



WELCOME ABOARD

GUIDE 2021



NSABAHRAIN



NSABAHRAIN



NSA_BAHRAIN



WELCOME

Welcome to U.S. Naval Support Activity (NSA) Bahrain! Located in the Kingdom of Bahrain, it's home to U.S. Naval Forces Central Command (NAVCENT), the U.S. 5th Fleet, and many other tenant commands. NSA Bahrain provides operational support to U.S. and Coalition Forces operating throughout the 5th Fleet area of operations, 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.

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, use the email provided in your orders.

BEFORE YOU LEAVE

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 customs 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 customs.

Check the DoD Foreign Clearance Guide for any updates prior to traveling: <https://www.fcg.pentagon.mil/fcg.cfm>

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.

Uniforms

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

Electronics:

Electricity Voltage in Bahrain is 220 Volts. If you bring electronics, make sure they are 120V/220V. Transformers Vs. Adapters: Transformers change the voltage; adapters only adapt the plug to fit.

MOVING TO BAHRAIN PACKING LIST

Before your pack out, please make sure you have the following items in your carry-on:

- Copies of orders
- Updated copy of pg. 2
- Valid military I.D. cards (including all dependents age 10 and up)
- Completed overseas screening for service member and all dependents
- Health records, immunization records and dental records
- Birth certificates
- Marriage certificate/divorce decree
- Citizenship/naturalization papers
- Social security cards
- No-fee Passports for all dependents
- Travel receipts
- A valid driver's license (Bahrain does not accept expired driver's license regardless of state laws)
- Power of attorney (if necessary)
- DEA Approval letter (if necessary)

For parents of school-aged children:

- School records

For pet owners bringing pets:

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

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

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

NOT ALLOWED

- 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 and knives (**Swords/cutlass/saber**).
- Gambling games, tools and machineries.
- Inert, expendable, imitation, model, display or children's toy guns capable of firing projectiles.
- Printed publications or any type of 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, whose importation is prohibited under Kingdom of Bahrain customs laws, or any other laws of the country.

For a full list please visit www.bahraincustoms.gov.bh

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. 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 6 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 two to three weeks 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. 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. E5 and above will be assigned lodging in a hotel off base prior to finding a place out in town. Personnel residing in an Navy Gateway Inn and Suites (NGIS) and hotel off base will file a temporary lodging allowance (TLA) reimbursement for the actual cost of lodging for a maximum of 45 days. TLA is paid in 10-day increments. Members are required to pay lodging cost upfront and are reimbursed via TLA increments. Personnel are required to present zero-balanced receipts to the Housing Office when filing their TLA request paperwork.

- STEP 1 Attend the Housing Services brief and be processed into the Enterprise Military Housing Data Base.
- STEP 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.
- STEP 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.
- STEP 4 The landlord and member must come to Housing Office to sign the lease.
- STEP 5 After signing the lease agreement at the Housing Office, the required number of copies will be provided to you.

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.

Installation Newcomer's Area Orientation Brief & Intercultural Relations

Attendance of the installation newcomer's orientation and indoctrination brief is MANDATORY for all Active Duty 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.

Fleet & Family Support Center

Relocation Assistance
Transition Assistance
Personal Financial Management
Employment Assistance
Life Skills
Information and Referral
Ombudsman
Intercultural Relations
Clinical Counselling

Navy-Marine Corps Relief Society

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

Chapel Services

Religious Services
Religious Education
Bible Studies
Pastoral Counseling
CREDO

American Red Cross

For emergency Red Cross messages call 011-49-07031152812. 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 Account Number (SSAN) 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.

Post Office

The NAVSUP FLC Bahrain is located on the 1st Floor of the Freedom Souq. It is a full service Navy Postal operation that accepts debit or credit cards as forms of payment. There is a 100% ID check when picking up mail/packages.

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>

Child & Youth Programs (CYP)

Child Development Center (CDC)
School Age Care (SAC)
Teen Center
Youth Sports

Bowling Center
Movie Theaters
Library
Single Sailor Liberty Center for all active duty, single sailors and geographical bachelors.
Outdoor Recreation Rentals
Tickets/Tours/Travel
Entertainment & Special Events

Athletics

Fitness Center (including two outdoor fitness spaces)
MWR Climbing Wall
Intramural Sports
Aquatics: NSA Bahrain has two on-base swimming pools. A fitness pool and Oasis pool.

Shopping

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.

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.

Base Dining Options

Featuring selections from A&W American Grill, Taco Bell, Smash Hits Deli, Bombers Fresh Mex Grill, Baskin- Robbins, Hot Stuff 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.

Education

Navy College Office

NCO Bahrain provides educational services such as unbiased school recommendations and guidance selecting a major to service members, civilians, and their families. If you are looking to enhance your lifelong learning goals with Tuition Assistance, NCPAGE, USMAP, CLEP/DSST, or DANTES assessments, stop by the Navy College Office on the ground floor of building 100, rooms 25 & 26. Don't forget to also visit the on-base schools, University of Maryland Global Campus and Central Texas College, as they each offer an array of face-to-face, hybrid, and online learning courses.

DODEA School

To register your children for school, information on the Bahrain School can be found on:
<http://www.dodea.edu/BahrainEHS/index.cfm>
or email:
(K-5 students) BahrainES.Registrar@eu.dodea.edu
(6-12 students) BahrainMHS.Registrar@eu.dodea.edu
BahrainSLO@me.navy.mil

Legal Services

For legal support onboard NSA Bahrain, contact the Region Legal Service Office (RLSO) at +973 1785-4237, DSN: 318-439-4237 or email: nsa.legal.assistance@me.navy.mil. Search @RLSOBAHRAIN Facebook page for information about services and legal issues in Bahrain. 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.

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.

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:

1. 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.
2. All pets must have a 15-digit ISO-compliant microchip implanted.
3. Your pet must be older than four months of age upon entry.
4. Please provide your pet's complete vaccination information and the provided checklist to our office via email.

VACCINATION REQUIREMENTS:

1. Dogs: Current Rabies, DA2PP, and Leptospirosis.
2. Cats: Current Rabies and FVRCP.

Important Websites and E-mails

Naval Support Activity Bahrain

- www.cnmc.navy.mil/bahrain
- www.facebook.com/NSABahrain

Bahrain MWR

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

Civilian Jobs

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

DODEA School

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

Family Readiness Group Bahrain

- BahrainFRG@gmail.com

Military One Source

- www.militaryonesource.mil

Navy College Office

- www.navycollege.navy.mil

Navy-Marine Corps Relief Society - Bahrain

- www.nmcrcs.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

- bahrainombudsmancoordinator@me.navy.mil
- 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

- m-ba-nsa_sponsor_team@oconus.navy.mil

Vehicle Pick-Up

- www.pcsmypov.com

Base Services 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.

Off-base Emergencies - 1785-4911

On-base Emergencies - 911

Base Services Phone Numbers:

Base Operator	439-4000
Base Security/Front Gate	439-3140, 3426
CDO	3940-3877
Security Dispatch	439-4911
Threat Mitigation Unit	3940-4271
	1785-6615
Barracks	439-4716, 2100
Bahrain DoDEA School	439-3380, 9800
Chaplain's Office	439-4303
Citizenship and Immigration Services	439-4678
Child and Youth Programs (CYP)	439-9092
Fitness Center	439-9306
Fleet and Family Support Center	439-4046, 9796
Household Goods	439-4132
Housing Office	439-4104
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	439-2914
NEX Bahrain Customer Service	439-6885
Personnel Support Detachment	439-4224
Region Legal Services Office	439-4237
TRICARE	439-8157
Veterinary Services	439-4295
Victim Advocate (Duty VA)	3940-3906
Victim Advocate (SARC)	3940-9854

COVID-19 INFORMATION

Below is some general guidance for COVID-19 and arrival into Bahrain. Incoming personnel will receive a ROM packet from the Sponsor team upon arrival.

COVID-19 TEST AND ARRIVAL AT THE AIRPORT:

All personnel will be tested with a nasal swab by Bahrain Ministry of Health (MOH) upon arrival at the airport. Obtain receipt of COVID test. Record T-CPR Number, if assigned.

After testing, you will be processed through customs and released to quarantine for 14 days. Do NOT download the “Be Aware” tracking APP or wear a tracking bracelet. Politely explain that you are with the USN. If issued a tracking bracelet, notify your chain of command or the EOC watch (+973-1785-8881/ NSA.BahrainEMO@me.navy.mil).

TRANSPORTATION TO LODGING AND QUARANTINE RULES:

You will be transported directly to your approved/reserved quarantine location (hotel, NGIS, barracks, personal residence). Personnel arriving via the rotator should utilize the command provided buses. Arrivals via commercial flights should utilize taxi, hotel shuttle, or duty driver/sponsor transport.

IN CASE OF POSITIVE COVID-19 TEST RESULT:

You will be contacted directly by the MOH Contact Tracing Team. Please notify your chain of command and the EOC watch immediately if contacted. An ambulance will pick you up from your location to bring you to an isolation facility.

COVID-19 POLICIES:

There are strict policies and mitigations in place to prevent the spread of COVID-19 including wearing a mask at all times on and off base (with few exceptions) maintaining social distancing and limiting the number of individuals at gatherings. All personnel are required to strictly adhere to all NSA, NAVCENT, and Host Nation regulations.

Contact your chain of command for more information on policies.

For more information visit: https://www.cnic.navy.mil/regions/cnreurfacent/installations/nsa_bahrain/om/covid.html

***If you experience COVID-19 symptoms, isolate and if it is not an emergency, notify your chain of command and call Medical (1785-4260) or the Tricare Nurse Advice Line (8000-6432). If it is an emergency: ON BASE call 911 (1785-4911); OFF BASE call 999. If directed to call 444, follow up with a phone call to 1785-4911 and your chain of command for tracking and support.