



Tips for First-Timers from ILTA Staff



Preparing for ILTACON

- It's a marathon, not a sprint. Enjoy yourself, but it's a long week. Pacing yourself is key.
- Read everything you receive before ILTACON and ask questions. We have an [email address](#) that always gets answered, so use it if you need it.
- Download the ILTA Events mobile app (available in August).
- Read the blogs by the ILTACON Conference Committee that highlight sessions by Area of Focus
- Try to build your session agenda before you arrive onsite, but don't be surprised if your plans change.
- Make note of sessions you want to attend that are in the same time slot and prioritize them for yourself. If after a few minutes the one you chose doesn't fit, go to your second choice.
- Almost all sessions are recorded, so don't stress about attending sessions scheduled at the same time. Make a note for yourself to find recordings of missed sessions after the conference.
- Review the list of exhibitors ahead of time and plan your "attack" in the Exhibit Hall.
- Schedule vendor demos ahead of time that fit with your session schedule.



Onsite Help

- Wear your badge at all times — this gets you into the sessions, meals and networking events.
- Walk around when you first arrive to get the lay of the land before things pick up.
- Go to the Conference Orientation on Sunday afternoon. It's a huge help.
- Don't be afraid to ask (staff and other attendees) questions. Stop at the ILTA Member Services Desk in the Convention Center Prefunction area if you have a question.
- Look for ribbons on badges to find ILTA volunteer leaders and staff. And be sure to pick up a First Time Attendee ribbon for yourself—you'll meet lots of friendly peers because of it ... and you may even get a free drink.
- Use the ILTA Events conference app.
- Ask speakers questions! Most sessions have time built in for Q-and-A at the end, and this is your best opportunity to ask a question about what was presented. If you're not comfortable asking your question in front of everyone, approach the speaker afterward or send him/her an email after the conference.



How To Meet People

- The vast majority of attendees are incredibly open and friendly. Even if it makes you nervous, don't be afraid to introduce yourself to new people. You will be welcomed with open arms, as that's ILTA's culture.
- Plan to attend the "Communities of Interest" meetings Sunday afternoon to meet peers with the same interest; start in the First-Timers room.
- Set a goal to talk with a certain number of people each day. Introduce yourself to the person sitting beside you at meals and in sessions.



Be Comfortable, and Take Care of Yourself

- Wear comfortable clothes (especially shoes). Don't worry about wearing a suit; the ILTACON dress code is resort wear or business casual.
- Bring a light sweater or jacket; the temperature in conference rooms can be unpredictable.
- Build breaks into your schedule to take a walk along the Potomac or to sit quietly in the garden and re-energize.
- Get some sleep, especially the first few nights. It's a long haul, and it's easy to overextend yourself.
- Drink lots of water and be judicious about drinking caffeine and alcohol.
- Eat well. There will be healthy options at all meals — lots of protein, fruits and vegetables.