

## Alliance for Nuclear Accountability's DC Days 2009

# Surviving DC Days

### **1. Remember to bring enough money.**

Washington, D.C. can be quite expensive. You will need to arrange and pay for your own lodging, meals, and transportation. Lodging costs can be high, and the cheap rooms fill up fast. See the ANA housing list for affordable housing options at <http://www.ananuclear.org/DCDays/DCDays2009HousingList/tabid/82/Default.aspx>. You should bring an additional \$25.00 to \$50.00/day to cover the costs of meals, transportation, and other expenses. We will provide lunch during the Sunday training and some snacks, including bagels, coffee and juice, during the week at our headquarters.

### **2. Know the issues.**

The most indispensable thing to do is to prepare before you get to DC. You will be bombarded with information when you get here. It helps to have a solid foundation of knowledge to build upon. ANA works on a broad range of issues, many of which you might not be familiar with from your work at home. Fact sheets are available now for you to study at <http://www.ananuclear.org/PressRoom/FactSheets/tabid/116/Default.aspx>. We encourage everyone to participate in the **orientation call on Thursday, April 16** at 1:00pm Eastern, 12:00pm Central, 11:00am Mountain, 10:00am Pacific. The number to call is 1.877.276.0842 code 217.

### **3. Know your style.**

You will notice very quickly that everyone is dressed up on Capitol Hill. DC is a professional town and professional attire is expected while you are lobbying. Be sure to bring a change of shoes. Nothing will ruin your day faster than aching feet. Dress shoes are expected in meetings and at the reception, but you can always change shoes before and after meetings. The schedule of events notes when business attire is required.

### **4. Be prepared for the weather.**

DC is a spectacular place in the spring. Even so, the weather can be unpredictable—expect temperatures in the 50s and 60s, but be prepared for colder or warmer weather or thunderstorms.

### **5. Don't carry too much stuff!**

Travel light. Every time you go into a House or Senate building it's like getting onto an airplane: you have to pass through a metal detector and all of your possessions must be x-rayed and/or searched. It will be a busy time on the Hill this year, so arrive early for your meetings. There is often a wait to get through security.

### **6. Act like a constituent.**

Stop by your congressional office on the first day. Sign the guestbook. Pick up passes for the House and Senate visitors gallery. Get your picture taken with members of Congress for your local paper or newsletter.

### **7. Eat like a native.**

If you want a quick, cheap meal on the Hill, go where the locals go: the cafeterias in the Library of Congress, Supreme Court, House and Senate office buildings. There are plenty of places to eat on Pennsylvania Avenue near the Library of Congress. Union Station has some reasonably priced restaurants downstairs.

### **8. Be a team player.**

Most if not all of your meetings will be in teams. Delegations will meet on Sunday and plan their strategy and choose which meetings to attend. It's easy to get caught up in other activities in Washington, but when you're on a team, others will be counting on you to show up on time at the right places. Effective lobbying visits are organized and coordinated. This requires that all members are on time and prepared.

### **9. If you have free time...**

Be a tourist! In our experience, you lose your effectiveness if you talk about DOE issues for too long. So if you find yourself with time to spare, go to a hearing or even walk down the National Mall and visit a museum. Check out the visitor's guide available at headquarters for additional tourist information.