



Welcome Aboard,

Congratulations on your orders to U.S. Naval Forces Central Command. We take great pleasure in welcoming you to Bahrain. You will soon join a mission essential group of professionals working to maintain peace in this area of the world.

We ask that you contact the sponsor team as soon as possible to provide us some basic information about you, such as your address, phone number, email address, travel itinerary and family information. Keep us informed of your travel so we can be ready to pick you up at the airport.

You can find information about COMUSNAVCENT at: <http://www.cusnc.navy.mil/About-Us/New-Arrivals/> and <https://ossp.me.navy.mil/bahrain/navcent/Pages/default.aspx>. The COMUSNAVCENT sponsor team is standing by to provide you a dedicated point of contact for information and/or assistance during your transition. Fill out this form http://www.cusnc.navy.mil/Portals/17/New%20Arrivals/Sponsor_Questionnaire.doc?ver=2016-02-02-054232-023 and email it to our sponsor team at: Email: NAVCENT_SPONSOR@me.navy.mil DSN: 318-439-4558 / Commercial: 011-973-1785-4558

Things to consider prior to your arrival:

1. Moving to an overseas location is expensive, you are advised to request Advance Pay, and Advance Travel/DLA prior to arrival.
2. Unaccompanied Sailors with Dependents will in most situations have their BAH stop upon reporting. It is advised to request dependent location BAH prior to reporting. The Housing section of this packet outlines the required procedures.
3. If government quarters are not avail upon arrival you will be staying in a hotel until you establish a residence. The average bill for the first 10 days will be \$1300.00, the process to claim TLA is in the attached packet.
4. Bringing pets to Bahrain can be a complicated process. Inform your sponsor early so they can get the process started. Additionally pet Space on Patriot Express is limited both for arrivals and departure.
5. Shipping vehicles into Bahrain also takes significant planning; ensure you communicate this information to your sponsor early.
6. Please be mindful of the time difference in Bahrain. We are 8 hours ahead of the east coast during the winter months and 7 hours ahead of the east coast during daylight savings time.

The Command address will be:

Rank/ Name
PSC 901 BOX 22
FPO AE 09805-0101

NAVCENT Bahrain Commanding Officer and Command Master Chief send their regards.

We look forward to you joining the NAVCENT Bahrain team. This assignment is challenging but will be very rewarding. Once again, congratulations and welcome aboard!

D. D. MASON, HMC
Sponsor Coordinator

Lodging (TLA): Local force protection measures require you to check in with the Transient Quarters (NGIS) office, you are not authorized to make reservations on your own; all reservations will be done by your sponsor.

- E4 and below personnel will be assigned lodging in the barracks onboard NSA Bahrain. In the event that barracks capacity reaches 95%, E4 and junior personnel will be assigned lodging in a hotel off base. This will be on a case-by-case basis depending on the current occupancy of the barracks and it must be at 95% or above at the time of reservation booking.
- E5 and above will be assigned lodging in a hotel off base. Personnel residing off base will receive temporary lodging allowance (TLA) for the actual cost of lodging for a maximum of 45 days. Upon reporting to Transient Quarters (NGIS) office, the staff will issue a certificate of non-availability (CNA) prior to checking into a hotel. Your sponsor will provide transportation to your hotel after check-in.

Examples:

A). Service members detaching a command in Bahrain and going on PCS leave for 30 days and reporting to NSA Bahrain will NOT be entitled TLA.

B.) Service members detaching Bahrain and going to a school enroute that will be more than 90 days away from the Kingdom of Bahrain will be entitled to TLA upon arrival.

- TLA is authorized for 45 days. Every 10 days you will pay your hotel bill then bring the receipt to the Housing Office where you will fill out a TLA form. Housing will forward to PSD BAHRAIN for reimbursement. Depending on the time of the month the reimbursement will be included in your regular paycheck or special payment directly to your EFT on file.

Housing: There are many different areas to live. Your best bet is to survey different areas when you arrive with a realtor. You will attend a mandatory housing brief given at housing or during indoc. Be advised that flats (apartments) or villas (houses) come furnished, unfurnished or semi-furnished.

- If you are executing unaccompanied orders, but have dependent that will remain at their current residence. You are advised to request continued station allowance at their current residence. You will be required to provide copies of your lease, mortgage statements, two utility bills, and a copy of your NAVPERS 1070/602 (page 2); all documents must list the current/same address. If they will remain **CONUS**, fill out a Special Request chit with the above documentation and send it to your sponsor so they can route the request prior to your arrival. If they will remain **OCONUS**, submit request to OPNAV N130B with the above documentation. All documentation must be received upon check-in to ensure proper entitlements continue.

Prior to your arrival in Bahrain: Three Personnel Recovery Theater Entry Requirements apply to all DOD Military entering the USCENTCOM AOR. The requirements are (1) Code of Conduct Training, (2) USCENTCOM Risk of Isolation Briefings, and (3) Personnel Recovery Mission Software (PRMS) Isolated Personnel Report (ISOPREP). Completion of these requirements is mandatory prior to entering the AOR. Internet links for all requirements and detailed instructions for completion of these requirements can be found at the following link: <http://www.cusnc.navy.mil/About-Us/Theater-Entry-Requirements>

Security Clearance: Ensure your Security Clearance is up to date before you leave your present command.

Official Passport/Visa Required: Follow link for Foreign Clearance Guide country entry requirements: <https://www.fcg.pentagon.mil/docs/BA.cfm#GENERAL>

Uniforms: The general NAVCENT uniform of the day, unless informed otherwise by your sponsor, is NWU Type III with desert tan or coyote brown boots.

The Bahrain Navy Exchange Uniform Shop has limited NWU Type III available sizes, so it is recommended all members arrive at NAVCENT with a full sea bag. Please ensure active communication is maintained with the designated sponsor to ensure uniform and other pertinent requirements are relayed in a timely manner.

Cell phone: If you have a cell phone and would like to use it in Bahrain, it must be unlocked. Most carriers (AT&T, Sprint, T-mobile, Verizon, etc.) will unlock the phone if asked. You can purchase a SIM card for your unlocked phone which will provide you with a local Bahrain number. Phones are required while at NSA Bahrain due to the only means of communication for recall.

Work Week: Our normal work week is Sunday through Thursday. We are seven hours ahead of Eastern Standard Time during daylight savings time (mid-March through beginning November) and eight hours ahead of Eastern Standard Time during non-daylight savings time (beginning November through mid-March).

Civilian attire: When commuting in Bahrain dress conservatively. Civilian attire shall be neat, clean and in good taste. Shorts, tank tops, sleeveless shirts, ripped or torn clothing, shower shoes and garments which are revealing or contain obscene words are not authorized. Additionally, men are **not** authorized to wear earrings at any time.

MyNavy Family App: Please visit the Apple/Android store and download the MyNavy Family App. The app is part of a larger effort by the Navy to improve the experiences of spouses and families in order to promote strong Navy families and support them in every way possible.

MyNavy Family mobile application is the first tool by the U.S. Navy developed for Navy spouses and Sailors' families that combines authoritative information from more than 22 websites into a single, convenient application. <https://youtu.be/uvPleaSfimE>

Available information and resources cover a wide variety of topics within the following categories:

- *New Spouse
- *Mentorship & Networking
- *Employment & Adult Education
- *Parenthood
- *Special Needs Family Support
- *Moving & Relocation
- *Service Member Deployment
- *Transition & Retirement
- *Family Emergencies
- *Counseling Services
- *Recreation, Lodging & Travel

The app connects Navy families to information and resources to help them successfully navigate the complexities of the Navy lifestyle. In addition to a wealth of useful content, the app offers several features:

Military Installation Search – Details information about every military installation around the world with contact information, base map, programs and services, plus an overview of its mission.

MyNavy Career Center – Provides a 24/7 resource for help and information, with in-app ability to call or send an email to a customer service representative.

Emergency Contacts – Access a list of Navy websites and phone numbers for immediate support from a range of organizations: National Suicide Prevention Lifeline, Sexual Assault Crisis Support, National Domestic Violence Hotline, and American Red Cross Emergency Hotline).

Calendar – Add dates and events to calendar associated with users' mobile devices.

Content Sharing – Share information by using other mobile device applications, such as email, SMS text, and iMessage.

NAVCENT OMBUDSMAN: Your NAVCENT/5th FLEET Command Ombudsmen are the Commanding Officer's representatives to our outstanding Navy families. Whether you are a spouse, child, sibling, parent, or other family member they are here to answer your questions and refer you to the many experts available for assistance. navcentombudsman1@gmail.com

Spouse Employment Information: The Navy recognizes that moving every few years creates career challenges for military spouses, especially when stationed overseas or in remote areas. Family Employment Readiness Program (FERP) offers family members a variety of resources to tackle those challenges. Here is a link to FERP and additional Family resources:.

FERP: https://www.cnic.navy.mil/ffr/family_readiness/fleet_and_family_support_program/family_employment/family_employment_readiness_program.html

Military One Source: [HTTP://WWW.MILITARYONESOURCE.MIL](http://www.militaryonesource.mil)

Career One Stop: [HTTP://CAREERONESTOP.ORG](http://careeronestop.org)

USAJOBS: <https://www.usajobs.gov/>