

Congressional Salaries and Allowances: In Brief

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Specialist on the Congress

Congressional Salaries and Allowances: In Brief

This report provides basic information on congressional salaries and allowances.

First, the report briefly summarizes the current salary of Members of Congress; limits or prohibitions on their outside earned income, honoraria, and tax deductions; options for life and health insurance; and retirement benefits.

Second, the report provides information on allowances available to Representatives and Senators to support them in their official and representational duties. These allowances cover official office expenses, including staff, mail, travel between a Member's district or state and Washington, DC, equipment, and other goods and services. Although the House and Senate allowances are structured differently, both are determined by formulas based on variables from the district or state (e.g., distance from Washington, DC).

Third, the report lists the salaries of Members of Congress and salary limits for House and Senate staff.

Further information on salaries of Members of Congress may be found in CRS Report 97-1011, *Salaries of Members of Congress: Recent Actions and Historical Tables*, by Ida A. Brudnick.

Additional information on other topics may be found in reports referenced throughout.

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Compensation, Benefits, Allowances, and Selected Limitations

This report provides basic information on congressional salaries and allowances and recent developments.

First, the report briefly summarizes the current salary of Members of Congress; limits or prohibitions on their outside earned income, honoraria, and tax deductions; options for life and health insurance; and retirement benefits.

Second, the report provides information on allowances available to Representatives and Senators to support them in their official and representational duties. These allowances cover official office expenses, including staff, mail, travel between a Member's district or state and Washington, DC, equipment, and other goods and services. Although the House and Senate allowances are structured differently, both are determined by formulas based on variables from the district or state (i.e., distance from Washington, DC).

Third, the report lists the salaries of Members of Congress and maximum pay rates for House and Senate staff.

Additional information on many of these topics may be found in reports referenced throughout.

Compensation

The compensation for most Senators, Representatives, Delegates, and the Resident Commissioner from Puerto Rico is \$174,000.

The only exceptions include the Speaker of the House (salary of \$223,500) and the President pro tempore of the Senate and the majority and minority leaders in the House and Senate (salary of \$193,400).¹

These levels have remained unchanged since 2009. Subsequent scheduled annual adjustments were denied by P.L. 111-8 (enacted March 11, 2009), P.L. 111-165 (May 14, 2010), P.L. 111-322 (December 22, 2010), P.L. 112-175 (September 28, 2012), P.L. 112-240 (January 2, 2013), P.L. 113-46 (October 17, 2013), P.L. 113-235 (December 16, 2014), P.L. 114-113 (December 18, 2015), P.L. 114-254 (December 10, 2016), P.L. 115-141 (March 23, 2018), P.L. 115-244 (September 21, 2018), P.L. 116-94 (December 20, 2019), P.L. 116-260 (December 27, 2020), P.L. 117-103 (March 15, 2022), P.L. 117-328 (December 29, 2022), P.L. 118-47 (March 23, 2024), P.L. 119-4 (March 15, 2025), and P.L. 119-37 (November 12, 2025).

The House-reported FY2027 legislative branch appropriations bill (H.R. 9010) would continue this freeze (§210). H.R. 9770 (agreed to in the House on July 21, 2026), which would provide continuing appropriations through December 4, 2026, also contains a provision to extend the Member pay freeze during this period (§128). The Senate-passed bill (H.R. 6500, as amended, agreed to in the Senate on August 8, 2026) to provide continuing appropriations through December 11, 2026, also contains a provision to extend the Member pay freeze during this period (Division A, §144; enacted September 2, 2026, P.L. 119-103).

¹ The differing compensation for the three senior positions in each chamber is long-standing. See 2 U.S.C. §4501 *note*.

Absent a freeze, the maximum potential 2027 Member pay adjustment is 2.8% (+\$4,900).²

Article I, Section 6, of the U.S. Constitution authorizes compensation for Members of Congress “ascertained by law, and paid out of the Treasury of the United States.” Adjustments are governed by the Ethics Reform Act of 1989 (2 U.S.C. §4501) and the 27th Amendment to the Constitution. They generally take effect in January.³

Member pay has historically been the subject of considerable debate and discussion, as well as occasional confusion. Members of Congress receive salaries only during the terms for which they are elected. They do not receive salaries beyond their terms of office. Members of Congress do not receive additional compensation for service on committees. Although both the House and Senate have established student loan repayment programs for employee recruitment and retention purposes, these programs are subject to a number of regulations—including service agreements and annual and lifetime benefit maximums—and Members of Congress are not eligible to participate.⁴ There are no student loan repayment programs or rules specific to Members of Congress.

Outside Earned Income Limits

Permissible “outside earned income” for Representatives and Senators is limited to 15% of the annual rate of basic pay for level II of the Executive Schedule. According to the House Ethics Committee and the Senate Ethics Committee, the 2026 limit is \$33,855.⁵

Certain types of outside earned income are prohibited.⁶

² The potential Member pay adjustment was determined by a formula using the Employment Cost Index (private industry wages and salaries, not seasonally adjusted), based on the 12-month percentage change reported for the quarter ending December 31, minus 0.5%. The 2.8% potential adjustment was determined by taking the percentage increase in the index between the quarters ending December 2024 and December 2025, which was 3.3%, and subtracting 0.5%. U.S. Department of Labor, Bureau of Labor Statistics, “Employment Cost Index—December 2025,” February 10, 2026, Table 9. Pursuant to 2 U.S.C. §4501(2)(A), this amount is “rounded to the nearest multiple of \$100.”

³ For additional information, see CRS Report 97-1011, *Salaries of Members of Congress: Recent Actions and Historical Tables*; and CRS Report 97-615, *Salaries of Members of Congress: Congressional Votes, 1990-2025*, by Ida A. Brudnick.

⁴ The House employee program was authorized by P.L. 108-7 (Feb. 20, 2003; 117 Stat. 354; 2 U.S.C. §4536). The Senate employee program was authorized by P.L. 107-68 (Nov. 12, 2001; 115 Stat. 563; 2 U.S.C. §4579). For additional information on student loan repayment programs in the federal government generally, see U.S. Office of Personnel Management (OPM), “Student Loan Repayment,” <https://www.opm.gov/policy-data-oversight/pay-leave/student-loan-repayment/#url=Overview>.

⁵ For additional information, see U.S. Congress, House Committee on Ethics, “The 2026 Outside Earned Income Limit and Salaries Triggering the Financial Disclosure Requirement and Post-Employment Restrictions Applicable to House Officers and Employees,” memorandum, 119th Cong., January 30, 2026, <https://ethics.house.gov/financial-disclosure-pink-sheets/the-2026-outside-earned-income-limit-and-salaries-triggering-the-financial-disclosure-requirement-and-post-employment-restrictions/>, and U.S. Congress, Senate Select Committee on Ethics, “Financial Thresholds & Limits,” <https://www.ethics.senate.gov/public/index.cfm/financial-thresholds-limits>.

⁶ For example, House Rule XXV (119th Congress) states that a Member may not “receive compensation for affiliating with or being employed by a firm, partnership, association, corporation, or other entity that provides professional services involving a fiduciary relationship except for the practice of medicine” or “serve for compensation as an officer or member of the board of an association, corporation, or other entity.” For additional information, see House Rule XXV and Senate Rule XXXVI.

Most recently, the FY2026 legislative branch appropriations act (P.L. 119-37) contained an administrative provision (§116) limiting consideration of certain medical and dental services as a fiduciary relationship, applying only to Members of the House.

Some previous versions of this language would have applied to the House and Senate: the House versions of the bills (continued...)

Prohibition on Honoraria

Representatives and Senators are prohibited from accepting honoraria.⁷ The acceptance of honoraria by Representatives was prohibited effective January 1, 1991.⁸ The acceptance of honoraria by Senators was prohibited effective August 14, 1991.⁹

Tax Deductions

Previously, Members were allowed to deduct, for income tax purposes, living expenses up to \$3,000 per annum, while away from their congressional districts or home states.

The deduction was established with the enactment of the FY1953 legislative branch appropriations act and not increased or adjusted for inflation.¹⁰

It was eliminated with the enactment of P.L. 115-97, the 2017 tax revision, on December 22, 2017.¹¹

Health and Life Insurance Provisions

Prior to the enactment of Section 1312(d)(3)(D) of P.L. 111-148, the Patient Protection and Affordable Care Act, Members were eligible to participate in the Federal Employees Health Benefits Program (FEHB).

P.L. 111-148 states that the only health plans available to Members of Congress and certain congressional staff are those plans created under the act or offered through an exchange established under the act. Pursuant to the regulations implementing this section, effective January 1, 2014, Members may elect to be covered through the DC Health Link.¹²

for FY2024 (H.R. 4364, 118th Cong.), FY2025 (H.R. 8772, 118th Cong.), and FY2026 (H.R. 4249, 119th Cong.) each contained this provision, while the Senate versions of the bills for FY2024 (S. 2302, 118th Cong.), FY2025 (S. 4678, 118th Cong.), and FY2026 (S. 2257, 119th Cong.) did not.

⁷ An honorarium, for example, is defined by the House as a “payment of money or a thing of value for an appearance, speech, or article (including a series of appearances, speeches, or articles) by a Member, Delegate, Resident Commissioner, officer, or employee of the House, excluding any actual and necessary travel expenses” (House Rule XXV).

⁸ This prohibition was included in the Ethics Reform Act of 1989 (P.L. 101-194, November 30, 1989, 103 Stat. 1776-1778) and incorporated into House Rule XXV. See also: U.S. House, Committee on Ethics, *House Ethics Manual*, 2008 edition, 110th Cong., 2nd sess. (<http://ethics.house.gov/>), p. 189.

⁹ The Ethics Reform Act (P.L. 101-194, November 30, 1989, 103 Stat. 1782) reduced the limit on honoraria from 40% to 27% of salary beginning in 1990, with further decreases set to accompany Senate pay raises. The FY1992 Legislative Branch Appropriations Act (P.L. 102-90, August 14, 1991, 105 Stat. 450-451) subsequently banned honoraria. See also Senate Rule XXXVI and U.S. Senate, Select Committee on Ethics, *Senate Ethics Manual*, S.Pub. 108-1, 2003 Edition, 108th Cong., 1st sess. (https://www.ethics.senate.gov/public/_cache/files/f2eb14e3-1123-48eb-9334-8c4717102a6e/2003-senate-ethics-manual.pdf), pp. 97-101.

¹⁰ 66 Stat. 467, July 9, 1952; 67 Stat. 322, Aug. 1, 1953; 26 U.S.C. §162.

¹¹ For additional information, see CRS General Distribution Memorandum, “Legislative History of Tax Deductions for Members of Congress,” by Ida A. Brudnick (available to congressional clients upon request); and, 66 Stat. 467, July 9, 1952.

¹² See the final rule on implementation (Office of Personnel Management, “Federal Employees Health Benefits Program: Members of Congress and Congressional Staff,” 78 *Federal Register* 60653, October 2, 2013) and subsequent information provided by the House Chief Administrative Officer and Senate Disbursing Office. See also CRS Report R43194, *Health Benefits for Members of Congress and Designated Congressional Staff: In Brief*, by Ada S. Cornell and <https://dchealthlink.com/>.

In addition, the Office of the Attending Physician provides emergency medical assistance for Members of Congress, Justices of the Supreme Court, staff, and visitors. Additional services are offered to Members who choose to enroll for an annual fee (\$650.00 in 2026).¹³ The office is led by a medical officer from the U.S. Navy, a tradition begun in 1928.¹⁴

Members also are eligible to participate in the Federal Employees Group Life Insurance Program. The amount of coverage for personal insurance is determined by a formula based on the coverage elected.¹⁵

Social Security Participation and Other Retirement Provisions

Since January 1, 1984, participation in Social Security has been mandatory for all Members of Congress.

Various options are available to Members regarding participation in the Civil Service Retirement System (CSRS) and the Federal Employees Retirement System (FERS), depending on when the Member was first elected.¹⁶ The amount of any benefit and required retirement contribution varies depending on retirement plan, age, and length of service (with a minimum of at least five years of service for any benefit).

The Members' Representational Allowance (MRA): Supporting Personnel, Office Expenses, Travel to the District, and Mail for Members of the House

The Members' Representational Allowance (MRA) is available to support Representatives in their official and representational duties.¹⁷

The MRA may be used for official expenses including, for example, staff, travel, mail, office equipment, district office rental, stationery, and other office supplies.

The MRA is also subject to a number of restrictions. For example, the MRA may not be used to defray any personal or campaign-related expenses. A Member is also prohibited from using campaign funds (except where authorized by the Committee on Ethics) or committee funds to pay for expenses related to official representational duties; using an unofficial office account; accepting funds or assistance from a private source for an official activity; or using personal funds to pay for franked mail.

The Committee on House Administration has sometimes amended language in the *Members' Congressional Handbook* governing allowable expenses through the adoption of committee resolutions. Committee resolutions related to the MRA adopted in the 117th, 118th, and 119th Congresses include, for example, Committee Resolution 117-25 (relating to duty stations for

¹³ "Notice of 2026 OAP Medical Services Enrollment Fee," e-Dear Colleague sent by the Committee on House Administration, January 21, 2026.

¹⁴ H.Res. 253, 70th Cong. See also CRS Insight IN11390, *Office of the Attending Physician, U.S. Congress: Background Information and Response to Public Health Emergencies*, by Ida A. Brudnick.

¹⁵ For additional information, see OPM, "Life Insurance," <https://www.opm.gov/healthcare-insurance/life-insurance/>.

¹⁶ Plan options vary for Members first elected before 1984 and those first elected in 1984 or later. For additional information, see CRS Report RL30631, *Retirement Benefits for Members of Congress*, by Katelin P. Isaacs.

¹⁷ For additional information, see CRS Report R40962, *Members' Representational Allowance: History and Usage*, by Ida A. Brudnick.

Members of the House and travel expenses [including meals, incidentals and lodging] while on official business, including official business in Washington, DC), Committee Resolution 118-15 (amending Committee Resolution 117-25), Committee Resolution 119-8 (a resolution to amend the Eligible Congressional Member Organization Handbook), and Committee Resolutions 119-14 and 119-26 (resolutions to amend the Members' Congressional Handbook).¹⁸

A Member is responsible for personally paying for any expenses that are in excess of the authorized MRA level or that are not reimbursable under regulations of the Committee on House Administration.¹⁹

The MRA for each Member is authorized from January 3 of each year through January 2 of the following year. These allowances are authorized in statute and regulated and adjusted by the Committee on House Administration.

Security funding is included in the MRA, the House Sergeant at Arms, and the U.S. Capitol Police accounts.²⁰

Formula Recalculation and Revision in 2023

Many of the components of the MRA formula predate the establishment of the MRA in 1995. The long-standing nature of the formula, as well as efforts to reexamine it, has periodically been discussed in the years since.

In 2023, the individual MRA formula was revised generally through the adoption of Committee Resolution 118-13.²¹ The MRA components continued to be

- a clerk-hire component (revised for 2023—and continued in 2024, 2025, and 2026—to \$1,434,751 for all Members);
- an official expense component based on one standard component (revised for 2023—and continued in 2024, 2025, and 2026—to \$134,412 for all Members for office expenditures) and two variable components (calculated based on travel and district office rent);²² and
- an official mail component (based on nonbusiness delivery stops in a congressional district).

The three components are combined and result in a single MRA authorization for each Representative that can be used to pay for any type of official expense. For example, each Representative can choose how much to allocate to travel versus personnel or supplies.

¹⁸ For resolutions from the 118th and 119th Congresses, see <https://cha.house.gov/committee-resolutions>. For resolutions from the 116th and 117th Congresses, see <https://democrats-cha.house.gov/committee-activity/committee-resolutions>.

¹⁹ For more details on permissible use of personal, campaign, and official funds, see U.S. Congress, House Committee on House Administration, *Members' Congressional Handbook* (<https://cha.house.gov/handbooks-and-rules>) and U.S. Congress, Committee on Ethics, *House Ethics Manual*, 110th Cong., 2nd sess. (GPO, 2008), (<http://ethics.house.gov/>).

²⁰ For information on allowable expenses from the MRA, see the *Members' Congressional Handbook*, <https://cha.house.gov/members-congressional-handbook>. See also "Dear Colleague" letters from the Sergeant at Arms, including "Expansion of the SAA Residential Security Program," July 23, 2025, and "Member Security Program Establishment and Expansion," November 24, 2025.

²¹ See Committee on House Administration, committee resolutions, <https://cha.house.gov/committee-resolutions>.

²² According to the committee resolution, travel includes a "Variable amount for official travel expenses, including travel between Washington, D.C., and the district, as well as local official travel within the district and out of district official travel...."

MRA Authorization Adjustments: History Since 2010

Since 2010, individual MRA authorizations decreased for a few years before increasing again in some, but not all, years (sometimes by a percentage, and sometimes by a dollar amount). More specifically, the individual authorized MRA levels decreased for three consecutive years, including²³

- a 5% reduction from 2010 to 2011;
- a 6.4% reduction from 2011 to 2012; and
- an 8.2% reduction from 2012 to 2013.

Subsequently,

- in 2014, each Member's MRA increased by 1% from the 2013 level;²⁴
- individual authorized MRA levels were not increased for 2015;²⁵
- in 2016, each Member's MRA increased by 1% from the 2015 level;²⁶
- in 2017, each Member's MRA was equivalent to that "Member's 2016 amount ... increase[d] ... by approximately 3.9% of the average MRA. In June 2017, all MRAs were increased by \$25,000 in response to heightened security concerns";²⁷
- in 2018, each Member's MRA was increased by \$25,000;²⁸
- in 2019, each Member's MRA increased by 1% from the 2018 level;²⁹
- in 2020, each Member's MRA was increased by \$62,250;³⁰
- in 2021, each Member's MRA was increased by \$65,000;³¹

²³ The *Statement of Disbursement* stated each Member's 2012 MRA was "88.92% of the amount authorized in 2010 ... in accordance with a 5% reduction to the 2010 authorization mandated in House Resolution 22, agreed to on January 6, 2011, and a 6.4% reduction to the 2011 authorization as reflected in H.R. 2055, the Consolidated Appropriations Act, 2012." For the 2012 formula, see U.S. Congress, House, *Statement of Disbursements of the House*, as compiled by the Chief Administrative Officer, from January 1, 2012, to March 31, 2012, part 3 of 3, H.Doc. 112-106, 112th Cong., 2nd sess. (GPO, 2012), p. 3225. For the 2013 formula, see U.S. Congress, House, *Statement of Disbursements of the House*, as compiled by the Chief Administrative Officer, from April 1, 2013, to June 30, 2013, part 3 of 3, H.Doc. 113-41, 113th Cong., 1st sess. (GPO, 2013), p. 2597.

²⁴ U.S. Congress, House, *Statement of Disbursements of the House*, as compiled by the Chief Administrative Officer, from April 1, 2014, to June 30, 2014, part 3 of 3, H.Doc. 113-141, 113th Cong., 2nd sess. (GPO, 2014), p. 2559.

²⁵ U.S. Congress, House, *Statement of Disbursements of the House*, as compiled by the Chief Administrative Officer, from January 1, 2015, to March 31, 2015, part 3 of 3, H.Doc. 114-29, 114th Cong., 1st sess. (GPO, 2015), p. 2854.

²⁶ U.S. Congress, House, *Statement of Disbursements of the House*, as compiled by the Chief Administrative Officer, from January 1, 2016, to March 31, 2016, part 3 of 3, H.Doc. 114-120, 114th Congress, 2nd sess. (GPO, 2016), p. 2861.

²⁷ U.S. Congress, House, *Statement of Disbursements of the House*, as compiled by the Chief Administrative Officer, from October 1, 2017, to December 31, 2017, part 3 of 3, H.Doc. 115-89, 115th Congress, 1st sess. (GPO, 2017), p. 2491.

²⁸ U.S. Congress, House, *Statement of Disbursements of the House*, as compiled by the Chief Administrative Officer, from July 1, 2018, to September 30, 2018, part 3 of 3, H.Doc. 115-161, 115th Cong., 2nd sess. (GPO, 2018), p. 2523.

²⁹ U.S. Congress, House, *Statement of Disbursements of the House*, as compiled by the Chief Administrative Officer, from January 1, 2019, to March 31, 2019, part 3 of 3, H.Doc. 116-26, 116th Cong., 1st sess. (GPO, 2019), p. 2981.

³⁰ U.S. Congress, House, *Statement of Disbursements of the House*, as compiled by the Chief Administrative Officer, from January 1, 2020, to March 31, 2020, part 3 of 3, H.Doc. 116-116, 116th Cong., 2nd sess. (GPO, 2020), p. 3399.

³¹ U.S. Congress, House, *Statement of Disbursements of the House*, as compiled by the Chief Administrative Officer, from April 1, 2021, to June 30, 2021, part 3 of 3, H.Doc. 117-48, 117th Cong., 1st sess. (GPO, 2021), p. 2657.

- in 2022, each Member's MRA was increased by 21%;³²
- in 2023, the individual MRAs were recalculated generally;³³
- in 2024, the MRA levels remained unchanged from the prior year;³⁴
- in 2025, the MRA levels remained unchanged from the prior year;³⁵ and
- in 2026, the MRA levels remained unchanged from the prior year.³⁶

MRAs since 2023 have ranged from \$1,849,149 to \$2,088,499, with an average of \$1,928,107 (for 2026, see the *Statement of Disbursements of the House* volume covering January 1, 2026, to March 31, 2026).³⁷

MRA Appropriations

The MRA is funded in the House "Salaries and Expenses" account in the annual legislative branch appropriations bills.

As with the individual authorized levels, the overall appropriations account decreased for a number of years, from \$660.0 million in FY2010, to \$613.1 million in FY2011, to \$573.9 million in FY2012.

The FY2012 funding level was continued in the FY2013 continuing resolution (P.L. 113-6), not including sequestration or an across-the-board rescission.

The FY2014 level of \$554.3 million was continued in the FY2015 act (P.L. 113-235) and the FY2016 act (P.L. 114-113). This level was slightly less than the \$554.7 million provided in FY2007, not adjusted for inflation.

Subsequently:

- The FY2017 legislative branch appropriations act (P.L. 115-31) increased MRA funding to \$562.6 million (+1.5%).
- The FY2018 act (P.L. 115-141) continued the FY2017 level.
- The FY2019 level of \$573.6 million represented an increase of 2.0% (P.L. 115-244).
- The FY2020 Further Consolidated Appropriations Act (P.L. 116-94) contained \$615.0 million (+7.2%).

³² U.S. Congress, House, *Statement of Disbursements of the House*, as compiled by the Chief Administrative Officer, from January 1, 2022, to March 31, 2022, part 3 of 3, H.Doc. 117-130, 117th Cong., 2nd sess. (GPO, 2022), p. 3085.

³³ U.S. Congress, House, *Statement of Disbursements of the House*, as compiled by the Chief Administrative Officer, from January 1, 2023, to March 31, 2023, part 3 of 3, H.Doc. 118-27, 118th Cong., 1st sess. (GPO, 2023), p. 3535.

³⁴ U.S. Congress, House, *Statement of Disbursements of the House*, as compiled by the Chief Administrative Officer, from January 1, 2024, to March 31, 2024, part 3 of 3, H.Doc. 118-128 (118th Cong., 2nd sess. (GPO, 2024) p. 3811.

³⁵ U.S. Congress, House, *Statement of Disbursements of the House*, as compiled by the Chief Administrative Officer, from January 1, 2025, to March 31, 2025, part 3 of 3, H.Doc. 119-36, 119th Cong., 1st sess. (GPO, 2025), p. 3559.

³⁶ U.S. Congress, House, *Statement of Disbursements of the House*, as compiled by the Chief Administrative Officer, from January 1, 2026, to March 31, 2026, part 3 of 3, H.Doc. 119-148, 119th Cong., 2nd sess. (GPO, 2026), p. 3735.

³⁷ The calculations may vary slightly each year because Members elected by special election and sworn in during the session are excluded since the allowance level may be prorated. The calculations also exclude nonvoting Members, including Delegates and the Resident Commissioner. Nonvoting Members have been subject to the same expense formula as other Members since January 1, 1983 (P.L. 97-357, 96 Stat 1711, October 19, 1982), although the distance from DC, size of population, or both, may vary greatly from other Members.

- The FY2021 Consolidated Appropriations Act (P.L. 116-260) provided \$640.0 million (+4.1%).
- The FY2022 Consolidated Appropriations Act (P.L. 117-103) provided \$774.0 million (+21.0%).
- The FY2023 act (P.L. 117-328) provided \$810.0 million (+4.6%).
- The FY2024 act (P.L. 118-47) continued the FY2023 level.
- The FY2025 act (P.L. 119-4) provided \$850.0 million (+4.9%).
- The FY2026 act (P.L. 119-37) continued the FY2025 level.
- For FY2027, the House requested \$929.0 million, an increase of \$79.0 million (+9.3%). The House-reported bill (H.R. 9010, 119th Cong.) would provide \$900.0 million (+5.9%).

This funding is separate from an allowance for interns in Member offices that was first funded in FY2019.

Limitation on Number of Employees Hired by the MRA

Each Member may use the MRA to employ no more than 18 permanent employees, a level that has remained unchanged since 1975. A Member may employ up to four additional employees if they fall into one of the following categories:³⁸

1. part-time employees,
2. shared employees,
3. interns receiving pay,
4. employees on leave without pay, and
5. temporary employees.

Online Publication of House Disbursement Records

All MRA expenditures are reported in the quarterly *Statement of Disbursements of the House*. Statements (SOD) issued since November 2009 are available at <http://disbursements.house.gov/>.

Beginning with disbursements covering January-March 2016, this website provides SOD information in a CSV (comma-separated values) format. New data fields for the CSV detail transactions file were added as of March 2023.

Government Publications and Recent Limitations

Beyond the MRA, Representatives may receive certain government publications and printed products.³⁹

Recent legislative branch appropriations act administrative provisions have aimed to reduce the delivery of certain printed documents that are also available online, including copies of

³⁸ 2 U.S.C. §5321. The 18-person limit first became effective in 1975 (Committee Order No. 16, *Congressional Record*, March 6, 1975, p. 5556), while the four additional other-than-permanent staff were authorized in 1979 (H.Res. 359, agreed to on July 20, 1979, and enacted into permanent law by P.L. 96-536, §101(c), December 16, 1980, 94 Stat. 3167). See also P.L. 104-186, 110 Stat 1720, August 20, 1996.

³⁹ For additional information, see U.S. Government Publishing Office (GPO), “Governmental Affairs,” <https://www.gpo.gov/who-we-are/our-agency/governmental-affairs>.

legislation, the *Congressional Record*, the *U.S. Code*, the *Statement of Disbursements*, the *Daily Calendar*, and the *Congressional Pictorial Directory*.⁴⁰ Offices may also use an online form to change the number of print publications they are receiving.⁴¹

The Senators' Official Personnel and Office Expense Account (SOPOEA): Supporting Personnel, Office Expenses, and Mail for U.S. Senators

The Senators' Official Personnel and Office Expense Account (SOPOEA) is available to assist Senators in their official and representational duties.⁴²

The allowance is provided for the fiscal year. The annual Senate Appropriations Committee reports include a table with recommended SOPOEA levels for the Senators from each state. The report generally states, "It should also be noted that the figures in the following table are preliminary, and that official notification of member budgets is issued by the Financial Clerk of the Senate after enactment of this bill."

The Senate Appropriations Committee report accompanying the FY2026 legislative branch appropriations bill (S. 2257, S.Rept. 119-38) shows a range of \$4,296,524 to \$6,621,784, with an average of \$4,664,423.⁴³

The SOPOEA for each Senator is calculated based on three components, including

- the *administrative and clerical assistance allowance*, which varies by state population. The FY2026 report (S.Rept. 119-38) shows this allowance varying from \$3,490,140 for a Senator representing a state with a population under 5 million to \$5,495,441 for a Senator representing a state with a population of 28 million or more;
- the *legislative assistance allowance*, which is the same for all Senators. The FY2026 Senate report (S.Rept. 119-38) shows a legislative assistance component of \$677,100; and
- the *official office expense allowance*, which varies by state depending on the distance between Washington, DC, and the home state, the population of the state, and the official (franked) mail allocation. The FY2026 Senate report (S.Rept. 119-38) shows an allowance ranging from \$129,284 to \$449,243.

The three components result in a single SOPOEA authorization for each Senator that can be used to pay for any type of official expense. For example, each Senator can choose how much to allocate to travel versus personnel or supplies, although additional limits pertain to spending on franked mail. Mass mailings may not exceed \$50,000 per fiscal year,⁴⁴ and additional official mail

⁴⁰ See P.L. 115-244 and 2 U.S.C. §§5347-5352.

⁴¹ See GPO, "Publications for Congressional Offices," <https://www.gpo.gov/who-we-are/our-agency/publication-distribution-update-form>.

⁴² P.L. 100-137, October 21, 1987, 101 Stat. 814, 2 U.S.C. §6313. For additional information, see CRS Report R44399, *Senators' Official Personnel and Office Expense Account (SOPOEA): History and Usage*, by Ida A. Brudnick.

⁴³ U.S. Congress, Senate Committee on Appropriations, Subcommittee on Legislative Branch, *Legislative Branch Appropriations, 2026*, report to accompany S. 2257, 119th Cong., 1st sess., July 10, 2025, S.Rept. 119-38 (GPO, 2025).

⁴⁴ FY1995 Legislative Branch Appropriations Act, P.L. 103-283, July 22, 1994, 108 Stat. 1427, 39 U.S.C. §3210.

regulations may be established in statute, regulations and rules of the Senate, the Senate Committee on Rules and Administration, and the Senate Ethics Committee.⁴⁵

The SOPOEA is funded within the “Contingent Expenses of the Senate” account in the annual legislative branch appropriations bills. This appropriations account decreased for a number of years, from \$422.0 million in FY2010 to \$390.0 million in FY2014, a decrease of 7.6%. The FY2014 level was continued in FY2015, FY2016 and FY2017. This level represented the lowest funding since the \$373.5 million provided in FY2008.

Subsequently

- the FY2018 enacted level of \$424.0 million represented an increase of 8.7% (equal to \$2.0 million above the FY2010 enacted level);
- the FY2019 enacted level of \$429.0 million represented an increase of 1.2%;
- the FY2020 enacted level of \$449.0 million represented an increase of 4.7%;
- the FY2021 enacted level of \$461.0 million represented an increase of 2.7%;
- the FY2022 enacted level of \$486.3 million represented an increase of 5.5%;
- the FY2023 enacted level of \$512.0 million represented an increase of 5.3%;
- the FY2024 enacted level of \$552.6 million represented an increase of 7.9%;
- the FY2025 enacted level of \$607.4 million represented an increase of 9.9%;
- the FY2026 enacted level of \$645.4 million represented an increase of 6.3%; and
- for FY2027, the Senate requested \$733.1 million, an increase of \$87.7 million (+13.6%).

This funding includes agency contributions for benefits provided to employees paid by the SOPOEA. Since FY2019, the SOPOEA total has included an allowance for interns (\$5.0 million in FY2019, \$6.0 million in FY2020 and FY2021, and \$7.0 million annually since FY2022).

The SOPOEA is available only to support each Senator’s official duties and may not to be used to defray any personal, political, or campaign-related expenses. Senators are responsible for the payment of any expenses that exceed the allowance.

Use of the SOPOEA is subject to any regulations or limitations established by statute, Senate rules, the Senate Committee on Rules and Administration, and the Senate Ethics Committee.⁴⁶

Security funding is included in the SOPOEA, the Senate Sergeant at Arms, and the U.S. Capitol Police accounts.⁴⁷

⁴⁵ Ibid., p. 24.

⁴⁶ For an example of a regulation, see the “U.S. Senate Committee on Rules and Administration Travel Regulations,” printed in the *Congressional Record*, January 3, 2025, which included changes related to the reimbursement of expenses (i.e., meals, incidentals, and lodging) while on official business in Washington, D.C.

⁴⁷ P.L. 119-37, Title II, §212 provided the following in a general provision for Member protection: (1) \$75.0 million for Senators’ Official Personnel and Office Expense Account (SOPOEA), for security enhancements pursuant to S.Res. 294 (96th Cong.) and S.Res. 413 (119th Cong.); (2) \$18.5 million for the Senate Sergeant at Arms for Member security programs, state office security, and residential security; and (3) \$10.0 million for “miscellaneous items” related to security and continuity purposes. See also the explanatory statement accompanying the FY2026 legislative branch appropriations act in *Congressional Record*, Nov. 9, 2025, p. S8081, and “U.S. Senate Member Protection Regulations,” *Congressional Record*, Dec. 11, 2025, pp. S8665-8666. According to the *Report of the Secretary of the Senate* for October 1, 2025, to March 31, 2026 (S.Doc. 119-6), “The 2026 Legislative Branch Appropriations Act provided Senators’ offices with an allocation for Member protection expenses. This allocation cannot be combined with the Senators’ Official Personnel and Office Expense Account and is listed with each Senator’s Account” (p. X).

Other Allowances

Office Space in States, Including Mobile Office Space

Each Senator is authorized home state office space in federal buildings. In the event suitable office space is not available in a federal building, other office space may be secured. The cost of private space is not to exceed the highest rate per square foot charged by the General Services Administration (GSA).⁴⁸ The aggregate square footage of office space that can be secured for a Senator ranges from 5,000 square feet, if the population of the state is less than 3 million, to 8,200 square feet, if the state's population is 17 million or more.⁴⁹ There is no restriction on the number of offices.

Each Senator may lease one mobile office for use only in the state he or she represents, subject to limitations on the terms of the lease, the maximum annual rental payment, and reimbursable operating costs. No payment may be made for expenses incurred during the 60 days preceding a contested election.⁵⁰

Furniture and Furnishings in Washington, DC

Each Senator is authorized furniture and furnishings from an approved list. Furniture and furnishings are supplied and maintained by the Architect of the Capitol (for spaces in Senate office buildings) and the Senate Sergeant at Arms (for offices in the Capitol). Additional furnishings can be purchased through the Senate stationery store.

Furniture and Furnishings in State Offices

Each Senator is authorized \$40,000 for state office furniture and furnishings for one or more offices, if the aggregate square footage of office space does not exceed 5,000 square feet. The base authorization is increased by \$1,000 for each authorized additional incremental increase in office space of 200 square feet.⁵¹ Pursuant to the FY2000 Legislative Branch Appropriations Act, this allowance automatically increases at the beginning of each Congress to reflect inflation.⁵² The aggregate dollar amount is the maximum value of furniture and furnishings to be provided by GSA for state office use at any one time. Furniture and furnishings remain GSA property.

Office Equipment in Washington, DC, and State Offices

Each Senator may use certain basic office equipment allocated in accordance with the population of the state he or she represents and other criteria established by the Senate Committee on Rules and Administration.⁵³

⁴⁸ 2 U.S.C. §6317(c).

⁴⁹ 2 U.S.C. §6317(b).

⁵⁰ 2 U.S.C. §6317(f).

⁵¹ 2 U.S.C. §6317(c)(2).

⁵² P.L. 106-57, 113 Stat. 412, September 29, 1999; 2 U.S.C. §6317(c)(2).

⁵³ For example, the Economic Allocation Fund, the Office Automation Allowance, and the Constituent Service System Fund.

Government Publications

Each Senator is entitled to receive certain government publications and printed products.⁵⁴ Offices may use an online form to change the number of print publications they are receiving.⁵⁵ For example, the form has an option (“for Senate only”) to continue, discontinue, or reduce the distribution of the *Congressional Record*.

Online Publication of Senate Disbursement Records

All SOPOEA expenditures are required to be published in the semiannual *Report of the Secretary of the Senate*.⁵⁶ The report is available at http://www.senate.gov/legislative/common/generic/report_secsen.htm.

Compensation of Members and Maximum Rates of Compensation for Staff

The salary of Members of Congress has been frozen since 2009.

Maximum Rate for House and Senate Staff: Initial Change in 2020

The maximum annual salary for many categories of congressional staff remained unchanged from 2009 until the enactment of the FY2020 Further Consolidated Appropriations Act (P.L. 116-94).⁵⁷ A general provision in Division E (legislative branch) of the FY2020 act increased the maximum annual salary for certain categories of congressional staff to \$173,900.

Subsequent Changes to House Staff Maximum Rates of Pay

Following the initial change in 2020

- the 2021 Order of the Speaker (issued August 12, 2021) increased the maximum pay rate for House staff to \$199,300, which was equivalent to the 2021 pay rate for Level II of the Executive Schedule (EX);
- the 2022 Order of the Speaker (May 6, 2022) increased this staff pay ceiling to \$203,700, equivalent to the 2022 pay rate for Level II of the EX;

⁵⁴ For additional information, see GPO, “Governmental Affairs,” <https://www.gpo.gov/who-we-are/our-agency/governmental-affairs>.

⁵⁵ See GPO, “Publications for Congressional Offices,” <https://www.gpo.gov/who-we-are/our-agency/publication-distribution-update-form>.

⁵⁶ P.L. 111-68, October 1, 2009, 123 Stat. 2026, 2 U.S.C. §4108.

⁵⁷ Prior to the change in 2020, in general, the maximum annual rate of pay for House and Senate staff had been equivalent to \$1,500 dollars below Members’ salary. The House and Senate pay orders also listed ceilings for various categories of House and Senate staff, respectively.

For the House: U.S. Congress, House, *Order of the Speaker of the House of Representatives*, effective January 9, 2009, issued January 9, 2009; and U.S. Congress, House, *Order of the Speaker of the House of Representatives*, effective January 1, 2020, issued January 27, 2020 (contained in 2 U.S.C. §4532).

For the Senate: U.S. Congress, Senate, *Order of the President pro tempore*, effective January 1, 2018, issued March 23, 2018; and U.S. Congress, Senate, *Order of the President pro tempore*, effective January 1, 2021, issued January 5, 2021 (contained in 2 U.S.C. §4571 note).

- the 2023 Order of the Speaker (December 30, 2022) increased this ceiling to \$212,100, equivalent to the 2023 pay rate for Level II of the EX;
- the 2025 Order of the Speaker (January 17, 2025) increased this ceiling to make it “equal to the annual rate of basic pay for level II of the Executive Schedule,” which was \$225,700 in 2025;⁵⁸ and
- the maximum 2026 pay for House staff is equal to the 2026 pay rate for Level II of the EX, which is \$228,000.

Subsequent Changes to Senate Staff Maximum Rates of Pay

Following the initial change in 2020

- the FY2022 Consolidated Appropriations Act (P.L. 117-103, March 15, 2022) contained a general provision (§212) amending 2 U.S.C. §4575 to increase the maximum salary for Senate staff to “the annual rate of basic pay in effect for level II of the Executive Schedule under section 5313 of title 5, United States Code”;
- the Order of the President pro tempore implementing a pay increase for Senate employees, issued March 15, 2022 (contained in 2 U.S.C. §4571 note), referenced maximum rates equivalent to Level II of the EX. This was equivalent to \$203,700 in 2022;
- the 2023 pay rate for Level II of the EX was \$212,100;
- the 2024 pay rate for Level II of the EX was \$221,900;
- the 2025 pay rate for Level II of the EX was \$225,700; and
- the 2026 pay rate for Level II of the EX is \$228,000.

In summary, although the House and Senate used slightly different adjustment procedures following the initial change in 2020, the maximum annual staff salary in both chambers is now equivalent to Level II of the Executive Schedule.

Table 1 lists the compensation for Members of Congress and the maximum rate for staff in 2026.

Table 1. Members and House and Senate Staff Maximum Salaries in 2026

Position	Salary
Speaker of the House	\$223,500 per annum
President pro tempore	\$193,400 per annum ^a
Majority and Minority Leaders (House and Senate)	\$193,400 per annum
All other Representatives (including Delegates and Resident Commissioner from Puerto Rico) and Senators	\$174,000 per annum
Maximum rate for all House and Senate staff	\$228,000 per annum

⁵⁸ No Order of the Speaker was located for 2024. The orders are generally reprinted in the annual supplement to 2 U.S.C. §4532. For Executive Schedule (EX) pay rates, see OPM, “Basic Rates of Pay for Employees in Senior-Level and Scientific or Professional Positions,” <https://www.opm.gov/policy-data-oversight/pay-leave/salaries-wages/2021/executive-senior-level> (2021), <https://www.opm.gov/policy-data-oversight/pay-leave/salaries-wages/2022/executive-senior-level> (2022), <https://www.opm.gov/policy-data-oversight/pay-leave/salaries-wages/2023/executive-senior-level> (2023), and <https://www.opm.gov/policy-data-oversight/pay-leave/salaries-wages/salary-tables/pdf/2025/EX.pdf> (2025).

Sources: For salaries of Members of Congress, P.L. 119-37 (November 12, 2025); for maximum (and minimum, \$45,000) rate of pay for House staff, Order of the Speaker, reprinted in 2 U.S.C. §4532, including annual supplements; for maximum rate for all Senate staff, the Order of the President pro tempore, implementing a pay increase for Senate employees, issued March 15, 2022, and March 24, 2025 (contained in the annual supplements for 2 U.S.C. §4571 note); and OPM, “Rates of Pay for the Executive Schedule,” <https://www.opm.gov/policy-data-oversight/pay-leave/salaries-wages/salary-tables/pdf/2026/EX.pdf>. House estimates may also be obtained by examining the quarterly *Statement of Disbursements of the House*. Senate estimates may also be obtained by examining the semiannual *Report of the Secretary of the Senate*.

Notes:

- a. The U.S. Constitution provides that the Vice President shall serve as President of the Senate, and that when the Vice President is absent from the Senate, the President pro tempore presides in his place. During a vacancy in the position of the Vice President, the President pro tempore is considered the temporary, full-time President of the Senate and is paid the salary level due the Vice President (2 U.S.C. §6111).

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