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What to Expect on Capitol Hill

Information for [Hill Day](#) | March 12, 2026

To participate in Hill Day, you must be an attendee of NN4Y's Summit on Youth Homelessness from March 12-13, 2026. Both Summit and Hill Day meetings have in-person and virtual options so that all attendees can participate.

If you have additional questions, please email trinady.maddock@nn4youth.org.

Frequently Asked Questions About Going to the Hill

Where are the offices?

The [Senate office buildings](#) are Russell, Dirksen, and Hart. They are north of the U.S. Capitol Building. You will enter the buildings through the visitor's entrances on Constitution Ave NE. Visitor's doors will be marked.

Three [House office buildings](#) are directly south of the U.S. Capitol Building: Rayburn, Longworth, and Cannon. Their visitor's entrances are on Independence Ave SE. Two House office buildings are further southwest of the Capitol Building: Ford and O'Neill.

Russell, Dirksen, and Hart are connected inside, so if you have back-to-back Senate meetings in any of those buildings, you don't need to go back outside and through security again. Rayburn, Longworth, and Cannon are also connected inside. You will need to plan on going through security if you're going between the House and Senate buildings, or if you're going out to Ford or O'Neill.

See the map at the end of this document.

How do I get there from Summit?

The Senate buildings are about a 15 minute walk from the hotel (Hyatt Regency on Capitol Hill). The Rayburn, Longworth, and Cannon House buildings are about a 20 minute walk from the hotel and a 10-15 minute walk from the Senate buildings. The Ford and O'Neill House buildings are about a 20-25 minute walk from the hotel and the Senate buildings and about 15 minutes from the other House buildings.

We recommend walking if you're able—the walks are beautiful and safe! Otherwise, D.C. has plenty of Ubers and Lyfts and you can order one very quickly. Just keep in mind that it might take about the same amount of time to drive as it does to walk because of D.C.'s crazy traffic.

What should I wear?

Groups usually go one of two ways: Professional attire, or members of the same organization wear a matching shirt for their org. Whatever you choose, just make sure it's comfortable and you have comfortable footwear, since there is quite a bit of walking.

Is there security?

You must go through security to enter the House and Senate buildings. You will pass through a metal detector and put your bag through a bag scanner. If you're going between Russell, Dirksen, and Hart *or* Rayburn, Longworth, and Cannon, you will not need to go through security again since those buildings are connected inside.

Typically security does not ask to see your ID, but you should have it just in case.

You may see the National Guard, Capitol Police, Secret Service, United States Parks Police, and Metropolitan (D.C. City) Police. Don't worry—just keep doing your thing and they won't bother you. It's normal to see them around.

Can I bring my phone/laptop/electronics?

Yes, you can bring your phone, laptop, or other electronics. They will need to pass through the bag scanner at security. However, please note that it is customary to take handwritten notes during your meetings. The staffers will also be taking handwritten notes.

Can I bring food/drinks? Is there food/drink available?

Yes, you can bring food and drink. Anything you bring will need to pass through the bag scanner at security. There are cafes and cafeterias that are open to the public in the House and Senate office buildings. Note that photography is not permitted in most of the cafeterias.

Do Congressional buildings have restrooms that are accessible and inclusive for transgender individuals?

Please note that the House has banned transgender individuals from using the restroom that align with their gender identity. If you identify as trans, we highly recommend not using the restrooms in the House office buildings, or searching for a singular stall. The Senate has no such restrictions.

Will I meet my lawmaker?

Your lawmaker might join. Sometimes they stay the whole time, but it's more likely that they'll stay for a portion of the meeting or pop in to say hello. If they do, **please get a picture!**

If your lawmaker doesn't join the meeting, don't be discouraged. Building relationships with staff is very important, and they are the ones who make recommendations to the lawmakers about how to proceed on an issue.

Can I take pictures/videos?

You are allowed to take pictures and videos in most areas inside the office buildings. Anywhere where photos are not allowed will have signage posted. In your meeting, ask the staff/lawmaker if it's okay to get candid photos throughout the meeting and a photo at the end. They will usually say yes. Please share any photos you take with NN4Y!

What should I do after my meeting(s)?

First, complete the [post-meeting survey](#). The information you provide is very important to our continued advocacy work. After that, please join us back at the hotel for our Networking Reception from 4 - 6 PM! Light appetizers and drinks will be served.

Map

