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Helpful Hints and Tips for a Successful Day on Capitol Hill!

Logistics:

* Decide as a team how you plan to travel to Capitol Hill from the hotel.
* Capitol Hill has enhanced guidelines for visitors. You MUST be escorted into AND throughout all buildings on the Capitol grounds.
* Coordinate with Congressional offices ahead of time to identify which entrance your escort will meet you at.
* If your group wants to take a picture outside of the Capitol building, you are allowed to.
  + East Front: You can go up the steps as far as the chained off area for a picture.
  + West Front: You can go up to the bike racks for a picture, you will not get as close to the building as the East front.

Not allowed into the House and Senate Buildings:

* Firearms or weapons of any kind
* Any pointed object, e.g., knitting needles and letter openers (Pens and pencils are permitted.)
* Sealed envelopes
* Overside Luggage
* Food and water ARE allowed in House and Senate buildings, as are umbrellas.

Tips on attire:

* opt for professional attire that can be worn in the heat
* Seek shade when waiting for your escort or between meetings to avoid overheating
* Wear comfortable shoes