

## Parking, Food, and Attire for Social Work Advocacy Day

### Where should I park and does it cost?

Public parking is available in three visitor's lots. Visitors' lot #1 is located at the corner of Jones Street and Wilmington Street. Visitors' lot #2 is located in the 300 block of North Salisbury Street and can also be accessed from the 300 block of North McDowell Street. Visitors' lot #3 is located at the corner of Edenton and McDowell Streets. **Rates are charged by the hour** (cash or credit card options only). Click [here](#) to view a map for downtown parking and for pricing. Other city owned lots and private lots are available throughout the downtown area.

### Where can I eat?

The Legislative Building has both a Cafeteria and Snack Bar (both located in the basement). The cafeteria is open to the public from 11:00 am - 2:00 pm, Monday-Friday. However, seating is limited. The Legislative Building Snack Bar is open from 7:00 am - 3:00 pm, Monday-Friday.

The Legislative Office Building (behind the Legislative Building and across the foot bridge, where you may have meetings with your legislators) has a Snack Bar located on the first floor. The Snack Bar is open to the public from 7:00 am - 3:00 pm, Monday-Friday.

Area restaurants are always an option, as well. [Visit Raleigh](#) is a great resource for locating restaurants in the vicinity of the legislative buildings. There are a number of options within walking distance including the café inside of the Science Museum.

### How should I dress to speak with my legislator?

Professional dress IS required to attend Lobby Day. The best way to think about business casual is: What would you wear to an interview?

For Women: Wear a reasonable length skirt or dress not more than 2 inches above your knees. It sounds picky, but your legislator will perceive it as professional; dress pants (black, brown, navy, khaki, etc) are also acceptable; no sleeveless tops; your outfit should not be too tight or show cleavage; shoes should be comfortable to walk in but no open-toed shoes should be worn.

For Men: Dress pants (black, brown, navy, khaki, etc); shirt with a collar (dress shirt or polo); belt; dress shoes and socks (no open-toed shoes or sneakers) are all acceptable articles of clothing. A blazer and tie are also acceptable, though not required.

*For more information on visiting the Legislative Building, click [here](#).*