ADVOCACY DAY CHECKLIST

TO DO LIST

- Register as an Advocate (advocacy.fragilex.org)
- Plan your travel arrangements
- Confirm your hotel reservations
- Start packing (See checklist below)
- Listen to training podcasts and review materials
- Print out Business Cards (Templates at advocacy.fragilex.org)
- Check the weather at Washington DC
- Connect with others from your state (On Facebook)

PACKING CHECKLIST

- Comfortable, weather-appropriate footwear
- Business attire (for Capitol Appointments)
- Casual attire (for training and around-the-town dinners)
- Photos of your family
- Camera
- Business Cards (At advocacy.fragilex.org)
- Lozenges or Breath Mints (No gum!)