

NSA BAHRAIN PCS GUIDE



WELCOME ABOARD!

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MARHABA!

Welcome to Naval Support Activity (NSA) Bahrain! Located in the Kingdom of Bahrain, NSA Bahrain is home to U.S. Naval Forces Central Command (NAVCENT), U.S. 5th Fleet, Combined Maritime Forces (CMF), and more than 100 tenant commands. NSA Bahrain provides operational support to U.S. and Coalition Forces operating throughout the U.S. Central Command area of responsibility, ensuring security to ships, aircraft, detachments and remote sites. NSA Bahrain operates and maintains superior facilities and services for tenant commands, their deployed assets, service members, DoD civilians and their dependents.

BEFORE YOU ARRIVE

Sponsors Your sponsor will help to make your move as smooth as possible. Sponsors typically make temporary lodging arrangements, answer questions, and provide useful information for your transition overseas. It is your responsibility to communicate with your sponsor to let him or her know your needs and arrival date. To request a sponsor, please email nsa-sponsorteam@us.navy.mil

Passports Official passport/visa required for travel to Bahrain. You will be required to go through immigration at the airport upon arrival. Provide your Official (No-Fee/Brown) Passport for visa issuance. If you do not have an official passport prior to detaching your current command, ensure you have a copy of your orders and your military ID. You must, at a minimum, apply for the official passport and retain/bring a copy for your records. Dependents cannot enter Bahrain with just ID and orders. Traveling without an official passport will be subject to a Visa fee of 25 Bahraini Dinar (Approximately \$70) per dependent, regardless of command dependent entry approval status. This must be paid in cash upon arrival when processing through Immigration. Check the DoD Foreign Clearance Guide for any updates prior to traveling: <https://www.fcg.pentagon.mil/fcg>

Preparing Financially Be advised that if proper paperwork is not provided on time, you may experience a delay in your pay and allowances. Prepare to have a few months of savings (around \$5,000) in case your pay is delayed. Personnel E5 and above will live off base and will pay the first month's rent in cash or check up front, in accordance with local practice. Make sure you are ready for this by saving beforehand. If you foresee a problem, you are authorized to request one month of advance Overseas Housing Allowance. Ensure your bank and credit card companies are notified that you are moving overseas to ensure that your accounts are not locked.

Electronics Electricity voltage in Bahrain is 220 Volts. If you bring electronics, make sure they are rated for dual voltage i.e., 120/220V. Transformers change the voltage; adapters only adapt the plug to fit.

Uniforms Bring a full seabag with all uniform items! (swords/cutlass/saber are not allowed).

REQUIRED ITEMS

- Copies of orders
- Updated copy of pg. 2
- Valid military I.D. cards (including all dependents age 10+)
- Completed overseas screening for service member and dependents
- Health records, immunization records and dental records
- Birth/Marriage/Divorce certificates
- Citizenship/naturalization papers
- Social security cards
- No-fee Passports for all dependents
- Travel receipts
- A valid non-expired driver's license
- Power of attorney (if necessary)
- DEA Approval letter (if necessary)
- For parents – all records of school-aged children
- For personnel shipping a vehicle to Bahrain:
 - Bring a valid U.S. vehicle registration
 - Present a power of attorney if the active duty sponsor is not present

PROHIBITED ITEMS

- All narcotics and recreational drugs: (including but not limited to) cocaine, heroin, cannabis and opiates and their derivatives.
- Radio/remote controlled model aircraft (including drones) and unauthorized communication devices.
- Fireworks, weapons, explosives and ammunition, swords and knives.
- Gambling equipment, tools and machineries.
- Inert, expendable, imitation, model, display or children's toy guns capable of firing projectiles.
- Printed publications or material which contradict Islamic teachings, decency, or morality.
- Raw ivory, ivory articles and rhinoceros horn.
- Pornographic material (print, video, audio, hard disk etc.)
- Any other items prohibited by Kingdom of Bahrain customs laws, or any other laws of the country. For more visit: www.bahraincustoms.gov.bh

PETS

Start the entry process at least 3–4 months in advance of your arrival date by emailing the NSA Bahrain Veterinarian at NSABahrain.Vetclinic@gmail.com for a complete checklist. Pet health certificate must be current (within 10 days) before your flight. 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) precluding service members and DoD employees provided the following guidelines are adhered to:

- You must provide documentation/proof of at least one dose of all required vaccines during the pet's lifetime however, the vaccines must be current and not expired. Requirements are:
 - Dogs: Current Rabies, DA2PP, and Leptospirosis.
 - Cats: Current Rabies and FVRCP.
- All pets must have a 15-digit ISO-compliant microchip implanted.
- Your pet must be older than four months of age upon entry.
- Return your pet's complete vaccination information and the provided checklist to the email above.

ARRIVING IN BAHRAIN

The Flight The majority of incoming personnel will take Patriot Express (rotator) flights via Air Mobility Command (AMC) into Bahrain when available within the 10 day travel performance window. Dependents age 10 and up are required to have a dependent ID card to board the Patriot Express. The flight will likely terminate at Bahrain International Airport Terminal where your sponsor will meet you outside of baggage claim and customs. Have the following documents when checking in for your flight: copy of PORTCALL message, orders, and RED/DA (when traveling with dependents).

Visa Stamp While stationed at Bahrain for more than 3 months you are required to obtain a visa stamp and a Central Population Registry (CPR). The visa stamp will allow you to legally stay in Bahrain and to travel internationally, and the CPR is mandatory for obtaining services requiring ID (i.e. registering vehicle, internet connection, phone lines, etc.). Upon arrival personnel will apply for a visa stamp with their official passport at no cost at the Immigration Liaison office. It takes approximately one month for the visa stamp depending upon how many passports are being processed and holiday periods. After receiving your visa you will be able to apply for the CPR card. Processing will take an additional week or less and cost 1 Bahraini Dinar (~\$2.65).

Cell Phone If you have a cell phone and would like to use it in Bahrain, it must be unlocked. Most carriers 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. If you wish to use your US number, you can do so provided that you have an international plan. There are popular phone companies to keep your US number, contact your sponsor and see which phone companies offer the best service. There are times that you may need to receive a one-time password or verification via text message or SMS, ensure you can receive these messages with your phone carrier with an international plan or add trusted family members/friends to be able to receive these and pass on to you. Upon arrival, check for WIFI texting apps popular in the country to reduce roaming charges. It is required that you have a phone with cell phone service while in Bahrain for safety and command recall purposes.

Housing All FROCKED E5 and below personnel will be assigned lodging in the barracks onboard NSA Bahrain. All paid E5 and above are required to have their hotel reservations made through Navy Gateway Inns and Suites (NGIS), if rooms are not available in Navy Gateway Inns and Suites, NGIS will provide member certificate of non-availability and NGIS will book the member in a hotel off base. Personnel residing in Navy Gateway Inn and Suites (NGIS) and hotel off base will file a temporary lodging allowance (TLA) reimbursement for the actual cost of lodging up to 45 days. Members are required to pay lodging cost upfront and are reimburse via TLA reimbursement request (10 days increment) through Housing Service Center. Personnel are required to present zero-balanced receipts to the Housing Office when filing their FINAL TLA reimbursement request document.

Housing Service Center The HSC counselors will assist in locating a residence off base by:

- Providing a list of approved rental agents or managers.
- Providing showing services at specific times during the work week to help locate off-base housing.
- Provide pre-contract.
- Negotiating rental contracts.
- Conducting a security inspection of home before you move in.
- Explaining the lease agreements.
- Provide copies of lease agreement signed by you and landlord.

HOUSING PROCESS STEPS

1. Attend the Housing Services brief and be processed into the Enterprise Military Housing Data Base.
2. After identifying a residence, return to Housing Office to pick up a pre-contract, it will include all the appointments for Lease Drafting, Residential Inspection and Lease Signing. Allow 2–3 weeks for the lease process to be completed.
3. The agent or landlord will complete the form with you and provide required documents for lease drafting (1. Address card, 2. Utility Billing Statement, 3. Furnishing Pages, 4. Road Map from Base to Residence & 5. Authorization letter, if landlord is unable to come to Housing Office for lease signing.) Pre-Contract must be signed by landlord and tenant.
4. The landlord and member must come to Housing Office to sign the lease.
5. After signing the lease agreement at the Housing Office, the required number of copies will be provided to you.

Area Orientation Brief & Intercultural Relations Attendance of the installation newcomer's orientation and indoctrination brief is MANDATORY for all active-duty service members and civilian employees (families are welcome but not required). The brief is designed to orient all newcomers to Bahrain with information about the base and surrounding areas. In person classes return February 1st, there are two sessions each month and will accommodate up to 50 personnel. Email Bahrain.newcomers@me.navy.mil to sign up.

Shipping a POV NSA Bahrain Personal Property Office, as well as your off-going installation's household goods/transportation office, can provide assistance with understanding your entitlements and shipping your vehicle to Bahrain. For information on shipping your vehicle, visit Military One Source at <https://www.militaryonesource.mil/resources/tools/personal-property-resources/>. You can also visit <https://www.pcsmypov.com/> for general guidelines, and for Bahrain-specific information, visit <https://www.pcsmypov.com/locations/name/bahrain%20vpc>

BASE SERVICES

Legal Services For legal assistance onboard NSA Bahrain, contact the Region Legal Service Office (RLSO) at +973 1785-4237, DSN: 318-439-4237 or email: nsa.legal.assistance@us.navy.mil. Key legal issues for personnel coming to Bahrain:

- Special Powers of Attorney (SPOA): If you are coming to Bahrain unaccompanied or need people to act on your behalf while you are away, generate your own SPOA online (https://www.jag.navy.mil/legal_services/SPOA.htm) and get it notarized at your nearest RLSO.
- Likely to Give Birth in Bahrain? Contact RLSO Bahrain for specific requirements you should be aware of before giving birth in Bahrain.
- Other Legal Issues: Wills/Estate Planning, Divorce, Non-Support (Child or Spouse), Child Custody, Adoption, Paternity, Landlord/Tenant, Consumer Fraud or Abuse, Military Rights/Benefits, Naturalization/Immigration, etc.

Fleet & Family Support Center FFSC Bahrain reinforces operational readiness by providing a wide range of services to the military community. To this end, we provide information, deployment, and transition support, counseling and education in a respectful manner; to empower those we serve to manage the challenges, changes, and sacrifices inherent in the military way of life. Please contact FFSC Bahrain at +973 1785-4046, DSN: 318-439-4046 or email FFSC.Bahrain@us.navy.mil

- Locations:
 - Work & Family Life Programs: Bldg. 100, Room 120A
 - FFSC Admin Clinical Counseling & New Parent Support: Bldg. 100, Room 129A
- Services:
 - Relocation Assistance
 - Transition Assistance
 - Personal Financial Management
 - Employment Assistance
 - Life Skills
 - Information and Referral
 - Ombudsman
 - Intercultural Relations
 - Clinical Counselling

Navy-Marine Corps Relief Society For assistance, visit Bldg. 100, Room 130A or contact NMCRS Bahrain at +973-3941-5836 (duty phone), DSN: 318-439-2914 or email bahrain@nmcrs.org

- Services:
 - Financial Assistance and Counseling
 - Quick-Assist Loan (QAL)
 - Budget for Baby
 - Emergency Travel
 - Disaster Relief

American Red Cross For emergency Red Cross messages call 011-4907031152812. If an emergency situation should arise while you are outside of CONUS you can be reached through the American Red Cross (ARC) by having your family or friend contact the nearest ARC office providing your Social Security Number (SSN) and the full name of the command you are assigned to at NSA Bahrain.

American Forces Network (AFN) At NSA Bahrain, 106.3FM The Eagle, provides live radio broadcasting for the local audience. The local radio content can also be found through the AFN 360 app on computers or mobile devices.

NAVSUP FLC Bahrain Post Office Located on the first floor of the Freedom Souq, NAVSUP FLC Bahrain maintains a full-service Navy postal operations that accepts debit and cred cards as forms of payment. There is a 100% ID check when picking up mail/packages. Only service members with a DEA and family present will be authorized a post office box. All other personnel will receive mail through their respective command address.

Navy Medicine Readiness & Training Unit NMRTC Bahrain is responsible for providing care to Naval Support Activity Bahrain, U.S. Naval Forces Central Command, Commander Fifth Fleet, and 147 tenant commands. We also provide primary care delivery to more than 5,000 beneficiaries ashore and provide medical support to more than 15,000 fleet Sailors, Marines, and other DoD personnel operating in the Central Command theatre. All inpatient care is provided by local, host nation facilities and must be coordinated by the TRICARE Referral Office. The Naval Branch Health Clinic has established partnerships with local hospitals through the International SOS, also known as ISOS. These partnerships make up our local Preferred Network.

If you get injured off-base and need to be seen immediately, we recommend that you go to one of the preferred hospitals. If it is an emergency on base dial 4911, if dialing from a DSN line. If you are dialing from a Bahrain cellphone or local landline the emergency number is +973-1785-4911.

If you are near the clinic after hours and experience an emergency there is an emergency phone at the entrance to the clinic that dials directly to dispatch on base, who will notify the ambulance service. If you are not sure if you need to be seen immediately, you can always call the Nurse Advice Line. The number for the Nurse Advice line is +973-8000-0453.

Navy Exchange The NEX returns 100% of its profits to the military; 70% is given to MWR in the form of a dividend and 30% is retained by the NEX for capital improvements, store renovations and IT upgrades. The NEX offers a wide selection of groceries, clothing, electronics, sporting goods and toys. Base Dining Options The alcohol ration system is governed by NSA instruction. The drinking age in Bahrain is 21 and older. Newcomers should visit the NEX ground floor customer service dept. with their orders and military ID to be set up in the system. Personnel must be at least 21 years old to purchase alcohol at any NEX or MWR facility.

Base Dining Options A&W American Grill, Taco Bell, Salami's Deli, Bombers Fresh Mex Grill, Baskin-Robbins, Uptown Pizza, Game Time Sports Grill, Health Bar, Simply Smoothies, Shawarma Express, Subway, the Oasis Grill, Café Panini, Gourmet Bean Café, Gourmet Bean Express, Club 261, CPO Club, Officers Club, and the Touch & Go at the Aviation Unit. The award-winning base galley, called the Bluejacket Bistro, is located on NSA 2.

Department of Defense Education Activity (DODEA) DODEA, also known as the Bahrain School, is available tuition free to command-sponsored dependents of active duty military and civilians assigned to NSA Bahrain and its tenant commands. For more on the Bahrain School visit: <https://www.dodea.edu/europe/eu-south/bahrain-community-schools> Registration can be completed online: <https://dodeasis.myfollett.com/> Once registration is completed, contact the appropriate registrar: **K-5 students** BahrainES.Registrar@eu.dodea.edu - **6-12 students** BahrainMHS.Registrar@eu.dodea.edu – For questions/concerns, contact the NSA Bahrain School Liaison at Email: bahrainsl@us.navy.mil, COMM: +973 1785-6719, or DSN: 318-439-6719

Morale, Welfare and Recreation (MWR) Bahrain's MWR programs are some of the finest in the Navy. MWR offers a myriad of programs for the whole family and is committed to making your tour at Naval Support Activity Bahrain your best tour yet! For more information on programs and services, visit their website at: <http://www.navymwrbahrain.com/>

On-base Accommodations

Bowling Center
Movie Theaters
Library
Single Sailor Liberty Center
Outdoor Recreation Rentals
Tickets/Tours/Travel
Entertainment & Special Events

Athletics

Fitness Center + two outdoor fitness areas
MWR Climbing Wall
Intramural Sports
Fitness Pool + recreational pool
Child & Youth Programs (CYP)
Child Development Center (CDC)
School Age Care (SAC)
Teen Center Youth Sports

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

Base Operator – 439-4000
Base Security – 439-3140/3426
Base CDO – 3940-3877
Security Dispatch – 439-4911
Threat Mitigation Unit – 439-6615
NGIS – 439-4716/2100
Barracks/UH – 439-9674/0230
DODEA – 439-3380/9800
Chaplain – 439-4303

Child and Youth Programs – 439-9092
Fitness Center – 439-9306
FFSC – 439-4046/9796
Housing Office – 439-4104/6732
Human Resources – 439-4763
Immigration Office – 439-4678
CAC/ID Office – 439-4029
MWR Admin – 439-4422
NMCRS – 439-2914

NMRTU – 439-4211
NEX Bahrain – 439-6885
PSD – 439-4224
RLSO – 439-4237
SAPR SARC – 3940-9854
SAPR Duty VA – 3940-3906
TRICARE – 439-8157
Veterinary Clinic – 439-4295