

Flippable US House Districts

A Portola Valley Resident's Action Guide to Flipping Competitive U.S. House Seats in 2026

Prepared for Silicon Valley donors committed to a Democratic House majority

Here are the Republican-held House seats that look like the highest-leverage flip targets for Democrats in 2026, based on current battleground and toss-up ratings from major forecasters (Cook, WaPo, Brookings, Ballot, etc.)

This report was generated by Microsoft Copilot (GPT 5)

#	District	Incumbent party	Key dynamic	Why it's a top money target
1	AZ-01	Republican (open)	Incumbent left to run for governor; rated toss-up	Open seat, no GOP incumbent advantage; fast-changing Phoenix suburbs make late money and field work very potent.
2	MI-10	Republican (open)	Incumbent left to run for governor; rated toss-up	Detroit-area seat with narrow past margins; open race plus union turnout potential makes it a prime flip with strong funding.
3	IA-02	Republican (open)	GOP narrowly favored in a competitive open seat	Eastern Iowa swing turf; relatively cheap media market where extra dollars can meaningfully move name ID and persuasion.
4	TX-23	Republican (vacant/at-risk)	Majority-Hispanic border district trending more competitive	Huge registration and turnout upside for Democrats; organizing and Spanish-language media are resource-intensive but high-yield.

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5	CA-13	Republican	Central Valley seat in the national toss-up tier	Biden-leaning demographics but low turnout; field and farm-country issue work need serious investment to overcome GOP edge.
6	CA-22	Republican	Another Central Valley battleground in the toss-up cluster	Expensive to communicate across a sprawling district; sustained funding for local organizers and bilingual media is critical.
7	CA-27	Republican	LA-area exurban/suburban seat, highly competitive	Classic high-education, anti-Trump suburb; late TV plus strong digital targeting can flip close races here.
8	NY-17	Republican	Hudson Valley seat in the core toss-up map	High-cost New York media; Democrats need serious fundraising to stay on air and match GOP outside spending.
9	NY-19	Republican	Upstate/Hudson Valley battleground, part of the key toss-ups	Swingy, ticket-splitting region; organizing small towns and rural voters takes staff, travel, and time—i.e., money.
10	NJ-07	Republican	Suburban New Jersey seat in the competitive tier	Affluent, college-educated voters are persuadable but bombarded with ads; Democrats need robust funds to keep a strong presence.

How to use this list strategically

- **Front-load money into infrastructure:** These districts especially benefit from early investment in organizers, voter registration, and local coalition work—then layer TV/digital late.
- **Treat open seats as “must-win” flips:** AZ-01, MI-10, IA-02, and TX-23 lack entrenched GOP incumbents; they’re where marginal dollars have the highest odds of actually changing control of the House.
- **Watch updated ratings:** Cook and similar forecasters will keep refining the toss-up list; if one of these moves to “Lean D,” you can shift money to the remaining pure toss-ups or emerging scandals/open seats.