



MENTOR

CAPITOL HILL DAY

2026 Capitol Hill Day Meeting Checklist

Before your meetings

- Do your research – google your elected officials and learn more about their priorities
- Have relevant documents pulled up for your meetings
 - Legislative talking points and the 2026 Congressional Leave Behind Sheet
- Make a plan with your fellow state participants
- Check in to your meeting ~5 minutes early, if possible (call ahead if you're running late!)

During your meetings

- Introduce yourself and your group
- Don't shy away from chit chat, but be mindful of time
- Make your pitch and tell your story
- Listen carefully to how the elected official and/or their staff respond and take notes
- Get a commitment when possible
- Promise to follow up with contact information and materials
- Allow time for questions (both directions)
- Take a picture!*

After your meetings

- Send a thank you note with a personalized touch (ex: "it was interesting to learn that the Representative was a mentor to middle school students while in college")
 - At least one per team
- Post on social media (tag MENTOR so we can amplify it!)
 - Facebook *and* Twitter: @MENTORnational
 - Instagram: @MentorNMP
- Submit the feedback form provided by MENTOR!**
- Follow up immediately with the office for any information you promised; and again 2-3 weeks after that to follow up on commitments

Questions/Support

- App Support/Tech issues: Contact Advocacy Associates
- Messaging or meeting questions/feedback: Contact MENTOR