What to know about your day at the legislature . . .

Normal Legislative Day
- Committee meetings (8:00 a.m. to 12:00 noon).
- Break for lunch.
- House and Senate floor sessions (1:00 to 4:00 p.m).
_Schedules subject to change—check daily calendar._

Appropriate Dress
- Torso must be covered (front and back).
- Headgear must be removed.
- No offensive or suggestive text or images on clothing.
- No visible undergarments.
- No visible rips, tears, or holes in clothing.
- Tattoos and body piercings (other than reasonable earrings) should not be visible, if possible.
- Convey a neat, clean, appropriate appearance.

Food and Beverages
- It is a great idea to eat prior to your tour—better attention span.
- Food and beverages are not allowed in meeting rooms or House and Senate chambers.
- Capitol cafeteria and vending machines are available for your convenience.

Attending Committee Meetings
- Break into smaller groups—10 students and 1 chaperone per room.
- Enter and exit quietly as committees are working groups.
- Follow established protocol if you wish to make a comment to the committee.

Bills Under Consideration
- Check major North Dakota newspapers that list the daily calendar.
- Check monitors on the ground floor of the Capitol.
- Stop by the ground floor "Bill and Journal Room" for copies of bills and daily calendar.

Meeting With Your Legislators (arrive at 12:45 p.m. in the Senate or House balcony)
- Legislative Tour Guide will notify your legislators of your visit to the Capitol.
- Due to workload and schedules, some legislators may not be available to meet with you.
- You also can find your legislator's phone or email address by going to [www.legis.nd.gov](http://www.legis.nd.gov).

Please arrive at ground floor information desk _15 minutes prior_ to your scheduled tour. This allows time to check coats and use the restrooms.

_ALWAYS REMEMBER . . .

_Do NOT touch the brass!_