

Travel & Packing Tips For You and Your Baby



Booking Your Travel

Please make sure your travel is booked by April 12.

Our travel agency, **Travel Inc.**, will help you book your trip to D.C. Follow these steps:

1. **Prepare** to book your travel by having the following details for each traveler:
 - Full names as they appear on the IDs they will use at the airport
 - Birth dates
2. **As soon as possible: Call 855-282-9112 (toll-free) or 470-589-2120 during Travel Inc. business hours of 9 a.m. – 6 p.m. ET.** When you call the travel agency, make sure you share that you are part of ZERO TO THREE's *Strolling Thunder* event so they can help you book your travel. Travel agents may return your phone calls by a different phone number than listed above.
3. **Check your email** for your itinerary. That's how you know your travel is booked! Your itinerary will include a confirmation number for your flight. You'll use that to check into your flight through your airline's website or mobile app 24 hours before your departure time.

Monday, June 19	Tuesday, June 20	Wednesday, June 21	Thursday, June 22
Families travel to D.C.	Trainings (& free time!)	<i>Strolling Thunder!</i>	Families travel home
Event registration will take place from 12 – 8 p.m. ET at the hotel. You may not be able to check into your hotel room until 4 p.m. but the hotel can store your luggage.	After a breakfast for all families, we'll host training sessions for the primary participant. Then you'll have free time to rest or explore D.C.!	All of your meetings with Congress will happen on this day. We'll also host a rally on the Capitol grounds at 12 p.m. ET.	Please note that you will need to check out of the hotel by 12 p.m. ET. They can store bags if your flight departs later in the day.

Travel Expenses

ZERO TO THREE will provide you with a \$500 Visa Gift Card to use during your travels and stay in D.C. to help with expenses you encounter during your travels. You can use your gift card for taxis or ride-sharing services (Uber, Lyft), parking, meals, and any other expenses you may have during your travels. The card will be sent via USPS mail in early June.

When you get your gift card, please email your ZERO TO THREE liaison to confirm receipt.

Key Contacts

Before you leave, make sure your ZERO TO THREE liaison's phone number is stored in your cell phone. Call or text them at any point with questions.

For any questions or unexpected travel-related issues, you can contact the travel agent 24 hours a day at 855-282-9112 (toll free) or 470-589-2120.



Packing Tips

Don't Forget Your Stroller and Car Seat!

Since you are coming to D.C. for *Strolling Thunder*, a stroller is an important piece of equipment! Like car seats, children's strollers are not counted as part of airlines' standard baggage and can be checked for free at curbside, the ticket counter, or at the gate. Please remember to bring car seats for taxis or Ubers.

Dress Accordingly

June in DC can be warm – averaging between 75 and 90 degrees. We recommend checking the weather before your trip, but plan to dress for summer weather and a rain jacket or umbrella for those occasional summer showers. Our rally at the Capitol will be outdoors. Bring sunscreen and a hat for your baby!

For Your Hill Meetings

Congress will be in session during your visits. We suggest that adults wear “business casual” clothing for meetings. Khakis, chinos, slacks, dresses, or skirts are all fine – just no jeans or shorts. **Most importantly, wear comfortable shoes!** You will be walking to and from meetings, and the rally at the Capitol. Sneakers are encouraged. There is no dress code for babies: they should be comfortable! Upon your arrival to D.C., your baby will get a comfortable *Strolling Thunder* tee shirt which they can wear during your meetings.

For Your Baby

For your travel to D.C. – and to make sure you have the items that your family is most comfortable with during your stay – we recommend bringing a favorite stuffed animal, books, and other small toys. Just remember that the less you pack, the easier it will be on the plane.

Hotel

You will stay at the **Hilton Washington D.C. Capitol Hill** hotel at **525 New Jersey Ave NW, Washington, D.C.** The travel agency, along with ZERO TO THREE, will take care of room assignments. You will not receive a room number confirmation from the hotel, but rest assured that when you arrive, you will have a room. You can reach out to your ZERO TO THREE liaison with any questions. You can contact the hotel for any other questions at **202-628-2100**.

If you are traveling to D.C. by plane...

Getting to the Airport

Use your prepaid VISA Gift Card to pay for local transportation or parking costs at your local airport. We encourage you to do whatever you're most comfortable with, whether that's taking a taxi or ride-sharing service, having a friend or family member drive you, or driving yourself. Feel free to discuss your plans with your ZERO TO THREE liaison.

If you're flying in, you'll arrive at one of the three D.C. area airports – Ronald Reagan International Airport (DCA), Washington Dulles International Airport (IAD), or Baltimore-Washington International Airport (BWI). You can use your prepaid gift card for getting from the airport to the hotel.

TSA Security Requirements

Below are some important reminders when going through TSA security at the airport. You can also visit the [TSA website](#) for more information.

Identification

- All adult travelers must have government-issued identification to fly. Please bring your driver's license, passport, or official state identification card.
- Children under the age of 18 do not have to have a form of identification. Airlines will accept identification from the guardian on behalf of the minor.

Carry-On Baggage

- For liquids such as shampoo, toothpaste, medicine, hair gel, hair spray, and similar products, you are allowed to bring a clear quart-sized bag of liquids, aerosols, gels, creams, and pastes through the checkpoint. These are limited to 3.4 ounces (100 milliliters) or less per item.
- Formula, breast milk, and juice for infants or toddlers are permitted through the security checkpoint. Keep them separate from other liquids, gels, and aerosols, and inform the TSA officer at the beginning of the screening process if any are more than 3.4 ounces in your carry-on bag. These liquids are typically screened by X-ray and may be subject to additional testing.
- You can bring ice packs through security to keep your perishable items cold. Similar to liquids, alert the TSA officer at the beginning of the screening process to avoid additional security screenings.
- If you have not checked your stroller or car seat, you will need to put these items through the X-ray scanner along with your carry-on luggage. You will carry your baby with you through the screening machine.

Screening

- All screening equipment at the airport security checkpoint is safe for all travelers, including women who are pregnant.
- Children 12 and under can leave their shoes, light jackets, and headwear on during screening.

On the Plane

We understand that traveling with a baby can be intimidating! If you've never done it before – or if you need a refresher – we've got some tips to make your flight as smooth as possible. When you arrive at your gate, ask if you can board the plane early. Many airlines have pre-boarding or special family boarding options to give you extra time to get situated on the flight.

- Ask the flight attendants which bathroom has the changing table – depending on the airplane there may be only one.
- Carry a change of clothes (for both you and baby!) as well as any medications in your carry-on for easy access.
- Some pediatricians recommend nasal saline – a squirt in each nostril – before boarding to help clear out fluid in the nasal passages that could cause pressure in babies' ears.
- Many parents find that nursing or giving babies a bottle can help clear their ears easily during ascent and descent.

Getting to the Hotel

You can use your prepaid VISA gift card to pay for transportation from the airport to the Hilton Washington D.C. Capitol Hill (525 New Jersey Ave NW, Washington, D.C. 20001). Some options to consider:

Metro (Subway System)

The closest metro stop to the Hilton Capitol Hill is **Union Station** on the Red Line. If you plan to metro to or from Reagan airport (DCA) via the Blue line, you can transfer to the Red Line at **Metro Center**. You will then ride for three stops to **Union Station**, then get off and walk for about seven minutes to the hotel. For more information on riding the metro with your baby, check out the information from [WMATA](#).

Taxi

Find the taxi line at your airport. It's usually just outside of baggage claim. Please note that taxis are not equipped with car seats. You'll need to install your own.

Uber, Lyft, and other ride-sharing services

Uber and Lyft are ride-sharing service accessible from a smart phone. You can download the free Uber or Lyft app in the Apple Store or Google Play stores. You will need to create an account that can be linked to a credit card. Please note that Ubers and Lyfts are not equipped with car seats. You'll need to install your own.