

Maine State House Survival Guide



Navigating the State House can be overwhelming. Just remember: you belong there, and people are happy to help you.

Accessibility.

The State House is accessible... sort of. There are accessible parking spaces, elevators for most areas, and a 'visitor's guide to accessibility'. If you have a specific question, it's fine to call the State House visitor's desk!

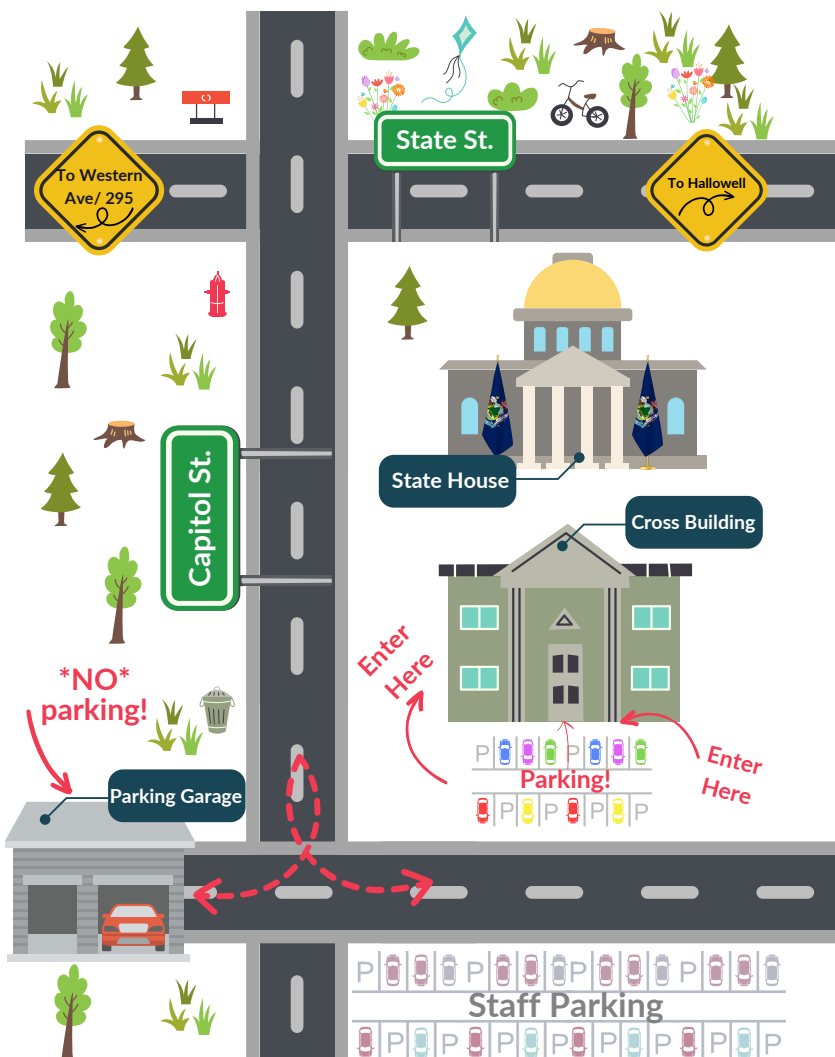
Security.

Cell phones, keys, and belongings will be screened by an x-ray machine. Empty your pockets but keep shoes on unless they make you take them off. Security guards will hold items like knitting scissors until you come back.

Self-Care.

When the House and Senate are in Session, it's crowded and bells ring (to call Legislators back for a vote) all day. You can bring your own food and water in, and there is cafeteria for food, drinks, and escape in the basement of the Cross building. It's okay to plan shorter stays or breaks to care for yourself.

Arrival & Parking



Where Do I Find...

- ✓ Gender neutral bathrooms? On the 4th floor, outside the House gallery.
- ✓ A place to breast/chest feed or pump? 4th floor, outside the House gallery.
- ✓ A place to refill water bottles? The 1st, 2nd, and 4th floor, near the stairs.
- ✓ A quiet place away from the noise? The Law Library (2nd floor), or the tunnel between the SH and Cross building.
- ✓ Fresh air? The State House Balcony, 3rd floor, overlooking Capital Park.