

Travel & Packing Tips

For You and Your Baby



Booking Your Travel



Please make sure your travel is booked by March 8.

Our travel agency, **Group Travel Partners**, 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. **Check your email for a registration link.** Group Travel Partners will gather all the details they will need to book each traveler. This includes full names, birth dates, preferred departure airport, and more.
3. **Respond to the proposed itinerary within 24 hours.** Group Travel Partners will review the information you submit and send you a travel schedule (flights, times, etc.) for your approval. Please respond right away with questions or your approval.
4. **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.

ZERO TO THREE will handle booking your stay at the Hilton Washington D.C. Capitol Hill as part of the event room block. However, if you have any additional questions for the hotel, you can call them at 833-964-1097.

Schedule At a Glance

Sunday, April 28	Monday, April 29	Tuesday, April 30	Wednesday, May 1
Families travel to D.C.	Trainings	Strolling Thunder!	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. We'll have some optional activities during this time. We'll end the day with a pajama party from 6–8 p.m. ET	All your meetings with Congress will happen on this day. We'll also host a rally on the Capitol grounds at 12 p.m. ET. There will be a dinner for all families from 5:30–7 p.m. ET.	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 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 meals, the cost of checked baggage, and other expenses. The card will be sent via USPS mail in April.

Some places do not accept gift cards. It is rare, but you should be prepared to pay for some costs with cash or a credit card. You will still have access to the full amount of your gift card money (\$500).

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! Car seats and 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

Late April in D.C. is usually mild – ranging between low 50s in the evening and low- to mid-70s during the day. We recommend checking the weather before your trip, but plan to dress for spring weather and pack a rain jacket or umbrella for those occasional April 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!

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.** 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 833-964-1097.

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, 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 that have a booked seat do not have to have a form of identification. Airlines will accept identification from the guardian on behalf of the minor.
- Children under the age of 2 flying as a "lap child" (they do not have their own seat) must have proof of age available, such as a copy of a birth certificate.

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 toward Silver Spring/Glenmont 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 [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 Ridesharing 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.