



Call the U.S. Capitol switchboard at (202) 244-3132 and ask to be connected to your member of Congress

Not sure who they are? Find them by zip code at [congress.gov](https://www.congress.gov)

Then all you have to say is:

Hello, my name is YOUR NAME. I'm calling as a constituent from YOUR CITY, ZIP CODE. I'm a wildlife professional and member of The Wildlife Society, asking SENATOR/REPRESENTATIVE'S NAME to...

- If your ask is tied to a specific piece of legislation, make sure to say the bill number
- Keep it concise! Establishing that you're a constituent and making your ask is the most important
- If you want to provide more details to the office, ask for contact information for a member of staff covering wildlife/natural resource issues. You can follow up with them via email after the call