

FAD 2019

FAMILY ADVOCACY DAY

Your Guide to Washington, D.C.

June 3-5

We are excited to welcome you to Family Advocacy Day in Washington, D.C., and want to make your stay as easy and enjoyable as possible. In this guide, you will find food options, tourism information, transportation tips, and other helpful insights to make the most of your time in our nation's capital.

Accommodations, food, and activities are at the **Hyatt Regency Washington on Capitol Hill, 400 New Jersey Ave NW, Washington, DC 20001. Signage will mark where Family Advocacy Day activities will be held.** We will also provide a detailed schedule with mealtimes, activities, and more.

DC weather tends to be hot and humid in June. Consider dressing in lightweight, comfortable fabrics. We strongly recommend wearing comfortable shoes. Meeting with members of Congress calls for more professional dress. However, your time with CHA at the hotel and exploring the city are casual.

WHAT TO BRING

- Car or booster seat, if necessary
- Professional and casual clothes for the family
- Comfortable walking shoes
- Medications, if necessary

TABLE OF CONTENTS

Registration	Page 2
Transportation	Page 2
Hotel Information & Resources	Page 3
Capitol Hill Information Resources	Page 4
Tourism	Page 6
Additional Information	Page 6

If you have questions or need assistance, please text or email **Elleni Almandrez** at 202-753-5364 or familyadvocacyday@childrenshospitals.org. All on-site staff will be in black t-shirts.

REGISTRATION

Family Advocacy Day check-in tables will be in the Ballroom Lobby at the bottom of the escalators at the Hyatt Regency Washington on Capitol Hill and be open at these times:

- **Wednesday, June 3 from 2 p.m. to 8:30 p.m.**
- **Thursday, June 4 from 7 a.m. to 6 p.m.**

TRANSPORTATION

Getting to D.C.

Airport Travel

DC has three airports in the surrounding area—Reagan National, Dulles, and BWI.

Ronald Reagan Washington National Airport (DCA, Reagan, or National)

- 5 miles from the hotel
- Recommended transportation: Taxi, Uber, or Lyft
- The D.C. Metro is available for \$3 to get into downtown D.C.
 - Take the Yellow line to the Gallery Pl-Chinatown Stop and transfer to the Red line. The hotel is 0.4 miles from both the Judiciary Square stop and Union Station stop.
- Find accessibility information [here](#).

Dulles International Airport (IAD or Dulles)

- 31 miles from the hotel
- Recommended transportation: Taxi, Uber, or Lyft
- The DC Metro takes just over an hour and costs \$6 to get into downtown D.C.
 - Take the Silver line to the Metro Center Stop. (approx. 1 hour)
- Accessibility information can be found [here](#).

To reserve a wheelchair accessible taxi at IAD or DCA, call one of the following companies ahead of your arrival:

- [Royal Taxi](#): 202-398-0500
- [Yellow Paratransit](#): 202-544-1213

Baltimore/Washington International Thurgood Marshall Airport (BWI or Baltimore Airport)

- 34 miles from the hotel
- There is a free, 24/7 Amtrak/MARC shuttle that operates between the BWI Airport terminal (lower level, doors 2, 8, 15, 17) and the [BWI Rail Station](#) every 10–15 minutes (25 min at night). The ride takes roughly 6–10 minutes, connecting directly to the station where you can board the Amtrak/MARC Train to Union Station.
- Accessibility information can be found [here](#).

To reserve a wheelchair accessible taxi at BWI, call the following company ahead of your arrival:

- [BWI Airport Taxi](#): 410-859-1100

Getting around D.C.

If you need an accessible vehicle, we will have ADA-accessible taxis available to transport you between the hotel and Capitol Hill office buildings each day.

The Washington Metropolitan Area Transit Authority (WAMTA) metro and bus system are available for your use.

- **WAMTA accepts contactless credit/debit cards and mobile wallets** (Apple Pay, Google Pay) through the “Tap. Ride. Go.” system, allowing riders to tap their card or phone without a physical SmarTrip card. You can still purchase metro cards at the station OR through the [SmarTrip](#) app and can easily be added to your phone’s wallet.
- The closest metro stations to the hotel are **Judiciary Square** and **Union Station**, which both service the Red Line.
- You can walk from the hotel to the Capitol Building in about 14 minutes. There are additional metro stations near Capitol Hill. Capitol South, near the House Office Buildings, services the Blue, Silver, and Orange lines.

HOTEL INFORMATION & RESOURCES

Nearby Hyatt Regency Capitol Hill Pharmacies & Urgent Care

Walgreens

- 801 7th St NW, Washington, DC 20001
- (202) 789-5345
- Pharmacy hours: 10 a.m.–6 p.m.

CVS Pharmacy

- 1200 First St NE, Washington, DC 20002
- (202) 289-6499
- Pharmacy hours: 7 a.m.–10 p.m.

One Medical Primary Care Clinic - Metro Center

- 1001 G St NW Suite 200 East, Washington, DC 20001
- [Click here](#) to book online
- (888) 663-6331
- Hours: 8 a.m.–9 p.m.

AllCare Primary & Immediate Care

- [Click here](#) to book online
- 315 H St NE Suite A, Washington, DC 20002
- (202) 787-1979
- Hours: 8 a.m.– 8 p.m.

Other Area Hospitals + Care Centers

George Washington University Hospital (1900 23rd St NW, Washington, D.C. 20037)

Children’s National Hospital (111 Michigan Ave NW, Washington, D.C. 20010)

PM Pediatric Urgent Care (USA Building, 3100 14th St NW, Irving St NW Entrance Suite 125 Washington, D.C. 20010)

In case of an emergency, please call 911.

Food and Beverage

Team CHA will provide breakfast, lunch, dinner, and snacks at the hotel and on Capitol Hill. However, there are additional eateries located near the Hyatt Regency.

- **Corner Bakery Café** (500 North Capitol St NW Ste 110, Washington, DC 20001)
- **Z Burger** (500 New Jersey Ave NW, Washington, DC 20001)
- **Tatte Bakery & Café** (250 Massachusetts Ave NW, Washington, DC 20001)
- **SUNdeVICH** (601 New Jersey Ave NW Entrance on G St NW, Washington, DC 20001)
- **District Rico** (91 H St NW, Washington, DC 20001)

Union Station

50 Massachusetts Ave NE, Washington, DC 20002

The Hyatt is a seven-minute walk from Washington, D.C.'s Union Station, which features a food court on the lower level with options such as Chipotle, Chick-fil-A, Jersey Mike's, and several coffee shops. There are also retail stores including Uniqlo and Walgreens.

CAPITOL HILL INFORMATION & RESOURCES

Hospitality Room

On the Hill Day, Thursday, June 4, we will have two rooms available in the Rayburn House Office Building for downtime, including activities, lunch, and snacks. The room numbers are **2044 and 2045**, and Rayburn's address is **45 Independence Ave SW, Washington, DC 20515**. Rooms 2044 and 2045 are located in the basement of Rayburn. We will have clear signage in the building.

If you need help finding anything, please ask Team CHA staff in black t-shirts or Capitol Police. A [map of the Capitol grounds](#) is also available online, and below are resources to help guide your visit.

Clothing

Forgot something at home? Here are some stores:

- **TJ Maxx** (601 13th St, NW Washington, DC 20005)
- **Macy's** (1201 G St NW Washington, DC 20005)
- **Nordstrom Rack** (555 12th St NW, Ste C 120, Washington, DC 20004)
- **Target** (1515 New York Ave NE, Washington, DC 20002)
- **Sephora** (1000 F St NW, Washington, DC 20004)
- **CityCenterDC** (825 10th St NW Washington, DC 20001)

Food and Beverage

We will provide refreshments and snacks in **Rayburn House Office Building Rooms 2044 and 2045**. Additionally, you will have access to cafeterias and food courts in the basement of the Rayburn and Longworth House Office Buildings, the Dirksen Senate Office Building, and the U.S. Capitol Visitor Center.

Checking Out a Wheelchair on Capitol Hill

Visitors can borrow wheelchairs at the **Capitol Visitor Center's North Coat Check** (First St SE, Washington, DC 20515). If you choose to borrow a wheelchair, you must present a valid, government-issued ID. Passports are not accepted. Wheelchairs must be returned by 4 p.m. and may be only used in the Capitol and Capitol Visitor Center.

For information about wheelchair accessible entrances to the Capitol, House, and Senate buildings, [visit this link](#).

Capitol Hill Medical Services

Services for minor medical needs are available in these locations on Capitol Hill:

- **Cannon House Office Building** – Room 110 – (202) 225-3470
- **Longworth House Office Building** – Room 1204 – (202) 225-2500
- **Rayburn House Office Building** – Room B344 – (202) 225-7131
- **Capitol Visitor Center** – Room HVC-100 – (202) 225-5442
- **U.S. Capitol Building** – Room H166 – (202) 225-5421

If you are experiencing an emergency, call 911 immediately.

U.S. Capitol Area Pharmacies & Urgent Care Locations

CVS Pharmacy

- 645 H St NE, Washington, D.C. 20002
- (202) 544-1878
- Pharmacy hours: 9 a.m. – 1:30 p.m. and 2 p.m. – 8 p.m.

CVS Pharmacy

- 661 Pennsylvania Ave SE Washington, D.C. 20003
- (202) 543-3305
- Pharmacy hours: 9 a.m. – 1:30 p.m. and 2 p.m. – 8 p.m.

MedStar Health Urgent Care

- [Click here](#) to book online
- 228 Seventh St SE Washington, D.C. 20003
- (833) 955-0320
- Hours: 7 a.m. – 5:30 p.m.

Kaiser Permanente Advanced Urgent Care

- 700 2nd St NE Washington, D.C. 20002
- (202)-346-3950
- Hours: 24/7

TOURISM

There are endless activities in DC. Below you will find our most popular sites and attractions.

Nearby Monuments & Sites

Free & No Reservations Required

- The White House
- The Washington Monument
- The Lincoln Memorial
- The Jefferson Memorial
- Martin Luther King, Jr. Memorial
- World War II Veterans Memorial
- Vietnam Veterans Memorial

The People's House

1700 Pennsylvania Avenue NW, Washington, DC 20006 – Reserve tickets ahead of time

A brand-new White House Experience, created by the White House Historical Association, is an educational museum that showcases its history, residents, and staff through interactive exhibits, replicas, and immersive galleries.

Museums

- **Museum of African American History and Culture** (Free)
- **Air & Space Museum** (Free, but reservations are required)
- **National Museum of American History Museum** (Free)
- **National Portrait Gallery** (Free)
- **National Children's Museum** (Paid tickets required)
- **The International Spy Museum** (Paid tickets required)
- **Planet Word Museum** (Paid tickets required)
- **Smithsonian Zoo** (Free, but reservations required)

Playgrounds

- **Kennedy Recreation Center Playground** (1401 7th St NW Washington, DC 20001)
- **Franklin Park** (1332 I St NW, Washington, DC 20005)
- **Stanton Park** (6th Street Northeast &, 226 4th St NE, Washington, DC 20002)
- **Marion Park** (E St SE & 6th St SE, 401-479 E St SE, Washington, DC 20003)
- **Garfield Park** (1-299 South Carolina Ave SE, Washington, DC 20003)

Splash Parks

- **Kennedy Recreation Center Splash Park** (1401 7th St NW Washington, DC 20001)
- **Stead Park Recreation Center** (1625 P St NW Washington, DC 20036)

ADDITIONAL RESOURCES

You can find a detailed schedule, a story-telling guide, and more on the **Resources** page of the **Family Advocacy Day website**.