



WELCOME TO NAVCENT

2025

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<https://www.cusnc.navy.mil>



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Vice Admiral
George M. Wikoff

Commander, U.S. Naval Forces Central Command/Commander, U.S. Fifth Fleet and
Commander, Combined Maritime Forces



Rear Admiral, Lower Half
Matthew J. Kawas

Deputy Commander
U.S. Naval Forces Central Command



Captain
Christopher S. Hulitt

Maritime Operations Center Director
U.S. Naval Forces Central Command



Captain
Courtney M. Minetree

Chief of Staff
U.S. Naval Forces Central Command



Command Master Chief
(SW/AW/IW)
Christopher King

Command Master Chief
U.S. FIFTH fleet



Command Master Chief
(AW/SW/IW/EXW)
Simone Milo

Command Master Chief
U.S. Naval Forces Central Command

OMBUDSMAN

Navy Family Ombudsmen serve as a liaison between commands and all family members within a command, including spouses, parents and extended family members.

The Ombudsman Code of Ethics guarantees support of the mission, respect for the chain of command, professionalism and confidentiality within program guidelines.

The Ombudsman is a volunteer, appointed by the Commanding Officer, to serve as an information link between command leadership and Navy families. Ombudsmen are trained to disseminate information both up and down the chain of command, including official Department of the Navy and command information, command climate issues, and local quality of life improvement opportunities.

Ombudsmen also provide resource referrals when needed. They are instrumental in resolving family issues before the issues require extensive command attention. The Command Ombudsman is appointed by and works under the guidance of the Commanding Officer who determines the priorities of the program, the roles and relationships of those involved in it, and the type and level of support it will receive.



Sybil Jones



Julie Shourds



Misha Ross

CONTACT INFORMATION

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WELCOME ABOARD

Congratulations on your orders to U.S. Naval Forces Central Command (NAVCENT), located onboard U.S. Naval Support Activity (NSA) Bahrain. The Navy selected you to join one of the finest Navy Organizations in the world.

Vision and Mission:

Cooperative Security, Cooperative Prosperity

We envision a secure and prosperous maritime environment where cooperative security ensures cooperative prosperity. To this end, NAVCENT plans, directs, and enables full spectrum naval operations with partners and allies to ensure maritime stability and security of theater sea lines of communication.



NAVCENT SHAREPOINT

https://flankspeed.sharepoint-mil.us/sites/OneNet_NAVCENT

NAVCENT WELCOME ABOARD MILSUITE

<https://www.milsuite.mil/book/groups/navcent-newcomers-portal>

Passports



You will be required to go through immigration at the airport upon arrival in Bahrain. Ensure to provide your Official (No-Fee/Brown) Passport for visa issuance.

In the past, if you did not have an official (No-fee/Brown) passport prior to detaching your current command, you were able to enter the country with your orders and your military ID. Per the current DoD Foreign Clearance Guide, service members permanently attached to Bahrain will NOT be allowed to enter the country with the items mentioned above.

If you apply for or renew a passport while in Bahrain, you must present proof of U.S. citizenship and other supporting documentation listed at <http://passports.state.gov>. Ensure that you bring all required documents with you.

Housing

All FROCKED E5 and below personnel will be assigned lodging in the barracks onboard NSA Bahrain. The command will not recommend advance temporary lodging allowance (TLA) for Frocked E5 and below personnel prior to reporting. In the event barracks capacity reaches 95%, Frocked E5 & E4 (and potentially newly reporting E3 and below) personnel may be assigned lodging in a hotel on or off base. This will be on a case-by-case basis depending on the current occupancy of the barracks.



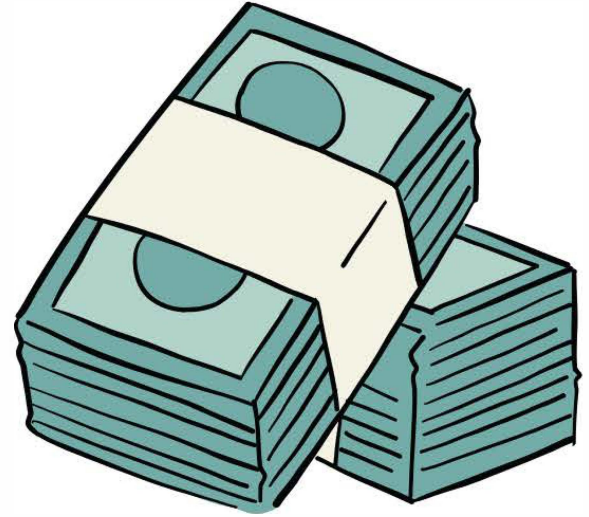
E5 and above will be assigned lodging in a hotel off base. You will be required to attend a housing brief prior to house hunting. Personnel residing off base will receive TLA for the actual cost of lodging for a maximum of 45 days. Upon reporting, the sponsor will issue a certificate of non-availability (CNA) prior to checking into your hotel.



Local force protection measures require the sponsor team to make hotel reservations prior to your arrival. Please convey any special requests or needs regarding these arrangements with the sponsor team upon contact and they will do their best to accommodate you. Funds received regarding TLA claims will be for the single purpose of paying hotel costs only. These funds are not for personal use. TLA is paid in 10-day increments. Members are required to pay TLA up front and provide zero-balanced receipts to the Housing Office.

Preparing Financially

Prior to arriving here at NAVCENT/C5F, you should prepare to have a few months of savings. Your BAH entitlement will stop once you are gained to the command until the required forms are submitted to start your overseas housing allowance (OHA) and other required pays. Personnel E5 and above who will obtain housing off base will have to pay their hotel cost 10 days at a time up front, and their first month's rent upon move-in day.



Cost of Living

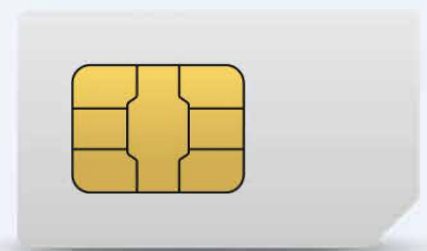
Living in Bahrain can be expensive due to the currency exchange rate of Bahrain Dinar (BHD) to United States Dollar (USD). To get the current COLA rates for Bahrain you can go to this link: <https://www.defensetravel.dod.mil/site/colaCalc.cfm>.

Pay Entitlements While in Bahrain

Bahrain is in a tax-free zone. Single personnel who PCS to Bahrain receive Single COLA and BAS at current rate. Unaccompanied personnel receive the same entitlements as single personnel in addition to their Dependent BAH (if entitled) and FSA at \$250.00 a month. Service members will also receive Hardship Duty pay and Basic Allowance for Subsistence (BAS) if living on the economy. BAS Rates: \$452.56 for Enlisted & \$311.68 for Officers. Hardship Duty Rate: \$100.00

Cell phone

If you have a cell phone and would like to use it in Bahrain, it must be unlocked. Most U.S. carriers will unlock the phone if asked. You can purchase a SIM card for your unlocked phone upon arrival, which will provide you with a local Bahrain number. Unlocked phones may also be purchased locally ranging in price from \$25 to \$1000 depending on the type of phone you would like to use. It is highly encouraged that you have a phone with local cell phone service while in Bahrain for safety and command recall purposes.



Pets



The Kingdom of Bahrain requires that all pets arriving from a country that is not considered rabies-free have a valid rabies titer test (FAVN). Our agreement with the host nation precludes service members and DoD employees from having to obtain a FAVN, provided the following guidelines are adhered to by all pets affiliated with NSA Bahrain. Please note that there are no exceptions to these guidelines, as they are mandated by the Kingdom of Bahrain. We recommend starting the entry process at least three-four months in advance of your arrival date.

You can email the NSA Bahrain Veterinarian with any questions at: NSABahrain.Vetclinic@gmail.com.

1. If your pet has not had a required vaccination: There is a 21-day waiting period between vaccinations in a series, and pets cannot travel for 30 calendar days after receiving a vaccination.
2. Provide your pets complete vaccination information as well as the provided checklist to NSA Bahrain Veterinarian via email (NSABahrain.Vetclinic@gmail.com).
3. Dogs: Previous Rabies, DA2PP, Leptospirosis. Current Rabies, DA2PP, Leptospirosis.
Cats: Previous Rabies, FVRCP. Current Rabies, FVRCP

Prior to Travel:

1. Your pet(s) must receive a Health Certificate within 10 days of travel:
 - a. APHIS Form 7001 (United States Interstate and International Certificate of Health Examination).
 - b. All vaccinations required for entry must be noted on this form (see vaccination requirements on previous page).
 - c. Health certificates must be endorsed/stamped by the USDA unless completed by an active duty U.S. Army veterinarian. If you are using a civilian veterinarian, USDA endorsement is required and your veterinarian can direct you as to how to complete this step.
2. You must have your pet's current, signed, original rabies certificate (signature in blue ink) on hand during travel.

AMC TRAVEL:

Contact Regional Support Center or the AMC terminal directly to verify that your pet(s) have a space reserved on your flight(s). Also verify their shipping kennel requirements, weight restrictions, fees, and any special shipping procedures or documents they may require upon check-in.

COMMERCIAL TRAVEL:

Contact your airline directly to verify that your pet(s) have a space reserved on your flight(s). Also verify their shipping kennel requirements, weight restrictions, fees, and any special shipping procedures or documents they may require upon check-in. Please note that when flying commercially all pets are required to arrive as manifested cargo, not in cabin or as checked baggage (contact the airline for further information). Please remember that some airline companies have travel restrictions based on the time of year or heat indexes.



Power for Electronics

Electricity voltage in Bahrain is 220 Volts! If you bring electronics, make sure they are 110V/220V. Be advised that your flat or villa may come with the electronics you need (TV/DVD/Surround System/ Appliances). Be sure you don't plug in expensive electronics without first checking the voltage and using the appropriate transformer if necessary. Transformers only change the voltage not the frequency; adapters only adapt the plug to fit. Converters are available for sale at various locations and/or can be obtained when negotiating a housing lease.



Pack Out

Choosing what to bring on orders to Bahrain is a highly personal choice. You will want to be comfortable in your home in Bahrain just as you would want to be comfortable in your home anywhere else. You may want to bring your mattress and/or mattress pads—Bahrain's beds can be hard. A large number of homes are furnished or semi-furnished so do take that into consideration. If you like water sports, bring your items but keep in mind there is NO surfing in Bahrain. If your shipment is late arriving and you have exhausted Temporary Living Allowance, Bahrain housing may be able to assign you to a month-to-month fully-furnished apartment until your shipment arrives. To the right is the chart of the limit for your PCS weight.

PCS Gross Weight Allowance

Pay Grade	With Dependents	Without Dependents
O6-O10	18,000	18,000
O5/W5	17,500	16,000
O4/W4	17,000	14,000
O3/W3	14,500	13,000
O2/W2	13,500	12,500
O1/W1	12,000	10,000
E9	14,500	12,000
E8	13,500	11,000
E7	12,500	10,500
E6	11,000	8,000
E5	9,000	7,000
E4	8,000	7,000
E1-3	8,000	5,000

CHECKLIST

1. Copies of orders
2. Updated copy of Pg. 2
3. Valid military I.D. cards
4. Completed overseas screening for service member and all dependents
5. Health records
6. Immunization records
7. Dental records
8. Birth certificate(s)
9. Marriage certificate/divorce decree
10. Citizenship/naturalization papers
11. Social security cards
12. No-fee Passports
13. Travel receipts
14. A valid driver's license (Bahrain does not accept expired driver's license regardless of state laws)
15. Power of attorney if necessary

For pet owners bringing pets:

16. Pet health certificate must be current (within 10 days) before your flight

If you are bringing a vehicle to Bahrain, you must:

17. Bring a valid U.S. vehicle registration
18. Present a power of attorney if the active duty sponsor is not present

DEPENDENT ENTRY APPROVAL

Dependent Entry Approval (DEA) is a Navy process to obtain permission from an area Commander to bring dependents into a specific area. Information on how to obtain DEA and points of contact are available on the DEA website:

<https://www.mynavyhr.navy.mil/Support-Services/Distribution-Management/Dependent-Entry-Approval>

- Once released- Request DEA package to be emailed to: navcentdeaallocationrequest@us.navy.mil
- Copy of PCS orders (24 months tour or more)
 - Copy of NAVPERS 1070/602
 - Copy of Completed NAVPERS 1300/16 (Overseas Screening)
 - Copy of member and Dependents official passport/application of official passport confirmation.

BASE SERVICE PHONE NUMBERS:

To call a number below from base, dial 439 and the 4-digit extension. When calling an on-base number from an off-base phone (cell), dial 1785 and the last four numbers of the phone number. To call from the U.S. dial, (Commercial) 011-973-1785-XXXX or (DSN) 318-439-XXXX.

Fleet and Family Support Center: FFSC 011-973-1785-4046, DSN 318-439-4046

Housing: The Housing Office will assist you in finding a place to live and in executing a lease. Rent is paid in Bahrain Dinars. Call the Navy Housing Office, at 011-973-1785-4104, DSN 318-439-4104 for availability or questions you may have.

NSA Bahrain Base Services:

Navy Exchange Office: 439-6931, 6885

Beauty/Barber Shop: 439-4229, 3623, 2068

Navy Federal Credit Union: 439-4313

Medical Services: 011-973-1785-4260/6110, DSN 318-439-4260/6110. The clinic fax is DSN: 318-439-4860.

Dental Clinic: 011-973-1785-4211, DSN 318-439-4211

Just so you know

* **Liberty Buddy:** Per General Order 1-13D, personnel that have not completed the NSA Bahrain Area Orientation Brief (AOB) / Intercultural Relations course are required to have a liberty buddy at all times while on liberty off base.

* **Motorcycle:** NSA Bahrain is unable to provide Level 1 motorcycle training (BRC1). Any service members who wish to ride motorcycles in Bahrain must complete Level 1 BRC training INCONUS prior to reporting to Bahrain.

* **Civilian Attire/Dress Code:** U.S. personnel and their families must be aware of local sensitivities and cultural value in order to minimize the impact of the U.S. military presence and reduce potential host nation friction. Unless otherwise directed in writing by higher authority, all U.S. Navy personnel attached to COMUSNAVCENT/COMFIFTHFLT and family members must adhere to the requirements of General Order OPORD 1000-20 (U), https://cnreurfcent.cnic.navy.mil/Portals/78/NSA_Bahrain/Documents/CIVILIAN%20ATTIRE%20OPORD%201000-20.pdf.

* **U.S. Naval Forces Central Command "New Arrivals" information can be found at:** <https://www.cusnc.navy.mil/AboutUs/New-Arrivals/>

IMPORTANT BASE WEBSITES/EMAILS/PHONE NUMBERS

Important Websites and E-mails

Naval Support Activity Bahrain

- www.cnic.navy.mil/bahrain
- www.facebook.com/NSABahrain
- www.instagram.com/NSABahrain

Bahrain MWR

- www.facebook.com/MWR.Bahrain
- www.navymwr.bahrain.com
- m-ba-navsupact-mwrmarketing@us.navy.mil

Civilian Jobs

- www.usajobs.gov
- www.NavyExchange.job
- <https://mwr.bahrain.wordpress.com/about/job>

DoDEA School

- www.dodea.edu
- www.facebook.com/BahrainSchoolDoDEA
- www.twitter.com/bahrainschool

Family Readiness Group Bahrain

- BahrainFRG@gmail.com

Military One Source

www.militaryonesource.mil

Navy-Marine Corps Relief Society - Bahrain

- www.nmcrs.org/locations/entry/bahrain

NEX Bahrain

- nexbahrain-cst@nexweb.org

NSA Bahrain Fleet & Family Support Center

- www.facebook.com/Fleet-and-Family-Support-Center-NSA-Bahrain-282724796518

NSA Bahrain Vet Clinic

- NSABahrain.Vetclinic@gmail.com
- www.facebook.com/NSA-Bahrain-Veterinary-Services-971320529564524

Ombudsman

- nabahrainombudsman@gmail.com
- www.facebook.com/nsabahrainombudsmanofficialpage

Passport Information

Tourist

- <https://travel.state.gov/content/travel/en.html>

No-fee

- <https://travel.state.gov/content/passports/en/passports/no-fee.html>

Sponsor Team

- nsa-sponsorteam@us.navy.mil

Vehicle Pick-Up

- www.pcsmypov.com

Base Services Phone Numbers

To call a number below from base, dial 439 and the 4-4-digit extension. When calling an on-base number from an off-base phone (cell), dial 1785 and the last four numbers of the phone number.

To call outside lines from base, dial 99-XXXX-XXXX. To call from the U.S. dial, (Commercial) 011-973-1785-XXXX or (DSN) 318-439-XXXX.

Off-base Emergencies - 1785-4911

On-base Emergencies - 911

Base Services Phone Numbers:

Base Operator	439-4000
Base Security/Front Gate	439-3140/3426
NSA CDO	3940-3877
Security Dispatch	439-4911
Threat Mitigation Unit	3940-4271
	1785-6615
Navy Gateway Inns and Suites	439-4716/2100
Barracks	439-9674/0230
Bahrain DoDEA School	439-3380/9800
NSA Chaplain's Office	439-4303
Citizenship and Immigration Services	439-4678
Child and Youth Program (CYP)	439-9092
Fitness Center	439-9306
Fleet and Family Support Center	439-4046/9796
Household Goods	439-4132
Housing Office	439-4104/6732
Human Resources Office	439-4763
ID/CAC Card Processing	439-4029
Medical Front Desk	439-4211
MWR Admin	439-4422
Navy Marine Corps Relief Society NEX	439-2914
Bahrain Customer Service	439-6885
Regional Support Center	439-4224
Region Legal Services Office TRICARE	439-4237
Veterinary Services	439-8157
Victim Advocate (Duty VA)	439-4295
Victim Advocate (SARC)	3940-3906
	3940-9854



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