

*The Diego
Garcia Welcome
Aboard Guide*



Welcome
to
Diego Garcia

The “Footprint of freedom”



Welcome aboard Diego Garcia!

The atoll of Diego Garcia is located in the British Indian Ocean Territory (BIOT) and is nicknamed the “Footprint of Freedom!” This lush, tropical paradise is located seven degrees south of the equator is the largest of more than 60 islands that make up the Chagos Archipelago with an international population consisting primarily of Filipino and Mauritius contractors, British forces and the U.S. military. The island stretches about 38 miles tip to tip and has an average elevation of four feet above sea level with maximum elevation of 22 feet. The lagoon varies in depth from 10 to 100 feet.

Since Diego Garcia is in the southern hemisphere, the seasons are reversed compared to the U.S. and change very little with year-round temperatures in the high 80s during the day and lows at night in the 70s. It rains often with a normal year measuring more than 100 inches, most occurring during the summer months of December and January.

Shallow reefs surround the island on the ocean side and are scattered inside the lagoon. The waters surrounding Diego Garcia are home to a vast variety of sea life, with more than 700 species recorded. Some of the world’s finest snorkeling and ocean sports are available.

Wildlife on the island consists mainly of coconut, land and warrior crabs; small lizards and geckos; feral donkeys; a myriad of tropical birds and many insects. All residents make every effort to maintain the ecological integrity of Diego Garcia, as a result- all life forms on island, including live shellfish, are protected by British law.

Entry into Diego Garcia is restricted requiring area clearance by U.S. Navy Support Facility Diego Garcia. Only active duty, unaccompanied military personnel, or authorized contractors can be assigned to the island. Active duty military couples are not allowed concurrent assignments to Diego Garcia. As a British Territory, all civilian and military personnel residing on the island come under British Indian Ocean Territory (BIOT) law and administration. These laws differ from those in the United States.

Transferring to Diego Garcia



Sponsorship

Read your orders, completely! Most importantly, contact your sponsor with your travel arrangements at DGCommandsponsor@fe.navy.mil. Your sponsor can make your travels smooth and worry free.

Overseas Screening

Members coming to Diego Garcia must complete an Overseas Assignment Suitability Screening IAW OPNAVINST 1300.14(series), BUMEDINST 1300.2(series) and MILPERSMAN 1300-300 (series) within 15 DAYS of receipt of your orders!

Unaccompanied Baggage and POV Storage

Please visit www.move.mil upon receipt of your orders. You will be required to establish a DPS Account which will also assist you in finding your closest Transportation Office. Since Diego Garcia is Isolated Duty, you will be performing an Unaccompanied Baggage (UB) move vice a typical Household Goods (HHG) move. Additionally, further information is available for storage of a POV free of charge. Standard UB weight limits are 500 pounds for Enlisted and 1,000 pounds for Officers.

Traveling to Diego Garcia

Make sure to keep all receipts and Statements of Non-availability so you can be reimbursed on travel claims. Also contact the AMC terminals to confirm flight times.

Via Japan

If scheduled to fly from Narita (Tokyo) to Diego Garcia by Air Mobility Command (AMC) aircraft, you will spend the night at Yokota Air Force Base. Locate the Department of Defense information booth in the Narita International Terminal to arrange transportation to and from lodging at Yokota. The bus to Yokota costs \$30 U.S. and only leaves three times a day.

Once arriving in Yokota, it is recommended that you check for availability at the *Kanto Lodge*. The cost is about \$55.00 U.S. per night and the Kanto Lodge provides a free shuttle to the AMC terminal (not a 24-hour service so check times). If there are no rooms available at the Kanto Lodge, you will be issued a Statement of Non-Availability and authorized to stay in town. Average cost for rooms in town is \$125.00 U.S.

Important numbers to keep on hand:

- 1) Kanto Lodge – 042-55-22511 Ext: 52618 or 011-81-3117-55-2618 from the US.
- 2) Yokota AB, Japan AMC Terminal – 042-552-2511 Ext. 55660 or 011-81-3117-55-5661 from the US.

If you are delayed in transit, Japan has implemented a strict liberty policy for all service members whether they are in transit, TAD, on leave, or assigned within Region Japan. You will be briefed upon arrival if travelling via AMC and all members are mandated to understand the Japan Liberty Policy and must adhere to any additional training requirements while in Japan. The Liberty Brief is located at the following website:

<http://www.cnic.navy.mil/regions/cnrj/ffr/Navy-Region-Japan-Liberty-Brief.html>

Via Singapore

Personnel traveling via Singapore must present a smart appearance. Personnel wearing open toe shoes and/or shorts will not be allowed on Paya Lebar Air Force Base.

If you are flying via AMC aircraft, you will arrive at Paya Lebar Royal Singapore Air Force Base. Customs will check for passports; however, PCS personnel only need orders and their military identification. If your flight is leaving that day, the delay is normally 4 hours or less. If you do not leave before 2000 the AMC representatives will make arrangements for you to stay at the Navy Gateway Inns & Suites.

If you are flying commercial, you will arrive at Changi International Airport. Customs will check for passports; however PCS personnel only need orders and their military identification.

If your connecting flight is leaving that day, SATO Singapore can arrange transportation to Paya Lebar Royal Singapore Air Force Base, where you will catch the AMC flight to Diego Garcia. If you arrive at Changi after 2000, you will be spending at least one night in Singapore. Call the Navy Gateway Inns & Suites to see if a room is available.

The average cost of a room in Singapore is \$125.00 U.S. or more. The cost of a cab is around \$25 Singapore, which is roughly equal to \$40.00 U.S. If for some reason the Navy Gateway Inn & Suites is full, you will be authorized to obtain a room in town. The Navy Gateway Inn & Suites will provide a Statement of Non-Availability. You can also make hotel arrangements at Changi Airport and some hotels provide shuttle services from the Airport to the hotel free of charge. The next morning you can call Mr. Theo (Sato Rep) and he will direct you how to get to the Paya Lebar AMC terminal.

Notes: In Singapore it is vital to adhere to traveling with at least six months left on your passport (from the date you exit the country you are visiting). Singapore also requires that military members traveling on ID and orders through Paya Lebar have at least six months left on their ID and that the subsequent country on the member's itinerary also allows entry on military ID and orders. Paya Lebar Air Force base closes at 1900 and you will not be allowed to enter the base after these hours. It is approximately a 15-20 minute drive from Changi airport.

Important numbers to keep on hand:

- 1) Singapore Navy Gateway In Suites (Hotel) - 6752-8245
- 2) Singapore AMC Terminal
- 3) CLWP Battle Watch Officer - 9672-2594 (Manned 24/7/365)
- 4) Mr. Theo (SATO Rep) - 9430-2886 or 9738-2378

From Norfolk

Personnel traveling via the East Coast rotator will fly out of the Norfolk AMC terminal of Naval Station Norfolk. The approximate 32 hour flight will fly through Lajes Field, in the Azores of Portugal; onto Naval Support Activity Naples, Italy; then onto Chania Airport in Crete, Greece; to the Kingdom of Bahrain's International Airport, before arriving on Diego Garcia. *(The likelihood of an overnight is highly improbable. Should you encounter and overnight layover via this route, accommodations will be arranged through the airline carrier).*

Important numbers to keep on hand:

- 1) Norfolk AMC Terminal – 1-757-444-4148/4118

Things to do BEFORE you PCS to Diego Garcia

1. Take care of all possible medical and dental problems that may not have been taken care of during your overseas screening. You will probably want an extra pair of glasses or contact lenses. Since our supplies are very limited, you should obtain a one-year supply of prescription medicines. Talk with your sponsor regarding availability of medicines at the Clinic.

2. Purchase any uniform items you may need. The Ship's Store has only a limited stock of items. You may order uniform items from the Uniform Support Center. Delivery time is 2-3 weeks minimum. You will need to bring a full seabag. You may need your blues and possibly medals/ribbons depending on the event.

3. Change your current mailing address on all bills, catalogs, magazines, etc. Sometimes mail is slow in leaving and arriving on island. Take this into account for any bills that may have specific due dates. Look into paying your bills online or via direct debit.



4. Ensure all of your financial affairs are in order.

5. Set up temporary guardianship for minor family members if necessary.

6. Provide necessary Powers-of-Attorney (consult the Legal Office) for items such as real estate, automobiles, taxes, litigation, loco parentis, etc., for any issue that may arise during your tour.

7. Ensure you have a current and valid will.

8. Register to vote and request an absentee ballot for any elections you will miss. NSF also has a Voting Assistance Officer to provide absentee ballot requests. Go to www.FVAP.gov for more information.

9. Ensure your relatives know how to contact their local Red Cross in case of emergency. Provide them with your Social Security Number, rank, rate, and the name of this command (there are many different Navy commands on the island).

10. Keep in contact with your sponsor at all times. Let them know your travel arrangements, arrival times, and any other information that may be needed to assist you with your trip.

11. Be sure to have a current ID card. You will not be allowed to board any military aircraft with an expired ID.

12. Ensure your driver license will not expire while on-island. You will not be permitted to drive on an expired or "extended" driver license

13. Our address. Confirm with your sponsor which post office box will be yours, otherwise, the official command address is: First Name, Last Name

NAVSUPPFAC Diego Garcia
PSC 466 Box 2
FPO AP 96595-0002

Travel Notes

No clothing, hats, or belt buckles with slogans or insignia that may draw attention to your status as an American Citizen/military member may be worn. Profanity, maliciousness, or any other negative behavior that may bring discredit to yourself or the United States are prohibited and may be punished as the Uniform Code of Military Justice allows.



Customs

Diego Garcia is subject to British Customs and Immigration Controls. A strict control is maintained on the importation of drugs and related items, weapons (includes: knives with blades exceeding three inches, spear guns, firearms and explosives) and pornography (print, video, or digital). Severe penalties are awarded for violation of British Customs laws.

As a matter of routine, all medication (including aspirin and vitamins) will be confiscated and inspected. You should identify all medications to ensure their return.

In accordance with regulations, no type of attire with degrading or obscene comments may be worn, or brought to, Diego Garcia. This includes pictures, phrases or slogans depicting drug paraphernalia, anti-war slogans, ethnic slurs, or having sexual connotations. Publications that depict biker/hippie culture or mercenary magazines will be confiscated, as will all obscene publications. All videotapes brought into Diego Garcia will be retained by British Customs for screening and returned within 10 days if approved. Prohibited materials will be burned.

When clearing customs, you must have your orders and your military ID card.

Items to Bring

Passports

It is recommended that all personnel attached to Diego Garcia obtain a U.S. Personal Passport (blue cover). While you are authorized to use a Military Passport (maroon cover) while traveling on official business to some countries in the PACOM AOR, it is not recognized by some nations in S.E. Asia. Also, a Military Passport cannot be used for recreational travel. Since Singapore now requires a passport for all U.S. military not traveling on orders, you must have a personal passport in order to take Environmental Morale Leave (EML). You should obtain a personal passport (blue cover) before leaving the United States.

Uniforms

NSF Diego Garcia is wearing the NWU Type III (green digital) uniform. Please contact your sponsor in advance to ensure they have the proper sizes for ordering your NWUs. Bring a full seabag as well. The uniform of the day will usually be the Navy Working Uniform (NWU) Type III, or the Navy Service Uniform (NSU). Military personnel will wear summer uniforms year round. However, winter uniforms may be required for special events or travel.

Civilian Clothes

Shorts and T-shirts with sandals or sneakers are the most popular civilian attire on the island. Consider bringing some dress clothes (shirts with collars and dress pants) for special events, church, or just going out to the clubs.

Note: The Ship's Store has a limited selection of clothing, shoes, undergarments, and sportswear but items may be ordered online.

Sports/Leisure Equipment

Bicycle with helmet, baseball/softball gear, snorkel gear, fishing equipment, bowling ball, roller skates/blades, golf clubs, personal weightlifting gear, rackets (tennis/racquetball), sports shoes, beach/lounge chairs, beach blanket. Although the gym does loan equipment, it is better to bring your own if you play a lot of sports.

Personal Items

Computer, board games, reading materials, magazine subscriptions, MP3 player/CD player or stereo, CD's, DVD's, preferred brands of hygiene goods, some dishes, glasses, and silverware. Many DVD titles (including new releases) are available for purchase or rental at the Ship's Store. You are strongly encouraged to bring a sturdy umbrella. It rains often and the rain is usually heavy. Sunscreen and Sunglasses that provide UV protection are also encouraged.

Accommodations

Sailors E-6 and below do not share rooms. Each room comes equipped with a large refrigerator, microwave, telephone, television, VCR/DVD player, alarm clock, iron and a private shower. Officers and Chiefs also have their own rooms, which include kitchenettes. You will be issued linens (sheets, pillow-cases, pillow, blanket, and comforter). Most of the BEQ/BOQs are two- or three-story buildings. The rooms all open up to the outdoor walkway/balcony. Military ID

(CAC) cards serve as room keys. The BEQ/BOQs have grills and picnic tables outside and are free to be used by anyone. All rooms have TVs, VCRs & DVD players. Smoking is not permitted in the BEQ/BOQ rooms or outside the doorway. There are designated smoking areas at the ends of each BEQ/BOQ floor. **For more information about the lodgings check out our facebook page: <https://www.facebook.com/NSFDG> .**

Life on Diego Garcia

Communicating

1. **Telephone:** The commercial/private phone system is operated by Sure, the local phone company. Phone cards must be purchased to call off the island. Phone cards (FonePlus) come in increments of \$10, \$20, \$50, and \$100 and may be purchased at Sure (Stateside phone cards will not work). All payments are in cash only. If you are active duty, you will be issued a FonePlus card within days of your arrival. MWR adds \$20 to each active duty FonePlus card at the beginning of each month. You can also use the \$20 towards your Internet bill if you opt not to take the phone card each month. Phone calls range from 55 to 88 cents a minute depending on time of day. Your friends and family can also call you.

2. **Internet:** If you have a computer, bring it along. Another way to keep in touch with the folks back home is e-mail or Skype. Private Internet access is available through Sure. All payments are to be made in cash. You can purchase a DSL modem on island if you do not have one (many detaching staff sell theirs at a significantly reduced price). FonePlus cards may also be used in several wireless hotspots around the island to connect wirelessly to the internet with your personal laptop. There are also Internet Café computers that can be used for personal use, free of charge at several locations.

3. **Postal Mail:** If you want to send a card/letter home by mail, Diego Garcia is home to the only U.S. Post Office in the Indian Ocean. The average time for mail to and from the States is about 8 - 10 days, but may be more than 3 weeks. Off-island postage rates are the same as in the States. Cash only. There is a British Post Office (at Sure) on island as well, using BIOT stamps. First class letter postage costs 97 cents. Delivery time is similar to U.S. Post Office.

<i>INTERNET PACKAGES</i>					
Horizon Premier 256 kbit/s	Cost	Horizon Classic 128 kbit/s	Cost	Horizon Budget 128 kbit/s	Cost
10 GB	\$176/month	3.75 GB	\$87/month	1.25 GB	\$54/month
Daily rate	\$9/day	Daily rate	\$6/day	Daily rate	\$4.50/day
Additional Volume per 100 MB used above 10 GB	\$6.60/100 MB	Additional Volume per 100 MB used above 3.75 GB	\$6.60/100 MB	Additional Volume per 100 MB used above 1.25 GB	\$6.60/100 MB
Deposit: Payable at sign-up refundable if no breach in terms & conditions	\$176.00	Deposit: Payable at sign-up refundable if no breach in terms & conditions	\$87	Deposit: Payable at sign-up refundable if no breach in terms & conditions	\$54
Registration Fee	\$33	ADSL Modem/Router	\$66	Filter/splitters	\$8

Finances

1. **Checks:** Navy Federal Credit Union has a branch on the island open to all active duty personnel and Navy DOD civilians. The bank can handle most transactions and loan procedures, but does not handle cash. They can issue you a draft from your account that you can take to the Community Bank where you can cash checks up to \$500 per day for a fee of \$1. You do not have to have an account with them. The Turner Club has a cash cage available where individuals can cash personal checks up to \$100 per day. You may also cash a check for up to \$25 with a purchase in the Ship's Store.

2. **ATM:** There are two automatic tellers (ATMs) on the island. One is located in the Chagos Inn (Billeting) and the other is in the AMC Terminal (withdrawal charges may apply).

Note: Cash is required at most establishments on the island. Checks, MasterCards, and Visa are accepted in the Ship's Store. Discover and American Express are not accepted on-island. All transaction on-island are in U.S. dollars.

Island Shopping

The only stores on the island are the Ship's Store and the gift shop. Although the Ship's Store is sponsored by the Navy Exchange it does not accept Exchange or Star credit cards. It carries a limited supply of electronic equipment, sporting gear, personal items, gifts, clothing, uniforms, and is Diego Garcia's only grocery store. Although small, it carries a variety of food items to meet most of your needs. It also offers a catalog order center where you can call in or fax a uniform order to the Uniform Support Center and have it delivered to you. This does require a credit card. MasterCard and VISA only, are accepted for purchases at the store as well as cash or personal check. The store is also home to the Video Rental Store, which receives the latest and greatest new releases from the States. It has a good variety of old and new movies and a generous supply of Play Station, Xbox 360, and Nintendo Wii games.

Newspaper

The Tropical Times is the local island military news/events newspaper. Produced by the NSF Public Affairs Office, it is published every Friday and is distributed to various places around the base.

Movies

The MWR department runs an outdoor, covered movie theater. Movies are shown daily at 2000 and are free of charge. On Friday and Saturday, movies are also shown at 2200. Although we don't get the newest movies right away there is a good selection. A variety of snacks and drinks are sold at the Main Outdoor Theater (MOT) and popcorn is free. The Island Room premieres a special feature presentation every Wednesday at 2000.

Pay and Allowances

Married personnel will be paid BAH with Dependents based on dependent's location or last duty station. Letter of approval must be signed by Commanding Officer/Officer in Charge, with provided copy of current lease/mortgage and utility bill at the current dependent's address.

Members are not entitled to COLA or single BAH while stationed on DGAR, however single parents or divorced Sailors might be able to collect BAH DIFF. Engage PSD DGAR before leaving the states to clarify your entitlement. Pay is not tax free, even if you pass through a tax-free zone on your way here. All E-6 and below personnel will receive a meal pass upon arriving to the island, however E-6 personnel can request BAS. All E-7 and above will receive commuted rations. Individuals who are married still receive their regular entitlements, to include Family Separation Allowance, which is currently \$250.00 per month. Everyone receives Hardship Duty Pay, which is \$150 a month and is listed as "HDP Location" on the LES.

Taking Leave

Environmental Morale Leave (EML) is authorized while on Diego Garcia, but not at governments expense. EML is counted as Regular leave against your leave balance but places you in a higher priority when utilizing AMC flights. If members do not have an adequate leave balance to cover the days requested, their leave request will be denied.

Personal Services

1. Beauty Shop: The Beauty Shop offers a variety of services including hair styling, manicures, pedicures, facials, etc. for free.
2. Haircuts: Haircuts in the Barber Shop are free.
3. Laundry Service: Uniform cleaning and pressing is free. Additionally, up to 5 personal collared shirts and slacks per week will be cleaned and pressed for free.
4. Massage Service. Massages are performed by professional masseuse at the Fitness Center. They are by appointment only and cost \$25 an hour.
5. Photo Shop. Print your photos for low cost.
6. Tailor Service: Uniform tailoring is free. Additionally, up to 5 personal items per week can be tailored, mended, etc. for free.

While not required, a tip is strongly encouraged. The contract workers are paid low wages and work very hard. They are very gracious and tips are greatly appreciated.

Dining

1. The Officer's Club is open to all officers, senior OG civilians, senior mariners, and senior contractors. All hands are welcome on band nights. It sits at the tip of the island on Eclipse Point and has a beautiful view of both the Indian Ocean and the lagoon and offers a full service menu. The club offers daily specials including Mongolian BBQ, Wings, and Build Your Own Pizza nights. The O'Club also offers an all hands brunch on Sunday.
2. Reindeer Station is open to all personnel and offers a fine menu to patrons including burgers, ribs, and pizza. The club also offers daily specials including Mongolian BBQ, Wings, and Build Your Own Pizza nights. Home Delivery is available to all hands and your food can be delivered to any building in the downtown area.
3. The Island Room is the club predominantly used by E6 and below. Located in the Turner Complex, it is also the site for large all-island parties, dinners, and special events.
4. The Food Court is located in the Turner Complex. Restaurants include Smash Hit Subs (sub sandwiches, wraps), Hot Stuff Pizza, and C-Street Café (baked goods and Starbucks® Coffee).
5. The Peacekeeper Inn located in the Turner Complex, carries a full menu of favorites including fried chicken, spaghetti, burgers, and sandwiches. The restaurant has daily specials including steak, seafood, and the highly popular Mongolian BBQ night.



6. The Passenger Terminal Snack Bar accommodates those incoming and outgoing passengers with a variety of sandwiches and drinks.
7. The United Seaman's Service Center is located at the edge of the downtown area and offers a variety of menu items, as well as daily specials. This Merchant Mariner facility can also accommodate large groups for special functions. It is open to all hands.
8. As always, there is the Consolidated Dining Facility (CDF), affectionately known as the Galley, for active duty service members assigned to downtown and select tenant commands. Serving three meals a day, they offer a variety of food. If you are not receiving BAS or Per Diem, you will be issued a meal card. If you are receiving compensation for food, the CDF is still the economical choice of eateries. Currently, breakfast is \$2.65 and lunch and dinner are \$4.55. In addition to the regular menus, the CDF has a salad bar, speed line, and desert bar.

Getting around onboard Diego Garcia

Since personally owned vehicles are not allowed, the primary means of transportation are buses, bicycles, and old-fashioned foot power. Buses travel at regular interval throughout the inhabited areas of the island. Base taxis and government work vehicles also travel Diego Garcia but are for official use only. All buildings in the "Downtown" area are within walking distance of the BEQ/BOQ. Bicycles are very popular but there are certain rules you need to know. Bells or horns are required on bikes and a front white and rear red light are mandatory when riding after dark. Helmets with the chin strap strapped are required when riding at all times. The BIOT police will issue a hefty fine to anyone riding without a helmet. Spare parts are in short supply on the island so you might want to prepare for some of the more common needs. The MWR Bicycle Repair shop provides services free of charge including getting your bike ready to ride after it arrives on island!

Recreation

1. **Gym:** The gym is open 0500 - 2300 and includes basketball courts, combination volleyball/basketball court, Nautilus fitness center, a free-weight room, a cardio room with treadmills, stationary bikes and cross trainers, locker rooms and an equipment issue center.

2. **Outdoor activities:**
Located next to the gym are two lighted softball fields, six lighted tennis courts, and six horseshoes pits. There are volleyball courts located at Jake's Place, the Short Pier, the CPO Club, and the BEQ areas. A lighted softball field, two lighted basketball courts, two lighted volleyball courts and two lighted tennis courts are located at the Fleet Recreation Center.



3. **Golf:** The Coral Sands Golf Course is an Executive (PAR 3), 9-hole golf course. They do rent full sets of clubs; however golfers are encouraged to bring their own. There is also a driving range available for use for a nominal fee.

4. **Bowling:** Diego Garcia has its own four-lane bowling alley. Located next to the Turner Complex, it is fully equipped with lockers and a snack bar.

Extreme conditioning programs such as Crossfit, Insanity and P90X are not permitted in or around MWR facilities to include outdoor fields.



5. **Fishing:** Fishing is a popular activity in Diego Garcia. Whether it is trolling for Yellowfin Tuna and Wahoo to bottom fishing for Grouper Sea Bass or Red Snapper, to a relaxing day of casting from the shore, you'll probably not find a better place to fish in the world.
6. **Swimming Pool:** The 25-meter swimming pool is located near the base gym pool that has marked swimming lanes for exercise and a free swim area with a diving board.
7. **Water Sports:** The Marina rents powerboats, sailboats, canoes, windsurfers and kayaks. Free classes are offered on a regular basis and are required for powerboats and sailboats. Rented boats are not allowed outside the lagoon, however you can charter a deep-sea fishing excursion aboard a beautiful Boston Whaler or smaller Ocean Master. The Marina even has fishing poles to rent on your way to that fresh tuna dinner.
8. **Parks:** Diego Garcia has many parks at which to picnic with a small group or a whole command. All parks have covered dining tables/areas and BBQs so fire up the grill and have some fun.
9. **MWR Events:** MWR regularly host sports tournaments, races, contests, fishing competitions, island wide picnics and DGAR's famous monthly 5K run/walk for all island residents with free T-shirts to the first 200 participants. MWR has many leagues that form throughout the year from bowling and basketball to softball and volleyball.
10. **Live Entertainment:** The clubs provide live entertainment and the base often invites entertainers for special engagements. Always a favorite, DGAR Idol is a fun gathering in the Fil-Mau Club most Friday nights.

TV/Radio

1. **TV:** Diego Garcia gets eight AFN network television stations that are taken directly from the Armed Forces Radio & Television Service (AFRTS) satellite feed from the broadcast center at March AFB in Riverside, California. These channels provide music, news and entertainment 24 hours daily
2. **Radio:** AFN Diego Garcia operates our local station operates one AM (1485) and two FM (99.1 and 101.9) radio stations, which broadcasts twelve hours of live shows Monday through Friday and additionally eight hours on Saturday from 0800-1400.

Frequently Asked Questions:

Q. Can my family visit me if I'm on Diego Garcia?

No. Access to Diego Garcia is limited to official visitors and mission essential personnel only. Family members are not authorized to travel to Diego Garcia; this includes, but is not limited to dependents and spouses.

Q. Is there anything I cannot bring to Diego Garcia?

Yes, below is a brief list of what cannot be brought to the territory:

1. Any goods or material of any description containing or consisting of any species of living plant, animal or insect not indigenous to the territory.
2. All drugs and controlled substances, including equipment used for weighing, processing or administering of drugs.
3. All knives and weapons including catapults, spear guns or diving knives. Any knife with a fixed blade or a blade bigger than 3" will be confiscated. Merchant seamen are to declare work knives.
4. Firearms of any kind, including guns, air-gun or other lethal barreled weapon of any description from which any shot, bullet or object can be discharged.
5. All types of explosives, including fireworks, empty shells and cartridge casings.
6. Pornographic magazines or videos are to be declared. Any materials outside the standards set by British Law will be destroyed.
7. No more than 200 cigarettes, 100 cigarillos, 50 cigars or 250g of tobacco for the personal use and is contained in the baggage accompanying a person arriving in the Territory.

Visit the U.S. Navy Support Facility, Diego Garcia Web site for a full list of contraband.

Q. Can I ship my Personally Owned Vehicle (POV) to Diego Garcia?

No. Anyone whose job requires them to travel long distances will have access to a vehicle for travel. Otherwise, taxi and bus services are available seven days a week for any travel requiring a vehicle, and are free of charge.

Barracks, base galley, base gym and most MWR facilities are all within walking distance in or around the downtown area. Residents either walk or ride bicycles to traverse in and around the island.

Q. Will my mobile phone work on Diego Garcia?

No. Commercial mobile phone providers based in the United States are not accessible at this location. However, Sure offers mobile phones, pagers and calling cards for international phone calls. Visit their website at <http://www.sure.io/> to see a list of their services and rates.

Q. What would I do if I forgot to pack anything for this tour?

The Ship's Store sells commonly-used products such as soap, assorted snacks, laundry detergent and even some cookware. It even sells video games and rents DVDs. Additionally, the internet is available for online shopping to order anything not sold in the Ship's store.

Q. Where can I find out more information about Diego Garcia?

Visit our official CNIC website at <http://www.cnic.navy.mil/DiegoGarcia/index.htm> or look for us on Facebook. Highly recommend contacting your sponsor and asking specific questions based on your professional and personal interests prior to departing.

<i>Diego Garcia New Arrival's Checklist</i>			
Orders		Military Passport	
Medical/Dental Records		NON-military Passport	
Year-supply of special prescriptions		Updated Power(s) of Attorney	
Primary and back-up eyewear		Full Seabag	
Updated CAC card		Cash for travel to Diego	
Special-order uniform items		Updated ATM card	
Change postal address as required		Valid/current Will	
Set up temporary guardianship		Register to vote in local elec.	
Personal Items:		Proper Civilian Attire:	
Laptop		Shorts	
Tablet		Conservative T-shirts	
Reading materials		Sandals	
Board games		Dress slacks/dress	
Stereo/portable music device		Collared-shirts	
CD/DVDs		Swim wear	
Black Umbrella		Beach attire	
Sunscreen		Sports/Leisure Equipment:	
Kitchen Items/Spices		Softball glove/bat/cleats	
Coffee Maker		Boxing gloves	
Room Decorations		Bicycle/ helmet/gloves	
Stationary/Cards		Rollerblades/skates/helmet	
Black Sunglasses		Bike lights	
Workout supplements		Snorkel Gear (mask, fins, gloves)	
Vitamins/minerals		Water Shoes	
Wireless router (optional)		Soccer Gear	
Barracks room:		Tennis Gear	
Comforter set (full/twin)		Racquet ball gear	
Room Décor		Fishing equipment	
Extra Pillows			

