

Travel & Packing Tips

For You and Your Baby



Your Travel



1. **Check your email** for your itinerary. 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.
2. If you run into any travel issues, call our travel agency at 1-800-241-0944. They have a 24-hour hotline and will help you sort out any issues.

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.! Some families will head to the White House at 2 pm.	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. Let your ZERO TO THREE liaison know if you have not received your card.



When you get to DC, we will ask for you to confirm that you received your card with a signature.

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.

If you run into any travel issues, call our travel agency's 24-hour helpline first at 1-800-241-0944.

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 bring 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 in 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. Contact the hotel for any other questions at **202-628-2100**.

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

Parking

Valet Parking is available at the hotel for \$59 a day. You may be able to find cheaper parking near the hotel through Spot Hero. You can download the app in the Apple Store or Google Play stores. *Note: many of the options in Spot Hero do not allow you to leave and come back. Once parked, your car must stay until you leave for good. ***

Nearby parking garages are located at the following addresses:

- 85 F St. NW (601 New Jersey Ave. NW) - Garage
- 10 G St. NE - Valet-Assist Garage
- 660 North Capitol St. NW - Garage - (Lot 865)
- America's Square Garage - Self Park/Valet Assist

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

If This Is Your First Time on a Plane

This [step-by-step guide](#) starts with checking in up to 24 hours ahead of your flight and may help you prepare. To help with check-in, your confirmation number is listed on your itinerary. Feel free to ask airline or airport staff for help at any step in the process. Changing flights? Immediately after you get off your first flight, you can go to the gate for your second flight. Ask airline staff for help finding the gate for your next flight.

Getting to the Airport (and back!)

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 the metro, 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.

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. Want a video on traveling through an airport with a baby and a stroller? Here's a nice [tutorial](#). Just know that you don't need a fancy stroller!

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. You can also pack these in your checked baggage.
- 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. Here is

a helpful [tutorial](#) on getting through security with a baby and a stroller. Just know that you don't need a fancy stroller!

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.

Watch this video to learn how to take the metro in [DC](#). Note that two children under the age of 5 travel free with a paying passenger.

Note: you can also use your phone's map app to help with using the Metro.

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.

Once You Arrive

Checking-in

Check-in at the hotel is at 4 pm EST. If you arrive earlier, you will be able to check your bags with the doorman. Please follow the signs to check in with Strolling Thunder staff as well between noon and 8:00 pm pm Monday night.

Pack-n-Plays

You can pick up your Pack-n-Play after you check into the hotel, at the Strolling Thunder registration.

Fridge

There will be mini fridges in your room. If you need to purchase anything like milk or other basic supplies for your little one, there is a Walgreens in Union Station, 801 7th St NW, just two blocks away.

Planning Meals

We will hold a breakfast for families on Tuesday and breakfast and dinner on Wednesday at the hotel. Use your VISA gift card for other meals.