

USBC Advocacy Day of Action 2019

Attendee Tips & Tricks

Whether this is your first advocacy event or your fifteenth, there are always a few things to keep in mind...

Advocacy Day schedule:

- Registrants will gather at 9:30 a.m. in the Hyatt Regency Bethesda hotel lobby for a 10 a.m. departure via METRO to the Capitol.
- We will arrive at the Capitol together, take our group photo (wear your favorite breastfeeding t-shirt!), and then groups will separate to attend their appointments.
 - USBC staff is available through the NBCC conference app to help with any questions that come up during or between appointments.
- Lunch will be on your own, with an optional group meet-up in the Capitol Visitors Center cafeteria at about 12:30 p.m.
- Meet-up with advocates for a post-Advocacy Day check-in and celebration at 2:30 p.m. on the east side of Capitol Hill. We'll share stories from the day and take some celebratory photos!
- We've planned for the group to travel back to the hotel at approximately 3 p.m. Participants may elect to remain in D.C. to visit museums, monuments, or other sites, traveling back to the hotel at their leisure.

What to expect:

- Check the weather! We've had beautifully sunny Advocacy Days and dramatically stormy ones. You will be walking outside to appointments, so make sure to plan accordingly (as best you can). Consider bringing a travel umbrella.
- Prepare for walking. It's about a 30-minute walk from a Senator's office to a Representative's office. Wear shoes and clothes that you know you can walk in!
- Dress for impact! Make your visit memorable for Congressional offices by wearing your favorite breastfeeding t-shirt to the event. Don't have a breastfeeding t-shirt? Find one in the USBC's [Cafepress shop](#).
- Plan to purchase your own lunch at the Capitol Visitors Center cafeteria. Most meal prices will be around \$15. See the [full menu of options](#).
- You will be required to go through a security line at the Congressional office buildings. You will not be permitted to enter the Capitol Visitors Center with food or drinks, large bags, pointed objects, etc. [See the full list of prohibited items](#).

I'm not a breastfeeding advocate, I'm a community member/lactation support provider...

- If you believe families and babies should be supported to meet their breastfeeding goals, you are a breastfeeding advocate!
- Some organizations restrict volunteers and employees from lobbying. Because the leave-behind materials specifically reference certain bills, this event is considered a lobbying activity. **You can participate in the day of action as a private citizen**, or bring your own materials and talking points that do not reference specific bills. Learn more from the National WIC Association fact sheet: "[When Does Advocacy Become Lobbying?](#)". If you have any further questions or concerns about this, please reach out to USBC staff at advocacy@usbreastfeeding.org.