to walk outside to go between the House and Senate sides and vice versa. If you hail a cab, it's about \$6 for a quick ride between the two sides for 2-3 people.

There are numerous food options throughout the Capitol. For eateries with larger seating areas, the Longworth Cafeteria and Dirksen Cafeteria can be found in the basement of those buildings. Visit [bit.ly/DC\\_lunch](https://bit.ly/DC_lunch) for more options and info.

# TIPS FOR A GREAT ADVOCACY DAY

- Wear business attire, with a flair of turquoise. We want to look "turquoise branded" when walking around the Hill. You will see other advocates all wearing the colors for their cause too.
- Do not bring the following items, which are prohibited in House and Senate buildings:
  - Bags exceeding the size of 18" wide x 14" high x 8.5" deep.
  - Weapons of any kind
  - Fireworks, ammunition, explosives of any kind.
  - Pointed objects to include, but not limited to, knitting needles, letter openers, or other pointed objects deemed a possible threat. Pens and pencils are permitted.
  - Sealed envelopes and packages.
  - **Some buildings prohibit containers with liquid, but you can bring an empty water bottle to fill up at a water fountain once you are past security.**
- Be prompt and patient.
  - Show up a few minutes early to your meetings and be prepared to go through a security check before each meeting. There may be long security lines, especially in the morning.
- Treat staff members as you would a member of Congress. Staffers are highly influential and members of Congress rely on their input.
- When you arrive at an office, the receptionist know that you are with Dysautonomia International, who you have a meeting with, and the time of your scheduled meeting. "Hello, we're with Dysautonomia International and we're scheduled to meet with \_\_\_\_\_ at \_\_\_\_ pm."
- Start the meeting with a thank you.
  - Thank the member/staffer for taking time to meet with you.
- Be brief and focused. Most meetings will be 15-20 minutes.
  - Plan what you want to say with your team members and provide essential background information.
  - Have a 30 second elevator pitch about about your story.
  - Stay focused on the "asks" for Dysautonomia Advocacy Day. Use the talking points in the handout.
- Speak with passion and personalize the message.
  - Tell a story and make it relevant to the member. How does this impact people in their district or state?
- Follow up:
  - Your team leader should ask for a business card from any staff members you met with.
  - Team leader to fill out the in-app Meeting Report Form for Dysautonomia International.
  - Designate a member of your team to send a thank-you email on behalf of the group that reinforces your request. For a draft email, use "Send Thank You Email" in-app. Please copy Dysautonomia International Advocacy Coordinator Katherine Hut on this email (advocacy@dysautonomiainternational.org).

**Have some free time between meetings?**

**Learn more about the sites to see around the US Capitol at [VisitTheCapitol.gov](http://VisitTheCapitol.gov).**