Fleet and Family Support Center Guantanamo Bay

Fleet and Family Support Center PSC 1005 Box 29 FPO, AA 34009

Phone: 757-458-4141/4153

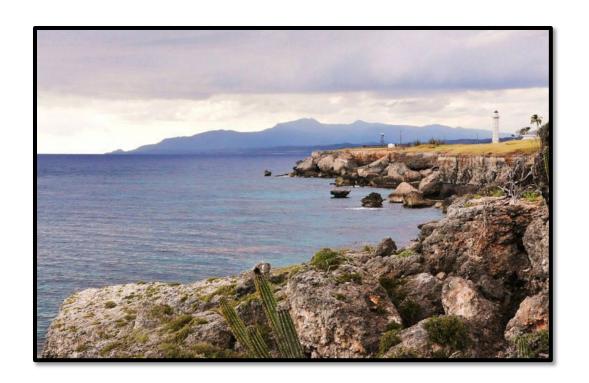
Fax: 757-458-4429





WELCOME ABOARD GUIDE 2025

CONGRATULATIONS ON YOUR ORDERS TO U.S. NAVAL STATION GUANTANAMO BAY (NSGB), CUBA



NSGB is the oldest overseas U.S. Naval Station and the only U.S. Station on communist soil.



Captain Michael Stephen

Commanding Officer, U.S. Naval Station Guantanamo Bay, Cuba



Welcome to Naval Station Guantanamo Bay!

Whether you're a member of the armed forces, a civilian employee, a contractor, or a family member, you're now a vital part of America's longest-serving overseas military base.

Naval Station Guantanamo Bay is a sustainable and persistent forward presence, the only U.S. forward-operating base in the Caribbean, the gateway to the Gulf of Mexico, and the premier southern-most deep-water U.S. naval base in the western hemisphere. We host and enable all branches of the U.S. military, plus several interagency and international partner organizations.

Maintaining our forward presence requires us to provide an exceptional quality of life for residents: Guantanamo Bay's MWR programs and facilities, food services, and environmental projects are regularly recognized as being among the Navy's best. We have excellent educational services, fantastic weather year-round, and a range of services for individuals and families. I encourage you to take advantage of the many opportunities for personal growth and leisure available, and make the most of your time at this amazing base. This package has plenty of information and contacts to help get your NSGB adventure underway. Best wishes for a safe, exciting, and productive tour!

HISTORY OF GUANTANAMO BAY

Located on the southeast corner of Cuba, Guantanamo Bay's strategic location and topographic properties have made it a valued possession of maritime powers since the 15th century. Christopher Columbus landed at the Bay on his second voyage to the Americas, and was later contested by the empires of England, France, and Spain.

In 1898, the Bay was taken by U.S. forces and their Cuban allies for use as a forward-operating base in their effort to wrest Spanish control of the island. In 1903, the United States leased 45 square miles of land and water at Guantanamo Bay, from the newly-independent Cuban government, to be used for fleet sustainment by the growing US Navy.

A 1934 treaty reaffirming the lease granted Cuba and her trading partners free access through the Bay, modified the lease payment from \$2,000 in gold coins per year to the 1934 equivalent value of \$4,085 U.S. dollars, and added a requirement that termination of the lease requires the consent of both the U.S. and Cuban governments, or the U.S. abandonment of the base property.

Base relations with Cuba remained stable and did not significantly change until the Cuban Revolution in the late 1950s, with United States and Cuban relations steadily declining as Revolutionary leader Fidel Castro aligned with the Soviet Union. The United States severed diplomatic ties with Cuba in 1961, and in 1964 Castro cut off water and supply avenues to the base: since then, Naval Station Guantanamo Bay has been self-sufficient, with its own power and water sources.

During its long history the base's activities have at times included fleet training, ship repair, refueling and resupply, migrant operations, regional humanitarian relief and disaster assistance, search and rescue support, and detention operations. Today it remains the forward, ready, and irreplaceable U.S. sea power platform in the Caribbean, giving decision makers unique options across the range of military and interagency operations.

WELCOME ABOARD GUIDE (updated January 2025)

*This welcome aboard package will be updated quarterly.

US NAVAL HOSPITAL GUANTANAMO BAY COVID-19 TRAVEL/ ROM MEDICAL GUIDELINES

For more information: https://guantanamo.tricare.mil/Patient-Resources/COVID-19 or COVID-19 Hotline at 7-2670 (757) 458-2998

Option '1' extension 72670

COVID-19 Travel & Testing Policies

The following policy information is current as of December 15, 2023.

Pre-travel testing INBOUND to NSGB

Effective June 29, 2022, in accordance with amendments within sections 7.4 and 7.5 of the "Consolidated Department Defense Coronavirus Disease 2019 Force Health Protection Guidance, "it is recommended, but not required, that passengers inbound to U.S. Naval Station Guantanamo Bay test for COVID-19 within 1 to 3 days of travel.

COVID-19 Vaccine Requirement

All service members deploying in support of JTF-GTMO must be fully vaccinated, no exceptions. All other personnel entering the SOUTHCOM AOR must be fully vaccinated, or meet one of the listed eligibility criteria.

Outbound from Naval Station Guantanamo Bay

Effective December 22, 2021, Pre-flight COVID-19 testing is not required for any passenger departing NSGB for CONUS. This policy may be amended in response to COVID-19 conditions and implementation of increased safety protocols.

Effective April 16, 2022, Jamaica eliminated all pre-arrival testing for international visitors, travelers to Jamaica are no longer required to show proof of a negative COVID-19 PCR or rapid antigen test taken within 72 hours of their trip.

Pre-Flight testing in front of the hospital will continue to be offered on Thursday mornings 9 to 9:30 a.m. for travelers who are proceeding directly on to international destinations in Europe, Philippines and Japan from the U.S.

COVID-19 Testing at NSGB

The hospital provides COVID-19 testing outside main entrance of the hospital on Mondays and Thursday mornings from 9 and 9:30 for individuals flying to CONUS and then, directly on, to Europe, Philippines or Japan. Testing is also available to non-symptomatic individuals who, 5 days after close contact with a COVID-19 positive individual, desire to test. Close contacts are not required to test but if desired, may test during the regularly scheduled Monday or Thursday morning testing.

WHO: Passengers on orders flying directly on to Europe, Philippines or Japan / Optional for Close Contacts 5 Days after exposure to COVID-19 positive person.

WHAT: Nasal Swab Collection COVID-19 Testing

WHERE: Outside Main Entrance at Hospital **WHEN**: Monday and Thursday 9 to 9:30 a.m.

TEST RESULTS: For Travelers - results may be picked up at Medical Records at the hospital between 2 p.m. and 3 p.m. Bring your completed records request form, one for each person, to the Medical Records Department to pick up your test results. Medical Records closes at 4 p.m. For all others: you will receive a call if your test is positive. If you do not receive a call within 24 hours, your test result was negative.

COST: Provided by USNH GB at no charge to TRICARE Beneficiaries, DoD civilians and their dependents, Local/Foreign Nationals, and DoD contractors and their dependents. All other patient categories may be charged on a case by case basis. NOTE: If you receive a bill for COVID-19 testing call the Business Office at 7-2230, to

CONTINUED US NAVAL HOSPITAL GUANTANAMO BAY COVID-19 TRAVEL/ ROM MEDICAL GUIDELINES

have the bill written off.

If You Test Positive for COVID-19 at NSGB

COVID-19 Positive Hospital Test

COVID-19 Positive hospital-administered test, regardless of vaccine status: Vaccinated; Boosted; Unvaccinated.

You must isolate for the 5 full days and wear a well-fitting mask for 10 days.

If isolating within multi-member household, family or roommate members must wear a mask when exiting the home for 10 days.

You are encouraged to contact people with whom, over the last three days, you have been in close contact: 6 feet or closer for more than 15 minutes.

Inform your Close Contacts of protocol (below) for close contacts of all ages regardless of vaccine status.

Day 5 Symptom Check Results

- 1. NO symptoms: release and wear mask for following 5 day
- 2. YES symptoms: remain in isolation until Day 10

Day 10 Symptom Check Results

- 1. If symptoms are improving and no fever with no fever-reducing meds in last 24 hours, release from isolation
- 2. If fever is present, Medical Provider intervention.

Complete Instruction for Hospital COVID-19 Positive Test

COVID-19 Positive Home Test

Active Duty Members, DoD civilian employees and DoD contractor personnel who test positive for COVID-19 with a home test must notify their Chain of Command/Supervisors.

Chain of Command/Supervisors may request photo confirmation of the COVID-19 positive home test.

Chain of Command/Supervisors may request that individuals receive a confirmation test at the hospital. To arrange to receive drive-up confirmation COVID-19 test, call the COVID-19 Hotline at 7-2670 and report positive home test result. Military personnel who test positive for COVID-19 with a home test and want it documented in their medical record may call the Primary Care Clinic at 7-2944 or 7-2945.

Anyone who tests positive with a home test and who wants to speak to a medical provider about non-emergency symptoms may contact Primary Care Clinic at 7-2944 or 7-2945 during business hours or may contact their provider through secure messaging.

DoD civilian employees and DoD contractor personnel with a positive home test result are not required to receive confirmation testing at the hospital, but should call the COVID-19 Hotline if they want a confirmation test (per DoD Force Health Protection Guidance). Members can also contact Primary Care Clinic during business hours to discuss their symptoms or to have the home test documented in their medical record.

Symptomatic family members are not required to receive confirmation testing but may call the COVID-19 Hotline if they want a confirmation test.

Inform your Close Contacts of protocol (below) for close contacts of all ages regardless of vaccine status.

Complete Instruction for Home COVID-19 Positive Test

Close Contact Protocol

A Close Contact is someone, regardless of age or vaccine status, who has been within 6 feet for 15 minutes or more of COVID-19 positive individual, within 3 days of the individual's positive test.

Regardless of vaccine status, when near people, wear a well-fitting mask for ten days

Monitor for symptoms: headache, sore throat, body aches, chills, fever.

If you begin to have symptoms, you are encouraged to take a home test. If a home test is not available, you may call the COVID-19 Hotline 7-2670 to screen for testing.

After 5 days from close contact with a COVID-19 positive person, non-symptomatic Close Contact individuals are no longer required to receive a COVID-19 test, but should continue to wear a mask for 5 days.

If desired, any Close Contact individuals may test after 5 days of exposure to COVID-19 positive person, during regular COVID-19 testing on Monday or Thursday mornings in front of the hospital from 9 to 9:30 a.m.

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1. PERMANENT CHANGE OF STATION (PCS) ORDERS

Please review your PCS orders immediately upon receipt to ensure awareness and understanding of all applicable entitlements to include current household goods weight restrictions and allowances, military pay and allowances, and additional information as may be necessary. Ensure details regarding family members are up-to-date and accurate prior to separating from your detaching command. Save electronic copies of important documents (e.g., PCS orders, Area Clearance/Dependent Entry Approval) and make plenty of hard copies as they will be needed when checking in. Make sure your orders are endorsed before leaving your prior command with a check-out date. You must report with your current/updated page 2. Military members authorized to leave dependents in the states need to ensure they obtain a Dependent Designated Place Letter from their chain of command and turn it in to PSD within 30 days of arrival at NSGB, to ensure the military member will continue to receive stateside Basic Allowance for Housing (BAH) for dependents.

- Essential documents: PCS orders, military identifications, passports, airline tickets, entry approvals, birth certificates, adoption records, household goods inventory, car titles/shipping paperwork, medical records (with immunizations), pet records, school records, social security cards, valid stateside driver's license, marriage certificate, and cash on hand.
- Additional documents: Records/appraisals for high-value items, mortgage papers, wills, banking records, enough checks for 90 days, insurance policies, school diplomas/transcripts, and employment records/certificates.

2. PERSONAL PROPERTY OFFICE (PPO)

CONTACT INFORMATION

Personal Property Office: 757-458-4206/4495/4735

Hours of Operation: Monday- Tuesday- Thursday- Friday 0730 – 1530 (Lunch 1200-1300)

Closed: Wednesday (for training)

Read Defense Transportation Regulations (DTR) Part IV Appendix B page 15, which delineates the responsibilities of packers/movers toward customers. In order for accompanied personnel to be able to ship Household Goods (HHG) to NSGB, you must be provided a Dependent Entry Approval (DEA) from the Housing office on island. HHG shipment is not authorized until DEA reflects you have been assigned permanent housing. Origin office must contact the shipment management section at jppso-se-shipment@navy.mil and provide advance notification that HHG shipment is intended for further transfer to NSGB. Address for barge contractor is: Portus, 8693 Maritime Street, Jacksonville, FL 32226.

Non Temporary Storage (NTS) is available at origin only. NTS is not available at NSGB. You are entitled to store items you cannot or do not wish to ship, for the entire duration of your tour (see your origin Personal Property Office). All quarters are SMALL for both accompanied and unaccompanied personnel. Contact NSGB Housing to determine the size of housing available in order to plan what you will ship and what will go into storage. The Government will not re-ship to CONUS for storage. Storage and shipment will be member's sole responsibility. PPO cannot ship or reimburse the customer.

During the check-in process at NSGB, make sure you visit the PPO in bldg. 752 2nd floor and let them know that you are expecting HHG shipment. PPO will need: DD 1299 (Application for Shipments and/or Storage of Personal Property), PCS orders, and inventory sheets for all shipments inbound to NSGB.

Transit Times		
Household Goods Shipments (HHG)	Unaccompanied Baggage (UB)	
HHG: East Coast and Mid States 78 Days	UB: East Coast 36 Days	
HHG: West Coast 85 Days	UB: Mid States 40 Days	
HHG: OCONUS 100 Days	UB: West Coast 45 Days	
	UB: OCONUS 60 Days	

3. PRIVATELY OWNED VEHICLE (POV) SHIPMENT

CONTACT INFORMATION

PORTUS/ Blount Island/ Jacksonville

Phone: 904-751-8886

Phone: 904-751-1845

Government POC

Fax: 904-751-1828

Fax: 904-751-8887

The member should start the process by visiting PCSmyPOV.com for information on how to prepare your vehicle for shipment and the documents you will need to provide when turning your vehicle in for shipment. They include but are not limited to travel orders, driver's license, and proof of insurance, color photo copy of the driver's license for all listed on the registration, ID and lien holder letter, if applicable. Service members must provide documented proof that there are NO OPEN RECALLS before your vehicle will be accepted for shipment at the VPC. POVs shipping to Guantanamo Bay can be delivered directly to the water port terminal, Schuyler Lines/PORTUS 8998 Blount Island, Jacksonville, FL 32226 or schedule an appointment through PCSmyPOV.com to drop off at the location nearest you. Call prior to arrival to confirm hours of availability, last minute instructions, and driving directions.

4. HOUSING: ACCOMPANIED

CONTACT INFORMATION

Hours of Operation: Monday - Friday 800-1230 (Lunch) 1430-1630

Phone: 757-458-4172

Email: CNIC SE GNBY N93 HOUSING ACCOMPANIED@us.navy.mil

Military personnel, DoD civilian employees, and DoD-sponsored civilian employees on PCS orders to include Contractors and Department of Defense Education Activity (DODEA), or Duty Under Instruction (DUINS) are eligible for Navy housing. Eligibility does not ensure availability of, or assignment to Housing.

Before housing can be assigned, the following documents are required:		
DD1746 Housing Application	PCS Orders reflecting an accompanied tour	
In transient email address	Sex Offender Disclosure Form	
Pet Registration Form	Dependency Verification	

 Custody verification for children, members who have joint legal and physical custody of dependent children for at least 9 months of the year will be considered for appropriate bedroom eligibility, if applicable.

- Supporting documentation for impending promotion or gain of dependents, if applicable
 - NSGINST 1754.1B- Age Summary Matrix (must be signed).
- Email all documents to: <u>CNIC SE GNBY N93 HOUSING ACCOMPANIED@us.navy.mil</u>. All documents
 must be received before Housing will be assigned. Dependent Entry Approval (DEA) will be issued once
 housing has been assigned. House assignments are based on member's paygrade and family
 composition. The waiting period for quarters varies depending on the time of year.
- DEA will be released 60 days prior to arrival for personnel transferring from shore commands and 90 days prior to arrival for personnel transferring from a ship or overseas command.
- The DEA is not required before scheduling a household goods pack out.
- DEA must be presented to air terminal personnel when dependents are traveling to the island and before entering the base.
- Family housing residents are permitted to keep two domestic pets in their assigned unit. All pets must be registered with the NSGB Veterinary Treatment Facility.
- Washer, dryer, microwave, stove/oven, and refrigerator/freezer are included in all units. Temporary furniture is provided for accompanied housing until household goods arrive. Fleet and Family Support Center (FFSC) lends hospitality kits that include kitchen essentials (pots and pans, dishes, cups, utensils) and small appliances (coffee maker, toaster, irons). The kits can be checked out for two months and extended as needed until your household goods arrive. Lawn mower, wheelbarrow, weed-eater and string, extension cord, lawn edger, post hole digger, steam cleaner, refrigerator water filter, pest control items, electric trimmer, pick, rotary tiller, garden hoe, floor buffer, and vacuum cleaner are available at the Self-Help Store for your use.

Supplies Needed Upon Arrival (not provided by housing)	
Bed Sheets & Pillows	Towels
Pet Supplies	Kids Essentials

The NEX selection of items is limited.

Call 757-458-4486 to see if the items you need are available. Some items can be found at the Thrift Store (Trading Post). Other items can be ordered online before (sent to your sponsor's address) or after arrival. The Navy Exchange Furniture Store carries a limited selection of furniture and small household items such as mirrors and area rugs.

5. HOUSING: UNACCOMPANIED

CONTACT INFORMATION

Phone: 757-458-5144/4287

Email: usn.gtmo.navstagtmobaycu.mbx.n93-uh@mail.mil

Documents Required: Orders and Unaccompanied Housing Application Packet. The Unaccompanied Housing (UH) office reaches out to all known incoming personnel providing all required forms that make up the UH packet. Returned documents, with digital/wet signatures, are then compiled into a single PDF file and made ready when personnel arrive on the installation for checking in at the UH office. In having these two simple actions completed prior to arrival, incoming personnel can then go directly to their assigned units for a well-deserved rest completing their check in process on the next designated working day by visiting the UH housing office (bldg. 2295) to complete their UH Indoctrination and sign their official check in form.

IMPORTANT TO KNOW: Do not ship furniture or items that you cannot store in your barracks room.

What to bring What is provided

- Personal items
- Kitchen gear: Pots and pans, Dishes, Utensils, Linen for full sized bed, Towels, Shower Curtains
- Small appliances: coffee maker, toaster
- Electronics: TV, DVD player, phone (cell phone service provided by T-Mobile ONLY- {Mint Mobile by T-Mobile})
- Furniture: Bed, night stand, lamp, and chest of drawers are provided in all units. Living and dining room furniture is provided where applicable. Government furnishing will not be removed to accommodate personal furnishings.
- Appliances: In units with kitchens or kitchenettes, range, refrigerator/freezer, and microwave are provided.
- All facilities have laundry rooms

6. HOUSING: TEMPORARY LODGING FACILITIES

Navy Gateway Inn and Suites	Navy Lodge

Phone: 757-458-2040/2044/757-694-4637 **Phone:** 757-458-3103 ext. 601

Email: usn.nsgb.ngis@mail.mil Email: navylodge.guantanamobay@nexweb.org

Website: http://ngis.dodlodging.net/propertys/Guantanamo-Bay-NS Website: https://www.navy-lodge.com

7. CIVILIANS AND CONTRACTORS

Please review all policies with your company's or command's Human Resources Department for any NSGB specific restrictions or guidelines. MEDEVAC insurance is required.

Seek medical coverage information to check how it could be affected overseas:

Military Retirees are not eligible for TRICARE Prime in an overseas location. VA Benefits cannot be used for care on NSGB, Medicare does not make payments for overseas care, etc.

8. RELOCATION ASSISTANCE

CONTACT INFORMATION

Phone: 757-458-4141/4153/4049

Military One Source: https://www.militaryonesource.mil/ for relocation information and resources.

Military Installations: https://installations.militaryonesource.mil/

Military Installations: Designed to support the mobile military life by providing quality-of-life information to military service members and their families when they relocate.

Relocation Assistance Program: Relocation professionals at the Fleet and Family Support Center (FFSC) can help you/your family plan by answering questions and providing access to resources related to moving. FFSC offers several classes and tools to help you embrace your new home. These offerings include hospitality kits, newcomer orientations, childcare information, and employment resources for family members.

9. OMBUDSMAN

CONTACT INFORMATION

NAVSTA 757-324-8111/ ombudsmannsgb@gmail.com

U.S. Naval Hospital 757-933-7938/ ombudsman.usnh.gtmo@gmail.com

An ombudsman is a volunteer, appointed by the commanding officer, and the spouse of a NSGB service member. Ombudsmen serve as an information link between command leadership and families and are trained to disseminate information both up and down the chain of command. They provide information, resource referrals, and support to the NSGB community (including newcomers).

10. INSTALLATION ACCESS REQUIREMENTS FOR TRAVEL TO NSGB

Active Duty (AD) Military & USCG stationed at NSGB:	Common Access Card (CAC) & PCS Orders, TAD/TDY Orders or Approved Leave form
USG Civilian (DoD) Stationed at NSGB:	Passport & PCS Orders, TAD/TDY orders, or Approved Leave Form
Dependent of AD Military, USCG, & USG Civilian (DoD) Command Sponsored:	Dependent ID card & passport, PCS Orders & Dependent Entry Approval
Contractor & Contractor's Dependent Residents of NSGB (Official):	Passport & SECNAV Form 5512/1, & Letter of Authorization (LOA)

Verify that all your documents are up-to-date and all IDs are valid at the time of departure. All military dependents, regardless of age, are required to have either a tourist or no-fee passport prior to arrival. Failure to provide these required documents will result in denied approval to board the flight. The installation Commander may grant visitation by friends and family members of base residents (sponsors) under specific guidelines. Persons traveling to NSGB must present two forms of identification, with one form being a valid U.S. passport, approved SECNAV 5512/1, and, if applicable, AMC letter for travel. Visitors are not permitted to stay in Unaccompanied Housing facilities without authorization from Housing.

11. ENTRY CLEARANCE

CONTACT INFORMATION

Entry Clearance hours of operation: Monday, Wednesday – Friday 0830-1100/1200-1600

*Closed for lunch 1100-1200 Tuesday – CLOSED Phone: 757-458-4151

U.S. Citizens must provide (2) Forms of Identification, one being Social Security Number.

Form must be signed by Visitor not the Sponsor (A parent or legal guardian can sign for a minor)

Must be stamped by Housing department or NGIS/Navy Lodge prior to submittal at the VRO.

Sponsor Must be a designated person per Reference NSGB 5530.4H

U.S. Citizens take approximately 10 business days while Foreign Nationals and DUAL Citizens take approximately 45 business days.

NSGB Travel Requirements for Perspective Gains and Visitors

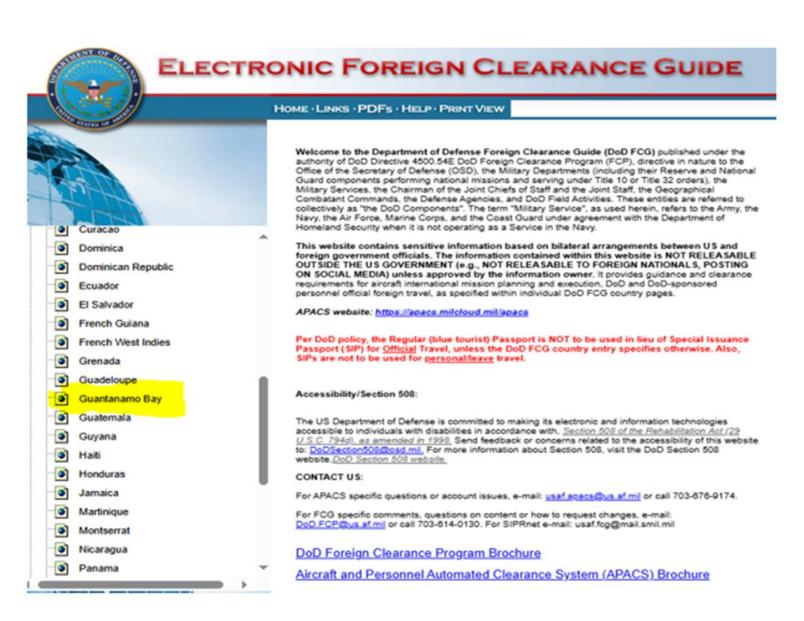
Travel requirements for NSGB (also see attached):

- 1) Military:
 - a. Official Orders
 - b. Common Access Card
 - c. APACS (Individual or group)
 - i. https://apacs.milcloud.mil/fcg/fcg.cfm
 - SECTION III: PERSONNEL ENTRY REQUIREMENTS FOR OFFICIAL TRAVEL
 - NOTE 1: This Section applies to temporary (TDY/TAD) travel does not apply for PCS travel unless specifically stated otherwise below.
- DoD Civilian:
 - a. Official Orders
 - b. Passport
 - c. APACS (Individual or group)
 - i. https://apacs.milcloud.mil/fcg/fcg.cfm
 - SECTION III: PERSONNEL ENTRY REQUIREMENTS FOR OFFICIAL TRAVEL
 - NOTE 1: This Section applies to temporary (TDY/TAD) travel does not apply for PCS travel unless specifically stated otherwise below.
- Contractor:
 - Completed and approved 5512 (attached).
 - b. Passport.

Naval Station Guantanamo Bay Travel Checklist

Foreign Clearance Guide Country Specific: fcg.pentagon.mil
APACS request: apacs.milcloud.mil
Health Risk and Area Leave Risk https://wwwnc.cdc.gov/travel/notices
Pre-OCONUS Travel File Cert / ISOPREP (Highside – do not place in folder)
AOR Location Specific Brief
Travel Tracker or IATP iatp.pacom.mil
Country Clearance (if required)
GMT - Level 1 ATFP Awareness Training (within 12 months)
GMT – SERE 100.2 Level A Training (within 36 months)
NSIPS Leave Chit Printout (only leisure travel)
Additional information see; travel.state.gov/content/travel.html

Note: For personnel traveling to visit NSGB, or on a TAD status, follow all applicable requirements from the FCG – NSGB has specific guidance under "Guantanamo Bay" [highlighted yellow below].



12. TRAVEL: GROUND TRANSPORTATION

CONTACT INFORMATION

Jacksonville, FL

- American Corporate Sedan & Limo 904-994-4043
- Airport Transportation 904-888-5100
- Stellar Car Services 904-502-6458
- ZTrip Cab 904-222-2222

Norfolk, VA

- Norfolk Checker Taxi 757-855-3333
- Yellow Cab of Norfolk 757-857-8888
- Coastal Rides 757-855-4444

Approximate cost to/from airport is \$50

Approximate cost to/from airport is \$25

Off base transportation listings do not constitute endorsement by NSGB or the United States Navy.

13. TRAVEL: USO JACKSONVILLE AREA

NAS JAX USO CENTER	USO WELCOME CENTER Jacksonville International Airport	MAYPORT USO CENTER
NAS Jax, Bldg. 1050	Main Terminal, First Floor	2560 Mayport Road
P.O. Box 108 Jacksonville, FL	Hours: Monday – Sunday	Atlantic Beach, FL 32233
32212-0108	0700 – 2300	Hours: Monday – Friday
Hours: Monday – Friday	Phone: 904-741-6655	0900 - 2100
0900 – 1700	*No overnight stay	Phone: 904-246-3481
Phone: 904-778-2821		

14. TRAVEL: USO NORFOLK AREA

NAS NORFOLK- AMC Terminal Norfolk International Airport Second level, Arrivals Terminal

Hours: Monday – Sunday Hours: Monday – Sunday 0600 – 0000 0900 – 0000 Phone: 757-445-2067 Phone: 757-233-0567

15. AMC TRAVEL

Patriot Express is a commercial aircraft that travels to Guantanamo Bay, Cuba from Naval Air Station

Jacksonville (NASJAX) and back. Flights to NSGB are scheduled every Friday and every other Friday to Jamacia.

Bring an extra copy of all your paperwork to check in for your flight. You will need your passport, AMC reservation, orders, and/or SECNAVFROM 5512 to gain access to NASJAX.

Baggage Allowance: Each passenger is authorized two pieces of baggage at no additional cost, not to exceed 70 pounds AND 62 linear inches (length/width/height) each. No item over 100 pounds, or 80 linear inches will be accepted except large garment bags, golf clubs, surfboards, snow skis, bicycles, fishing equipment, ruck sacks and/or musical instruments. Checked baggage exceeding the allowed weight criteria will be counted as an extra piece and may in no case exceed 100 pounds. Authorization for excess baggage must be annotated on the traveler's orders. Excess baggage is not permitted for Space "A" passengers. Certain military issued duffel bags, sea bags, B-4 bags, flyers kits, or diver's traveling bag up to 80 linear inches and/or exceeding 100 pounds may be considered a single baggage item, but the traveler's second item must meet baggage limits. Do not place valuables, medicine, or important documents in your checked baggage. Be sure your name and current address are on and inside your bags. Baggage ID tags are available at the passenger check-in counters.

^{*}Uniformed naval personnel are on duty at the Airport Information Center located in the main lobby near the pedestrian bridge from 0600-0000 daily to assist incoming military and civilian visitors with questions regarding ground transportation to local bases.

^{*}Active duty military with ID receive discounted flat-rate ground transportation to military installations.

Carry-on Baggage: Each passenger is authorized one carry-on item (e.g., small luggage, garment bags, and backpack) and one personal item (e.g., cosmetic case, purse, small boxes, and packages) for storage in the passenger cabin area. Carry-on baggage cannot exceed 45 liner inches. Carry-on baggage must fit securely under the seat or in the overhead compartment, if available.

Documentation: Passengers must have required documents for travel and present such at check-in. All passengers must have at least two forms of identification and one must be a photo ID: travel orders, ID card(s), passport/Visa (not required for Active Duty Military), and Dependent Entry Approval (DEA), if applicable.

Traveling with Children

Parents/sponsors are required to present either a Dependent ID Card for each child or a copy of the "sponsor page" on MilConnect. NAS JAX terminal has a "Kids Korner" where children are welcome to enjoy a space that is unique to their needs, including books, toys, and videos, and where parents can relax on the couches to watch TV

Traveling with Pets

Passengers traveling with pets must keep their pets inside their kennel/carrier at all times while inside the building. Service Animals are the exception and must have documentation from a licensed health professional. Pets must always be accompanied by owner. Hard-shell kennels must be used for large dogs and are transported in the cargo hold area; soft-sided kennels may be used for in-cabin transport and must fit under the seat in front of you. All kennels must be large enough for the pet to stand up, turn around, and lie down. AMC weight limit is 150 pounds: pet + kennel

Travel Attire/Clothing

Unless otherwise directed by your command or service, appropriate civilian attire can be worn on any flight. Please use good judgment and common sense to ensure clothing is safe, in good taste, and consistent with the customs of overseas country. Passengers should not wear open-toe shoes (i.e., sandals), revealing clothing, and/or tattered clothing.

*Flight schedules may change or cancel without notice

16. PET TRAVEL

CONTACT INFORMATION

Naval Station Guantanamo Bay Veterinary Treatment Facility

Hours of operation: M-W, F 0900-1200 and 1300-1600. Closed Thursdays for training. Closed on the last working day of the month for inventory. Closed for all federal holidays.

Phone: 757-458-2212/2101 Emergency On-Call: 757-933-7934

The military veterinarian is the only veterinarian available at NSGB. The vet clinic provides wellness, sick call, emergency, and surgical services. However, the surgical services are limited. If your pet is in need of an advanced surgical procedure (such as an orthopedic or ophthalmic surgery) or a dental cleaning, it is strongly recommended to have this performed prior to travel. Any laboratory tests that cannot be performed in-house at the vet clinic must be shipped off on a rotator flight, limiting the types of tests that can be performed. If your veterinarian has recommended that you see a specialist (such as a board certified dermatologist, internist, surgeon, etc.), you should complete that referral appointment prior to travel. The vet clinic does not offer pet sitting services. Pet owners are responsible for making pet sitting arrangements (friends, family, neighbors, etc.) when leaving NSGB for travel.

Pet Transportation

Pet transportation is at owner's expense and is accomplished via AMC. The AMC pet fee is \$125.00 for pets less than 70lbs including the weight of their crate (for both in cabin as well as in cargo). If the pet (including the crate) weighs more than 70lbs, they will be charged as two (\$250.00). Fees are subject to change. AMC travel with pets requires that the pets have booked pet space. Requests will be handled on a first-come, first-serve basis. Confirmation before traveling is strongly recommended. You are responsible for your pet documentation, immunization, and border clearance requirements compliance and must defray any associated costs. All pets must be current on vaccinations and be accompanied with proof of vaccination.

Health Certificates

Pets need a health certificate (DD 2209) and an airline letter of acclimation within 10 days of travel. The health certificate examination must be performed by a veterinarian to ensure that your pet is free of communicable and foreign animal diseases. It is recommended that this examination be performed by a military veterinarian, if possible. Typically, health certificates are offered by appointment only. A USDA endorsement is not required for entry to NSGB.

Rabies Vaccine

Pets over the age of 12 weeks must have a current rabies vaccination and certificate (DD 2208) in order to travel. If the vaccine expires during your travel or shortly thereafter, it is recommended to update this vaccine prior to travel. There is not a waiting period after vaccination prior to entry to NSGB.

Other Vaccines

Dogs are required to be up-to-date on the distemper/adenovirus/parvovirus (DAP or DA2PP) vaccine prior to travel. It is strongly recommended that dogs also be up-to-date on leptospirosis and

Bordetella/parainfluenza (kennel cough) vaccines prior to travel, but this is not required. Cats are required to be up-to-date on the feline viral rhinotracheitis, calicivirus /panleukopenia (FVRCP) vaccine.

Microchip

Microchips are required for all pets traveling to NSGB.

Flea/Tick Prevention

NSGB is located in a Caribbean climate. It is strongly encouraged that pets be on flea and tick prevention prior to travel to avoid contracting flea and tick-borne diseases.

Heartworm Prevention

There is a large mosquito population on NSGB. The overall heartworm disease risk is unknown, as studies have not been conducted. However, the mosquito vector is present and feral dogs living on NSGB have tested positive for heartworm. Therefore, it is strongly suggested that all dogs and cats be placed on heartworm prevention prior to travel and maintain prevention during their time at NSGB.

Spay/Neuter Requirements

All dogs and cats over 2 years of age must be spayed or neutered prior to arrival at NSGB. If your pet has a valid medical reason for not being spayed or neutered, have your veterinarian contact the NSGB veterinarian; documentation outlining the medical condition will be required.

Kennel Requirements

The airline kennel must be large enough to allow your pet to stand up without his or her head touching the top of the kennel, turn around completely, and lay down comfortably. In addition, you will need to provide your pet with fresh water during the flight with an airline approved kennel water dish or bottle. You are encouraged to freeze the dish halfway full of water the night prior to the flight, so that if any water spills during takeoff, then the frozen water will slowly thaw out to provide fresh water during the flight. For specific airline kennel requirements, please contact your airline directly.

NSGB Pet Regulations

Pets must be registered with the vet clinic within 14 days of their arrival. Pets must be housed indoors, including cats. Animals must be under owner control when outside, either on a leash or in a contained fenced area.

Important On Station Pet Regulations

1) Maximum of two pets per sponsor/household; no breed restrictions at this time. Exceptions to this policy must be approved by the Station Commanding Officer.

- 2) AMC travel with pets requires that the pets have booked pet space and can only travel in conjunction with Permanent Change of Station (PCS) orders. Confirmation before traveling is strongly recommended.
- 3) All pets must be current on vaccinations and be accompanied with proof of vaccination.
- 4) All pets must be microchipped.
- 5) Pets need to be registered with the vet clinic within 14 days of their arrival.
- 6) Pets are not allowed in the unaccompanied guarters.
- 7) Pets must be housed indoors, including cats. Animals must be under owner control when outside, either on a leash or in a contained fenced area.

17. PERSONNEL SUPPORT DETACHMENT (PSD)

CONTACT INFORMATION

Hours of Operation: Monday – Thursday 0800-1100 and 1230-1545

Friday 0900-1100 and 1230-1330

Phone: 757-458-4553/4414

Checking-In: PSD NSGB relies solely on Command Pay and Personnel Administrators Coordinators (CPPAs) and Transaction Online Processing System (TOPS) to process all military members' paperwork. Gain packages are due to PSD for processing, and are considered late if processed after 4 days, including weekends. Submit travel claims to your CPPA.

CAC cards: To schedule an appointment for a new CAC, visit https://idco.dmdc.osd.mil.

Housing Allowances	Dislocation Allowances Dependent DLA
Single Basic Housing Allowance (BAH): Not authorized on NSGB. All single military members will be assigned Government Quarters.	Accompanied members or members whose families were relocated during PCS move, shall fill out a DLA statement and provide a copy of previous Page 2/RED DA. If you received advance DLA you are required to fill out a DLA statement.

Married BAH Single DLA

Unaccompanied members may request BAH based on dependents location. Required documents are: a current lease, Dependent Designated Place Letter (from your NSGB command), and two utility bills.

BAH Differential

Provide PSD all court order documents that state Joint Physical or Legal Custody to be entitled. Overseas Housing Allowance (OHA): If your dependents reside overseas, you shall submit the following documents: OPNAV N130 OHA Approval, Lease/Mortgage/Utility Documents, OHA Certificate (DD Form 2367) signed by a designated Housing Manager, and Updated NAVPERS 1070/602 (Page 2/RED DA).

Not authorized on NSGB. All military members will be assigned Government Quarters upon reporting.

Family Separation Allowance (FSA)

Military members are authorized to bring their families to NSGB, so you are not authorized FSA.

The only exceptions to receiving FSA are

- JTF Reserve Component military that are married / joint custody of children are authorized FSA.
- If your family is not authorized to move to NSGB due to Exceptional Family Member Program (EFMP).
- If a military member gets married in route or after he/she reports to NSGB and the spouse does not move to NSGB.
- For FSA cases, contact your command CPPA for special cases

18. U.S. NAVAL HOSPITAL GUANTANAMO BAY

CONTACT INFORMATION

Billing Hours of Operation: Mon & Friday 0800-1600; Tues, Wed, Thurs 0800-1230

Mailing Address: U.S. Naval Hospital Guantanamo Bay PSC 810 Box 185 FPO, AE 09589

Website: https://guantanamo.tricare.mil

If calling from stateside, please dial 757-458-2998 then the 5-digit extension 72610 or 72230.

Emergency Room: Call 911 for emergency cases requiring ambulance	72690 or 72670
MEDEVAC	72019
Multi Service Ward	72450
Occupational Health Clinic	72995
Optometry Clinic	72250
Overseas Screenings	2280
Patient Accounts	72230/72074
Patient Records	72350/72121

Pharmacy	72190
Pharmacy Refill Line	72930
Physical Therapy Clinic	72940
Primary Care Clinic	72944/2945
Quarterdeck	72360
Referral Manager	2006
Specialty Clinics	72410
Appointments	72944
Behavioral Health Clinic	72650
Dental Clinic	72239

Outpatient Care	Inpatient Care	After Hour Care
Emergency Medicine, Family Medicine, Internal Medicine, Physical Therapy, Optometry, OB/GYN, Occupational, Health, General/	Inpatient care is	
Comprehensive Dentistry, Behavioral Health Ancillary: Laboratory,	limited and provided	24-Hour Emergency
Radiology/CT, Audiograms, Immunizations Other specialties are brought as needed (i.e. Ear, Nose, and Throat (ENT), Gastroenterology, Dermatology,	in support of routine surgery.	Department
Urology, Orthopedics, Radiology, Ophthalmology, Podiatry, etc.)	,	

Urgent/Emergent	Patients requiring medical care beyond the capabilities of the hospital are transferred via aero medical evacuation to the U.S. for further evaluation and treatment. All non-active duty patients and dependents are strongly encouraged to visit to the MEDEVAC section under Patient Services on our website https://guantanamo.tricare.mil to learn more about whether or not your TRICARE or insurance plan covers MEDEVAC, and how to obtain additional coverage if needed. MEDEVAC from Guantanamo can cost \$30K+.
Radiology	The radiology department does not provide mammography examinations. Women 40 and older (annually) and women 39 and younger with a family history of breast cancer must obtain an examination before reporting to Guantanamo Bay. Check with your health care provider. Women requiring a mammogram during their tour will require stateside care.
Allergy Care	Facilities for diagnosing and treating allergy problems are extremely limited.
Dental Care	The scope of available services is fairly broad and includes routine services in operative dentistry (fillings), prosthodontics (crown and bridge work), endodontics (root canal), oral surgery (wisdom teeth), and oral hygiene. The access to care is limited by a modest dental staff size and the large military and civilian population on-island. Non-DOD contract personnel have access to treatment on a space available, fee-forservice basis, as there is no off-base alternative. Patients are encouraged to have all their dental work

completed before arrival at NSGB. Orthodontic treatment, Implant treatment, or
complex pediatric care are not available. Patients requiring orthodontic treatment,
implant treatment, or complex pedodontic care should be disqualified for PCS move to
NSGB (class three and higher). Complex, active periodontal (gum disease) treatment
should be completed before PCS to NSGB and the patient placed on maintenance prior
to arrival. All patients should be screened and treated before departure with these
limitations in mind. After hours, emergencies are triaged through the hospital's
Emergency Room and transferred to the Dental Department.
It is recommended to have a 90 day supply of medication. If a person is taking a unique

Pharmacy

It is recommended to have a 90 day supply of medication. If a person is taking a unique medication, it is suggested they contact the pharmacy prior to arrival.

Patient Account Information

All base residents (DoD civil service, contractors, visitors, and any others not covered by TRICARE) who receive care at the hospital are billed for that treatment. Patients are urged to fully understand the reimbursement policies of their health insurance provider. Individual patients are responsible for all costs not covered by insurance and the hospital is obligated to recoup 100% of what is billed to a patient (either from the patient and/or an insurance provider). USNH GB will not bill insurers on behalf of paying patients. All patient billing is centralized through the Uniform Business Office (UBO) at Naval Hospital Jacksonville, FL. Paying patients will receive bills from the Centralized Receivables Service (CRS). The USNH GB Uniform Business Office, located on the first deck of the hospital just outside the galley entrance, will be open to answer patient questions, print out patient bills, and provide billing guidance as needed. Payment options: cash, check, credit card, debit card, or PayPal via www.pay.gov. Patients must have a patient account number to make payments through pay.gov.

19. TRICARE BENEFICIARY SERVICES

CONTACT INFORMATION

Hours of operation: Monday - Friday 0730-1600

Location: U.S. Naval Hospital, 1st floor, Rm 122

Phone: (757) 458-2998 Option 1, Ext 7-2017

TRICARE is the Department of Defense's worldwide health care program available to eligible beneficiaries from any of the seven uniformed services. Eligibility for TRICARE is determined by the services and information maintained in the Defense Enrollment Eligibility Reporting System (DEERS). Eligibility for TRICARE coverage can be verified at the TRICARE Service Center. Enrollment in TRICARE is not automatic. Sponsors need to fill out a DD2876-3 FORM and bring orders to the TRICARE office in order to enroll self and/or family members in TRICARE. For details on eligibility, enrollment, cost, and coverage options visit www.tricare.mil or contact your regional contractor.

Disclaimer: This information on TRICARE is specifically for Active/Retired Military and their dependents.

Medivac coverage is needed for Retired Military, contractors and all other base employees who are not active duty military sponsors or their command sponsored family members.

20. MILITARY POST OFFICE

CONTACT INFORMATION

Hours of Operation: Monday – Friday 0900 – 1530

Phone: 757-458-4970

Location: Off Sherman Ave. Building 834

All personnel transferring to NSGB must complete a CHECK-IN card at the post office upon arrival to be assigned a personal mailing address. Sponsors may request a personal mailing address in advance for new personnel transferring to NSGB at the Post Office. A copy of their orders, contract or LOA will be required. Authorized dependents will share the same mailing address.

Incorrect addressing is the #1 cause of delayed mail delivery

Services Provided	Weight	Time:
First Class Mail	13oz or less	7-14 days
Standard Mail	130" max girth / 70lbs max weight	14-21 days
First Class Priority	Up to 70lbs	

Priority Express mail services not available at this time.

Premium services (Money Orders, Certified, Registered, Insured >\$500

Outgoing mail MUST be received and processed no later than 1400 the day before flights

Letter less than 13oz may be deposited into drop boxes located throughout the base: • NEX/Commissary Atrium
be picked up by your throughout the base:
1 1 7 7
d's authorized mail ■ NEX/Commissary Atrium
3 dathonized mail 5 NEXY commissary Athani
t the Post Office • Hospital (main entrance)
ail call hours: • Marine Hill (bus stop)
0-1500. • Post Office (drive up or inside)
be distributed to you • Bulkeley Hall (parking lot)
command. • Air Terminal (wall near Subway)
only picked up on flight days)

21. VEHICLE REGISTRATION OFFICE (VRO)

CONTACT INFORMATION

Badging Office Hours: Monday 0900-1200, Wednesday and Friday 0800-1100

Vehicle Registration Office Hours: Tuesday and Thursday 0800-1100

Badging Office and Vehicle Registration Phone Number: 757-458-4359

Vehicle Registration

Bring the following documents to Vehicle Registration Office (VRO) – BLDG 2153:

- 1. Valid Drive License
- 2. Proof of ownership (vehicle title), notarized bill of sale, or lien letter.
- 3. Current insurance in your name that shows the vehicle is insured on NSGB (must say NSGB specific). Once verified, a Temporary Registration Pass will be issued. Bring the pass to Schuyler Services (BLDG 6) to pick up vehicle. Bring the vehicle to the VRO to complete the vehicle inspection (FREE of Charge). Once complete, you will

receive a license plate and a copy of registration.

22. BANKING SERVICES

Navy Federal Credit Union	Community Bank
Hours: Monday – Friday 0900 - 1630	Hours : Mon, Wed, Fri 0800 - 1500
No cash transactions	New Accounts Only: Tu, Th 0800-1100
Phone Number:757-458-4449	Phone Number: 757-458-4266
Website: www.navyfederal.org	Website:www.dodcommunitybank.com

23. CELLULAR SERVICE

CONTACT INFORMATION

T-Mobile Customer

Service: 877-709-4051

Mint mobile Prepaid

800-683-7392

T-Mobile Cellular Service: T-Mobile is the ONLY cell phone carrier available on NSGB, Recommend bringing WI-FI tower,

Roaming Disabling: Go to Settings. Under Cellular Data Options. Set Data Roaming to Off Under Network Selection. Set Automatic to Off. Select T-Mobile as the preferred network.

Disable Roaming #763#.

Mint mobile by T-mobile: Prepaid (800) 683-7392 or visit their website https://www.mintmobile.com

24. INTERNET/ CABLE

CONTACT INFORMATION

ViaSat: M-F 0800-1600 (closed holidays)

Phone: 757-694-4651-or 77501 or 888-339-7150

Website: http://www.gowifinavy.com/nsgb/housing-information.aspx

All housing units have landline hook ups with a pre-established phone number. It is recommended to bring a landline phone with you in order to have phone service (to call on base phone numbers only). To dial the states from your landline, you must use a calling card, which are available at the NEX atrium.

Internet: Viasat provides internet to accompanied housing, unaccompanied housing, and businesses. Daily, weekly, and monthly plans are available and can be subscribed to online by connecting to the goWifi signal at your location. GoWifi is available with free access at several MWR/NEX locations.

- Cable: Phoenix Cable provides a variety of cable packages to accompanied and unaccompanied housing. Monthly plans vary and can be set up upon arrival.
- NSGB is on legacy one net which means no NMCI access. Recommend bring laptops and Wi-Fi pucks if available.

25. FLEET AND FAMILY SUPPORT CENTER (FFSC)

CONTACT INFORMATION

Hours of operation: Monday, Wednesday – Friday 0800-1630 Tuesday: 0930-1630

Phone Number: 757-458-4141/4153 Fax: 757-458-4429

Domestic/Child Violence After Hours Hotline: 757-339-8130

Installation SAPR Hotline: 757-324-9250

FFSC Programs and Services

- Information & Referral (I&R)
- Resource/Computer Room
- Relocation Assistance Program (RAP)
- Family Employment Readiness Program (FERP)
- Transition Assistance Program (TAP)

- Life Skills Education
- Sexual Assault Prevention & Response Program (SAPR)
- Personal Financial Management (PFM)
- Clinical Counseling
- Family Advocacy Program (FAP)





26. CHILDCARE

CONTACT INFORMATION

Hours of Operation: Child Development Center (CDC) 0630-1730

School Age Care Monday – Friday 1430-1730. (Not in Session: M-F 0630–1430)

Phone Numbers: Child and Youth Programs Administrator 757-458-2005

CDC: 757-458-3664 **SAC**: 757-458-4092

Teen Center: 757-458-2096

The Child and Youth Programs (CYP) includes the following: Child Development Center (CDC), School Age Care (SAC), Teen Center, Youth Programs, Youth Sports Fitness (YSF) and the School Liaison. The programs are open to all residents of Guantanamo Bay. The Guantanamo Bay CDC follows educational guidelines established by the NAEYC, the oldest and most prestigious accreditation board in the nation. The SAC program is COA accredited. The SAC and Youth programs offer an array of exciting and fun Boys and Girls Club and 4H related activities such as sports leagues and programs, homework assistance, and much more.

Teen Center: Varies due to programming, please check https://www.navymwrguantanamobay.com

Youth Sports: Sports offered at varying season to season

To request care: Visit https://public.militarychildcare.csd.disa.mil/mcc-central/mcchome#/

Care is offered based on the sponsor's DoD assigned priority and space availability. Call the center for specific details.

General information can be found at https://www.navycyp.org/

27. W.T. SAMPSON SCHOOL

CONTACT INFORMATION

School Hours: Sure Start: 0755-1345 **K-12**: 0755-1445

Address: PSC 1005 Box 49 FPO AE 09593

Phone: 757-458-3500 Fax: 757-458-3629 **Website:** <u>www.dodea.edu/WTSampsonEHS/</u>

ONLINE REGISTRATION:

https://dodeasis.myfollett.com/aspen/logon.do

Click on "Enrollment Guide"

Be sure to indicate what type of document you are uploading.

Incoming personnel with school-aged children must contact the school with an arrival date and student information. Official transcripts and withdrawal grades are needed for high school students to determine class placement and high school credit. Unofficial copies or grade report cards can be used until the Registrar contacts the previous school. Contractors and civilians, please contact your HR for restrictions, and check the DoDEA website for eligibility requirements.

Prior to your arrival, upload the following documents (or bring them with you when you arrive): your child's records including birth certificate, passport, PCS orders, housing letter, withdrawal grades, report cards, official transcripts, medical documents (e.g., immunization records, DODEA Form 5 completed by a doctor, or Permission for Student to Retain Control of Medication Form), and Individual Education Plan (IEP) or 504 Plan (if applicable). We require 24 hours after a student has been registered and all of their paperwork has been submitted (for example: If you fly in Friday and turn everything in to the school on Monday the student will begin on Wednesday.)

Principal: Chester.Arizmendi@dodea.edu
Assistant Principle: Sheila.benton@dodea.edu
School Counselor: leigh.taylor@dodea.edu

School Liaison (SL): School Liaisons serve as the primary point of contact for Pre K – 12th grade school-related matters. The School Liaison Program offers an array of services and resources to support students, parents, installation leadership, and schools. They inform parents about local schools, graduation requirements, afterschool programs, homeschooling and much more. By working together with these stakeholders, the School Liaison Program builds a support network to provide the best possible education experience for military-connected children and youth.

Contact your School Liaison for help with: Home schooling support

Inbound and outbound school transfer Preparing for college and scholarship information

Finding the right school Military Interstate Compact Compliance (MIC3)

School Age Youth Sponsorship

Contact your SL Daniel Saraceni at gtmosl@us.navy.mil or by Office phone: 757-458-4220. The SL is located at the Fleet and Family Support Center; appointments are strongly encouraged. For more information please visit: https://www.navymwrguantanamobay.com/programs/91053ef5-ef64-41fd-869f-58a9f17771d8

28. EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

CONTACT INFORMATION

Phone: 757-458-2998, Opt. 1, Ext. 72070

All military personnel and their dependent(s) will be screened prior to their arrival to U.S. Naval base Guantanamo Bay, Cuba. If a chronic condition is identified, a consult will be made to the EFMP coordinator. Enrollment in the EFMP is mandatory for all active duty service members and reservist with family members that are identified with medical (physical, developmental or mental health) or special educational requirements of a chronic nature (6 months or longer). Enrollment helps ensure all required services are considered during the service member's assignment process. Only family members enrolled in the Defense Enrollment Eligibility Reporting System (DEERS) are eligible to transfer with the Service member will be enrolled in the EFMP.

Enrolled service members electing to serve on an accompanied assignment overseas, to include OCONUS non-foreign (Hawaii and Alaska), must be assigned only to areas where the required services for the family member are available based on completion of a suitability screening following procedures. All orders must be coordinated through NAVPERSCOM (PERS-456) prior to release.

Service members assigned in EFMP categories 3 through 5 are not eligible for accompanied overseas assignments; category 6 is on a case-by-case basis.

29. WOMEN, INFANTS, AND CHILDREN (WIC)

CONTACT INFORMATION

Phone: 757-458-2998, Opt. 1, Ext. 72070 or 757-458-2186

Location: Chapel Annex, Room 9

Program Services Provided to Eligible Participants Overseas	You may qualify for WIC Overseas if you
Active duty military and their dependents	Are currently pregnant
DOD civilian employees and their family	 Are breastfeeding your infant, up to 1 year of age
members	 Are up to 6 months postpartum
 DOD contractors and their family members 	 Have an infant or child up to 5 years old

30. NAVY EXCHANGE (NEX)

Your NSGB NEXMART complex offers a selection of clothing for the entire family, shoes, jewelry, sporting goods, luggage, housewares, cosmetics, outdoor living, health and beauty products, beverages, snacks, books, greeting cards, Wireless Advocates and all of your Commissary needs. Just outside the Main Store Atrium you will find Navy Exchange Car Rental, Barber Shop, Beauty Salon, Souvenir Shop, Fishing Shop, Western Union, and Subway. A quick walk from the Main Store is McDonald's on the left and on the right, in "Downtown NSGB," is the NEX Tailor Shop and Dry Cleaning, Dive Center, Car Care Center/Gas Station, and Furniture Store. There are also 4 Mini Marts located throughout the base for your convenience.

HOURS OF OPERATION

Main Store		M – Th 0900–2000		
		Fri – Sat 0900–2100		
		Sun 0900 – 1900		
Beauty / Barber Shop	757-458-4964	M – Fri 0800 – 1800		
		Sat 0900- 1800		
		(Sun CLOSED)		
Autoport Car Care Center	75216	Same as Main Store		
Car Rental @ Autoport	757-458-4030	Same as Main Store		
Customer Service	757-458-4486	Same as Main Store		
Dive Center	75336	Same as Main Store		
Dry Cleaning, Tailoring &	757-458-4898	Everyday 800-1800		
Uniform Shop				
Furniture Store	757-458-4380	Su – Sat 0900 – 1800		
Gas Station	757-458-4122	M – Sat 1000 – 1800		
Mini Mart: Camp America	757-458-8921	Everyday 600- 2000		
Mini Mart: Leeward	757-458-6104	Su – Sat 0730 – 2000		

Mini Mart: Marine Hill	757-458-2508	24 hours
Mini Mart: Tierra Kay (TK)	757-458-2780	Everyday 0600 - 2000
Personalized Services	757-458-4918	Same as Main Store

31. FOOD AND BEVERAGE

4 Galleys (Gold Hill, Hospital, Leeward, JTF) Pop up Sandwich Shop, (NEX Atrium, Marine Hill Minimart), 1 McDonald's, and the following MWR restaurants and bars:

Food/ Beve	rage	Night Life	е
Bayview Restaurant	757-458-2768	Tiki Bar	757-458-2757
Blendz Smoothies	757-458-2740	O'Kelly's Irish Pub	757-458-2522
Bombers	757-458-2896	Rick's Lounge (Officer's Club)	757-458-2132
Gourmet Bean Express	757-458-2605		
Spinz	757-458-2896	To learn more	visit:
Uptown Pizza	757-458-2824	https://www.navymwrguantar	namobay.com/dining
Windjammer Café	757-458-2522		
Jerk House	757-458-2768		

32. MORALE, WELFARE, & RECREATION (MWR)

NSGB is located on the southeast corner of Cuba and is full of exotic nature surrounded by the beautiful Caribbean Sea. Once you settle in, we are here to help you explore! If you want to start with the bay, which you will see from the ferry when you arrive, come to the Marina! We offer boat rentals alongside paddleboards and kayaks. You can get a Captain's License and be your own captain or try our monthly paddle trips, boat outings, or water taxi service. If you are looking for a new hobby, try fishing, hiking, ceramic and canvas painting, or join our various sports events and tournaments! We have fitness centers with extended hours to help you stay in shape and enjoy several weekly exercise classes.

One of everyone's favorite go-to weekend spot is our outdoor movie theaters. All of our movie theaters are free to enter and you get to enjoy the newest entertainment under the stars. Speaking of stars, we offer outside seating in our dining restaurants to appreciate the warm climate and the sound of the ocean. We also have special events throughout the year with special guests such as comedians, celebrities, magicians, DJs, and craft fairs. Be ready to explore and have fun, and we will keep you entertained.

Program Services		Commu	nity Pools
Arts and Crafts/Woodshop	757-458-4091	Marine Hill	757-458-2825
REC Room Entertainment and Bowling Center	757-458-2118	Splash Pad	757-458-4320
Denich Fitness Center	757-458-2740	Movie	Theaters
Golf Course	757-458-2743	757-4.	58-4880
Ground Zero Paintball	757-458-2381	Downtov	vn Lyceum
Library	757-458-4700	Mari	ine Hill
Marina/Green Space Rentals	757-458- 2345/2259	Camp	Buckeley

MWR Admin: 757-458-4123 App: NavyMWR Guantanamo Bay

Website: www.navymwrguantanamobay.com Facebook: https://www.facebook.com/MWRGTMO/

33. FAMILY EMPLOYMENT READINESS PROGRAM (FERP)

The Family Employment Readiness (FERP) Program provides information, materials, consultations, workshops, and referrals for family member employment. Services through FFSC include: Resume Writing, Job Search Strategies, Navigating Federal Employment, Interview Skills, Career Exploration, and 1-on-1 consultations.

Volunteer Opportunities	
Fleet and Family Support Center	Beach or street clean-ups
W.T. Sampson HS/ES	American Red Cross
Lighthouse Museum	
MWR events/sport programs	

34. RELIGIOUS SERVICES

Main Chapel Bldg. 762 – MC / Chapel Annex Bldg. 763 – CA All buildings located on Chapel Hill Road / Phone: 757-458-2258/2323 / Duty Cell: 757-339-5279 versatile

Main Chapel- MC *Chapel Annex-CA *Blessed Sacrament Chapel- BSC *Fellowship Hall- FH

Roman Catholic (MC) Chaplain Fr. Ben Pitre W-2628 Sat 1830 Confessions 1900 Anticipated Sunday Mass Sunday Sun 0830 & 1430 Confessions 0900 & 1500 Sunday Mass Tue 1730 Daily Mass (BSC) Wed 1730 Daily Mass (BSC)	Protestant (MC) Chaplain David Sensenig W-2843 Sun 1100 Worship Service 1100 Religious Ed. (CA 16) 1300 Bible Study (FH) Sat 1000 Music Practice		
Thurs 1115 Daily Mass (JFT Trooper Chapel) 1800 Choir Practice Fri 1730 Daily Mass (BSC)			
Islamic Prayer (CA 2) Dr. Elkhair (617) 415-3416 Fri 1300 Sermon 1330 Prayer	Pentecostal Gospel Temple (CA 13) Pastor Leston Anderson (904) 235- 6866 Sun 0800 Worship Service 1700 Evangelist Service Mon 2000 Activities Night Wed 2000 Bible Study Fri 2000 Prayer Meeting		
Iglesia Ni Cristo (CA 1) Mr. Bernard Lazaro (757) 559- 8902 Sun 0700 Worship Service Mon 1900 Bible Study Wed 1930 Worship Service Thurs 1930 Worship Service Sat 2000 Worship Service	Lord Reigns International (CA 17) Mr. Mark Brian (571) 580-0097 Sun 1700 Worship Service Mon 1700 Bible Study Tue 1700 Worship Practice Wed 1830 Midweek Prayer Sat 1800 Prayer Warrior Fellowship		
Church of Jesus Christ of Latter-Day Saints (CA 19) Mr. David Lee W-5711 Sun 1100 Sacrament Meeting 1100 Primary 1100 Youth Primary Sunday School (CA 14) 1100 Adult Sunday School or Relief Society (CA 4) 1100 Elders Quorum (CA 1)	Seventh Day Adventist (CA 19) Mrs. Beverly Pavon (407) 520- 6846 Sat 0930 Sabbath School 1100/1200* Divine Service 1500/1600* Worship Service 1600/1700* Bible Study Mon 1800/1900* Bible Study Wed 1800/1900* Prayer Meeting Fri 1800/1900* Vesper Meeting *Time listed becomes active when daylight saving time (DST) is in effect (spring & summer)		
United Jamaican Fellowship Apostle William Savage (252) 363-1369 Sun 0930 Sunday School 1030 Divine Worship 1830 Evangelist Service Tue 1830 Prayer Service Wed 1830 Praise Team Rehearsal Thurs 1830 Bible Study *Located next to Radio GTMO*	GUANTANAMO BAY CHRISTIAN FELLOWSHIP(CA 14) Mr. Joshua Lerio (240) 703-7204 Sun 1600 Prayer 1700 Worship Service Wed 1845 Bible Study		

35. LEGAL ASSISTANCE OFFICE

CONTACT INFORMATION

Phone: 757-458-4692

Location: Building 760. Back side in courtyard.

Walk-ins: Tuesdays and Thursdays 1300 – 1500

Call x4692 if you need an attorney service appointment or you are unable to make walk-in hours

Walk-in customer	Attorney Services Appointments		
Notary	Estate Planning		
Power of Attorney	 Domestic Relations 		
Bill of Sales	 Consumer Protection 		
	 Military Rights and Benefits 		
	 Immigration and Naturalization 		

36. NAVY-MARINE CORPS RELIEF SOCIETY (NMCRS)

CONTACT INFORMATION

Phone: 757-339-2245

Website: www.nmcrs.org

A nonprofit charitable organization designed to provide financial, educational, and other assistance to members of the Naval Services of the United States, eligible family members, and survivors, when in need. NMCRS can assist with needs such as food, car expenses in certain situations, medical expenses, pay issues, funeral expenses, and PCS pet travel. NMCRS ESOs can also assist with Army Emergency Relief, Air Force Aid Society, and Coast Guard Mutual Assistance. Please call ahead for assistance as you will typically need to bring specific documentation with you.

38. DISASTER PREPAREDNESS

Hurricane season is from 1 May until 1 December. Keep a stocked hurricane emergency kit nearby. If you live in hurricane resistant housing, have these items in your home. If you do not, have them ready to transport to a shelter.

All official information will be released via the official NSGB Facebook page:

https://www.facebook.com/NSGuantanamoBay/.

Disaster kits should contain, at a minimum:	DO NOT bring the following to a shelter
 3-day supply of ready-to-eat food (nonperishable) 3-day supply of drinking water Disposable plates and silverware Manual can-opener Portable cooler Change of clothing Personal toiletries/Moist towelettes (baby wipes) Towel and washcloths Blanket or sleeping bag for each person Battery-operated portable radio/ Flashlight with extra batteries 	 Pets Valuables Alcoholic beverages Electronic devices Large toys Non-essential personal belongings Personal first aid kit Prescription medication Books, cards, games Important Papers: passports, marriage license, car title, PSC orders

There are pet specific shelters

Smoking is prohibited in all shelters

For personnel with functional needs that are medically indicated, example: wheelchair/walker- make sure it is collapsible, hearing aids: bring spare batteries. For personnel, especially children that have sensory processing disorders, ensure you have a way to mitigate, example: auditory- bring headphones to quite the room.

39. AMERICAN RED CROSS

CONTACT INFORMATION

To start an emergency communication message call 1-877-272-7337 (24/7)

Office hours: Tuesdays - Saturdays (except holidays) 1200 – 1900

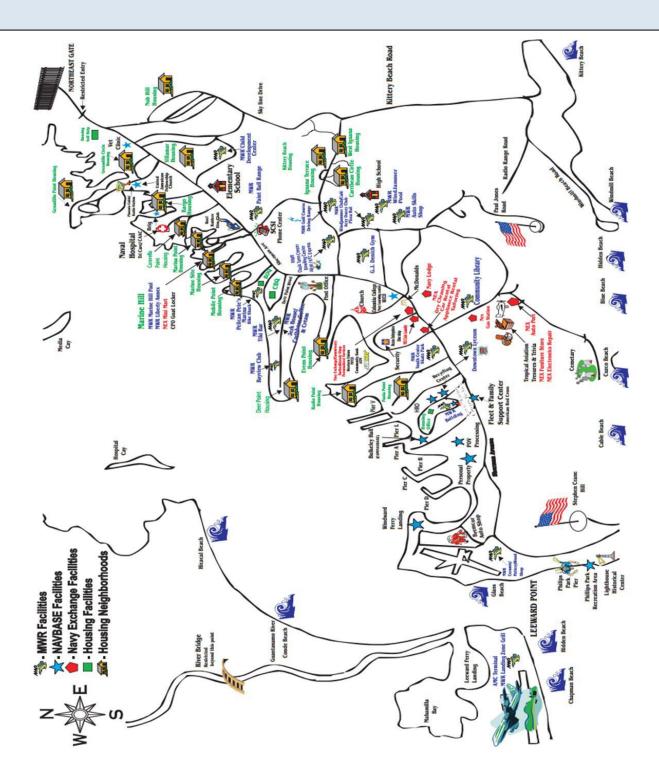
Resiliency Center: Open when volunteers are available

Location: Building 2142 Rogers Rd.

Office Phone: 757-458-5060 Robin Callahan Cell 910-384-8111

Be sure that your family or someone in the states knows your military address on NSGB and your unit information. If you know you will be receiving a Red Cross message, please notify your command. Commands have after hours emergency contact numbers for the American Red Cross. Emergency leave is dependent upon the individual's message and member's unit. The American Red Cross will verify emergency situations in the United States and its territories. For emergency situations regarding family members outside of the United States, services available will vary by country. Do not hesitate to call the 24/7 number below if you need assistance. Messages may also be started using the Hero Care mobile app for iPhone and Android, or by visiting http://www.redcross.org/HeroCareNetwork.

If you want to volunteer, go to http://www.redcross.org. In the header select "Volunteer" and click on "Apply Now." Use postal code 09593 during sign up. If you are a current or previous volunteer with the American Red Cross, or if you need additional assistance signing up, please email nsgb@redcross.org with your information. Laptops and Wi-Fi are available at the office for assistance.



^{*}NSGB is a closed base and there is no access to or from Cuba.

ATTACHMENT J-1700000.07 SHUTTLE BUS SCHEDULES SHERMAN AVE, CNRSE BASE SHUTTLE BUS (WINWARD) REVISE SCH ALL RUNS ON THE HOUR 7 DAYS/WEEK 0500 TO 0200 1Bus 1 NEW CUSTOMER !Bus STOP LOCATION **Bus 2 NEW SOUTH BOUND BUS #1** NH NOB HILL RD/In front of **CRNSE** :55 :25 NHI CNRSE VL 1ST ST. :56 :26 CNRSE VI. 6TH ST. :57 :27 CRNSE **CENTER BARGO** :58 :28 CNRSE **E.CARAVELLA** :00 :30 CNRSE **HOSPITAL** :03 33 CNRSE BRIG :04 :34. CNRSE SGT.KENNY FIELD :07 :37 CNRSE MARINE HILL :08 :38 SCSI TELPHONE OFFICE CNRSE :10 :40 **BOQ/MARINA** CNRSE :11 :41 CNRSE **POST OFFICE** :12 :42 CNRSE WINDJAMMER :14 :44 CNRSE :16 **GOLD HILL GALLEY** :46 CNRSE :17 :47 NEX CNRSE LYCEUM/LIBRARY • :20 :50 :51 CNRSE **BULKELEY LANDING** :21 CNRSE FIRE STA #1 :22 :52 CNRSE **CORINASO** 1 :23 :53 CNRSF **FERRY LANDING** :24 :54 **NORTH BOUND BUS #2** CRNSE **CORINASO CNRSE** PINK PALACE :25 :55 CNRSE **HARRISONVILLE** :27 :57 **CNRSE** :29 :59 **ORDNANCE** :00 CNRSE FIRE STA #1 :30 **BULKELEY LANDING:31 CNRSE** :01 CNRSE LYCEUM/LIBRARY :33 :03 CNRSE NEX :35 :05 CNRSE :36 **GOLD HILL GALLEY** :06 CNRSE **WINDJAMMER** :38 :08 CNRSE **POST OFFICE** :39 :09 CNRSE **BOQ/MARINA** •40 :10 CNRSE SCSI TELPHONE OFFICE :41 :11 CNRSE MARINE HILL :42 :12 CNRSE SGT.KENNY FIELD :43 :13 **HOSPITAL** CNRSE :48 :18 CNRSE :49 :19 BRIG CNRSE WLI (SHERMAN AVE) :50 :20 CNRSE VL 6TH ST. :51 :21 **CNRSE** VL 1ST ST. :52 :22 **CNRSE** NH NOB HILL RD/In front of :55 :25 NH I

FERRY/UB SCHEDULE

17 MAR 2025

		MON-FRI	SAT	SUN/HOL
DEPARTING	TIME	CRAFT	CRAFT	CRAFT
WINDWARD	0630	FERRY	FERRY	
LEEWARD	0700	FERRY	FERRY	
WINDWARD	0730	FERRY	FERRY	FERRY
LEEWARD	0800	FERRY	FERRY	FERRY
WINDWARD	0830	FERRY		
LEEWARD	0900	FERRY		
WINDWARD	0930	FERRY	FERRY	
LEEWARD	1000	FERRY	FERRY	
WINDWARD	1030			FERRY
LEEWARD	1100			FERRY
WINDWARD	1130	FERRY	FERRY	
LEEWARD	1200	FERRY	FERRY	
WINDWARD	1230			
LEEWARD	1300			
WINDWARD	1330	FERRY	FERRY	FERRY
LEEWARD	1400	FERRY	FERRY	FERRY
WINDWARD	1430			
LEEWARD	1500			
WINDWARD	1530	FERRY	UB	UB
LEEWARD	1600	FERRY	UB	UB
Windward	1630	UB	UB	UB
Leeward	1700	UB	UB	UB
WINDWARD	1730	UB	UB	UB
LEEWARD	1800	UB	UB	UB
WINDWARD	1830	UB	UB	UB
LEEWARD	1900	UB	UB	UB
WINDWARD	2030	UB	UB	UB
LEEWARD	2100	UB	UB	UB
WINDWARD	2230	UB	UB	UB
LEEWARD	2300	UB	UB	UB

Any additional boat runs will be coordinated with Port Operations Officer or Deputy Port Operations at 757-458-4558 or 757-458-4831