What to Pack for CVD

Business Cards
These are currency in DC and you’ll trade them with every person with whom you have a meeting.

Institutional Handouts
Your institution or department may have an excellent, succinct pamphlet summarizing your program. You are welcome to bring one, but please keep it to a small pamphlet or one-page document – the shorter the better!

Business Attire
We recommend you wear business attire (a suit) on the second day of the program, when we are conducting congressional visits. Attire on Capitol Hill is business. The first day, which is a training and preparation day, is business casual attire.

Comfortable Shoes
You will be doing lots of walking between offices on the second day (usually over two miles), and comfortable shoes will make a huge difference.

Camera (smart phone or point-and-shoot)
You’ll want to capture those moments when you meet your Representative or walk by the Capitol Building, Supreme Court, or Library of Congress. But no DSLRs please; you won’t want to carry it around all day.

A Small Folding Umbrella
Not always needed, but DC gets its share of thunderstorms so it’s great to pack one just in case. Be sure to check the weather before you leave!

Notebook and Pen
You’ll want to take notes during your meeting, specifically noting any follow-up or action items for after the meeting.