



NATIONAL **FRAGILE X**
FOUNDATION

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)
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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!)