

Preparing For a Successful Day on Capitol Hill

Before You Leave for Washington, DC

Preparing

- Practice telling your personal story in 60 seconds or less.
- Review the issue one-pagers. (You don't have to be an expert.)
- Watch the on-demand issue trainings. They are less than 10 minutes each.
- Call into an Office Hours session with questions. (June 11& 21)
- Attend the logistics webinar on July 9th.

Packing

- Wear comfortable shoes. Yes, sneakers are completely acceptable. You'll be doing a lot of walking around Capitol Hill.
- If the person with IBD is someone other than you, bring a picture of them for your meetings.
- If you need to eat regularly, bring a snack for your day on Capitol Hill.
- Add a luggage tag to your suitcase that has your name

Tuesday, July 14th in Washington, DC

Practicing

- Get to know the volunteers who will join you for meetings
- Determine who will play which roles in the meeting. (This will be discussed in the training.)
- Share your personal story with others. (More practice!)

Planning

- Review your meeting schedule and map out your day. (Where does your day begin? Where is the best place to have lunch?)
- Review the Issues Tracker to see if your lawmaker previously supported our priority issues.
- Go to bed early! Tomorrow is a big day!

Wednesday, July 15th in Washington, DC

- Come down for breakfast to hear any updates and have a final review.
- Leave one hour before your first meeting to allow for plenty of time to get there, get through security, and find the lawmaker's office.
- Have fun meeting with your members of Congress and their staff.
- Complete the meeting report back form. (One person per group.)
- Take pictures and share them on social media. Be sure to use the hashtag #IBDinDC
- Return to the hotel for a snack and your suitcase.

After You Return Home

- Complete the event feedback form.
- Send a thank you email to the legislative staff you met with. (See our template.)