



# ***FAR EAST***

*Public Works Department Diego Garcia*



**ONE ISLAND, ONE TEAM, ONE MISSION**

## **Congratulations on your orders to NAVFAC Far East and welcome to Public Works Department Diego Garcia!**

The mission of Public Works is to provide ready, mission capable facilities and associated services for Navy Support Facility Diego Garcia. Additionally we provide field-level facilities acquisition, project management, and other NAVFAC products and services to supported commanders and mission operations.

Public Works is divided into five divisions:

- Staff, which is made up of the Public Works Officer, Deputy Public Works Officer, Safety Officer, Financial Management Office and Management Assistants.
- Facilities Management, which is responsible for acting as supported command liaison, generating facility requirements, and monitoring contractor performance of work management.
- Facilities Engineering and Acquisition, which is responsible for providing design management and engineering, construction management, acquisition services, and overall management of the Base Operation and Support Contract (BOSC).
- Environmental, which is responsible to ensure compliance with current regulation, proper restoration efforts, and planning for future requirements.
- Production Division
  - 1500 Annex: Facilities Maintenance, Sustainment, Investment and Services, responsible for monitoring contractor performance of facilities maintenance and facilities services including grounds maintenance and janitorial service.
  - 1600 Annex: Utilities and Energy, responsible for monitoring contractor operational performance of two power plants, compressed gases, water production, waste water treatment and steam plant.
  - 1700 Annex: Base Support Vehicles and Equipment (BSV&E), responsible for monitoring contractor performance of transportation department including vehicle maintenance, vehicle dispatch and crane services for supported commands.

Although each division has its own roles and responsibilities, it takes a massive team effort to ensure all the required products and services are provided to NSF and supported commanders. We are very proud at Public Works Diego Garcia that everyone, military, civilian GS, and civilian OG are team players and work together every day to ensure the mission is fully supported.

**Again, welcome to Public Works Diego Garcia, we look forward to your arrival and addition to the team.**

## 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. Diego Garcia 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 immediately with your travel arrangements to make your travels smooth and worry free.

### **Overseas Screening**

Members coming to Diego Garcia must complete an Overseas Assignment Suitability Screening within **30 DAYS** of receipt of your orders; additionally, all dependents must complete a screening within **60 DAYS** of receipt of your orders! IAW OPNAVINST 1300.14(series), BUMEDINST 1300.2(series) and MILPERSMAN 1300-300 (series)

### **Unaccompanied Baggage and POV Storage**

Please visit [www.move.mil](http://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:**

- Kanto Lodge – 042-55-22511 Ext: 52618 or 011-81-3117-55-2618 from the US. DSN: 315-224-2202
- Yokota AB, Japan AMC Terminal – 042-552-2511 Ext. 55660 or 011-81-3117-55-5661 from the US. DSN: 315-225-5661

*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, military members conducting PCS travel only need orders and their military identification. All civilian personnel require an official passport for travel through Singapore. 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 \$40 U.S. each way, for a total of \$80 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.

*Note: 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.*

### From Norfolk, VA

Personnel traveling via the East Coast rotator will fly out of the Norfolk AMC terminal of Naval Station Norfolk. The approximately 32 hour flight will fly through Rota, Spain; 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:

- Norfolk AMC Terminal: 757-444-4148/ 4118

### Things to do **BEFORE** you PCS to Diego Garcia

- 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.
- 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. There are numerous formal events throughout the year.
- Change your current mailing address on all bills, catalogs, magazines, etc. Sometimes mail is slow in leaving and arriving on island (up to a month). Take this into account for any bills that may have specific due dates. Look into paying your bills online or via direct debit. Contact your sponsor for your personal mailing address.

- Ensure all of your financial affairs are in order.
- Set up temporary guardianship for minor family members if necessary.
- 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.
- Ensure you have a current and valid will.
- 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](http://www.FVAP.gov) for more information.
- 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 your command (there are many different Navy commands on the island).
- 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.
- Be sure to have a current ID card with at least 6 months remaining until expiration. You will not be allowed to board any military aircraft with an expired ID.
- Ensure your driver license will not expire while on-island. You will not be permitted to drive on an expired or “extended” driver license.
- Ensure your Government Credit Card is not expired, with a minimum of 6 months remaining, and you have been released out of the Defense Travel System (DTS) from your current command.
- Civilian USCS employees need to have at minimum a completed no-fee passport (maroon cover) submitted prior to departing CONUS. You will be allowed initial entry without the passport; however, it is a requirement per the foreign clearance guide.
- Our address. *Confirm with your sponsor which post office box will be your personal address,* however, the OFFICIAL command address is:

Public Works Department  
PSC 466 Box 5  
FPO AP 96595

### **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 highly 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). All civilian personnel must possess a valid official passport to conduct travel in the PACOM AOR. You are strongly encouraged to obtain a personal passport (blue cover) before leaving the United States. Diego Garcia does not have the capability to produce passports so you will not be able to obtain a passport while on Diego Garcia.

### **Uniforms**

NWU Type III (green digital camouflage) uniform is our daily working uniform, ensure you are in contact with your sponsor and complete the uniform order form as soon as possible so that uniforms can be ordered prior to your arrival. You will need to purchase brown cotton t-shirts to wear under the Type III blouse before you depart CONUS. Bring a full seabag; this includes NWU Type I's (blue digital camouflage), large medals and miniature medals as these items are required for special events and are not easy to obtain while on island. Military personnel will wear summer uniforms year round; however, winter uniforms may be required for special events or travel. Winter uniforms may be shipped with your unaccompanied baggage.

### **Civilian Clothes**

Shorts and T-shirts with sandals or sneakers are the most popular civilian attire on the island. Bring some dress clothes (shirts with collars and dress pants) for special events, church, or just going out to the clubs. You will need closed-toed footwear. It is suggested that you bring a couple sets of winter clothes in the event that you travel off island for training or a conference, these can be packed in your unaccompanied baggage.

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

### **Sports/Leisure Equipment**

Some good things to bring: bicycles (road, mountain, or both) with helmet, baseball/softball gear, snorkel gear, fishing equipment, bowling ball, golf clubs, rackets (tennis/racquetball), sports shoes, beach/lounge chairs, or a beach blanket. Although MWR does loan equipment, it is better to bring your own if you play a lot of sports.

### **Personal Items**

Suggested items include laptops, reading materials, magazine subscriptions, E-readers, iPods, MP3 players, Blu-Ray movies, and a portable hard drive for movies for starters. Also unique brands of hygiene goods, some dishes, glasses and silverware are suggested. Many Blu-Ray and 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

Per DGLOCALCOORDINST 5009.5, 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 (However, should a luxury item such as the television, VCR/DVD player become broken, the UPH will not replace these items). Officers and Chiefs also have their own rooms, which include kitchenettes. You will be issued one set of linens (sheets, pillow-cases, pillow, blanket, and comforter). Some personnel prefer to bring their own linens, and use the issued set as a second set. 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 flat screen TVs, VCRs & DVD players.

Per DGLOCALCOORDINST 5009.5, 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>



## Communications

•**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. *\*Tip\** Since you can dial most toll free numbers from your room phone (ex. 1-800, omit the “1”) you can also purchase digital phone cards online for a much better rate. Most U.S. calling cards will work. You can also consider VOIP (Voice Over IP) software/app on your smart phone if you opt for Wi-Fi service.



## Internet Packages



| Premier 512<br>kbit/s   | COST                           | Classic 256<br>kbit/s  | COST  | Budget 128<br>kbit/s   | COST                           |
|---|--------------------------------|--|---|--|--------------------------------|
| 13 GB   | \$176<br>month                 | 5 GB   | \$87<br>month   | 2.5 GB   | \$54<br>month                  |
| Daily rate Additional<br>Volume per 100 MB<br>used above 13 GB  | \$.50/10 MB<br>or<br>\$5/100MB | Daily rate<br>Additional Volume<br>per 100 MB used<br>above 5 GB                   | \$.50/10 MB<br>or<br>\$5/100MB  | Daily rate<br>Additional Volume<br>per 100 MB used<br>above 2.5 GB                 | \$.50/10 MB<br>or<br>\$5/100MB |
| Deposit: Payable at<br>sign-up refundable<br>if no breach in<br>terms & conditions  | \$176.00                       | Deposit: Payable at<br>sign-up refundable<br>if no breach in<br>terms & conditions | \$87  | Deposit: Payable at<br>sign-up refundable<br>if no breach in<br>terms & conditions | \$54                           |
| <b>Registration Fee \$33.00</b><br><b>Purchase ADSL Modem/Router \$66.00</b><br><b>Purchase WiFi Modem/Router \$75.00</b><br><b>Phone Line Filter/splitters \$ 8.00</b> |                                |  | <b>**Total cost at startup of service is deposit plus 1<br/>month's service and registration fee + modem**</b><br><br><b>**(Total ranges between \$215-\$460)**</b> |  |                                |

For additional information regarding rates and fees, please visit [www.sure.io](http://www.sure.io)

•**Internet:** If you have a computer/laptop, 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.

•**Postal Services:** If you want to send letters and packages 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. Mail arrives on the island twice a week (on average) to the Navy Post Office.

## **Finances**

- 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 and or request “cash back” of up to \$40.00 with your debit card with a \$ 5.00 purchase minimum in the Ship’s Store.
- ATM: There are two automatic tellers (ATMs) on the island. One is located in the NGIS (Billeting) and the other is in the AMC Terminal (withdrawal charges may apply).

**Note: Cash is required at most establishments on the island. Checks, MasterCard, and Visa are accepted in the Ship’s Store and the NAVY Post Office. Discover and American Express credit cards are not accepted on-island. All transactions 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. Only MasterCard and VISA 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. The Ship’s Store also receives fresh fruits and vegetables (FFV) on a weekly basis along with a moderate selection of frozen foods.

## **Taking Leave**

- Environmental Morale Leave (EML) is authorized while on Diego Garcia, but not at government’s expense. EML is counted as regular leave against your leave balance but places you in a higher priority when utilizing AMC flights to depart or return to the island. PWD guidelines allow up to 30 days leave to be taken depending on operational commitments. Members are highly encouraged and expected to take leave during their tour on-island. Taking leave during the holiday period is difficult due to limited AMC flight availability. The east coast rotator arrives and departs every two weeks on Thursday (\$35 to Norfolk, \$17 to Diego). The west coast rotator arrives and departs twice a week (Tue/Thur) from Yakota, Japan via Singapore (No cost).
- Members should review their LES prior to arrival on island for any possibility of use/lose days and should utilize those days prior to departure from CONUS to prevent the loss of any leave days.



## **Newspaper**

- The Tropical Times is the local island military news/events newspaper. Produced by the NSF Public Affairs Office, it is published every Friday on the NSF Facebook page: <https://www.facebook.com/NSFDG>

## **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. . A variety of snacks and drinks are sold at the Main Outdoor Theater (MOT) and popcorn is available. The Island Room premieres a special feature presentation most Sundays at 1600.



## **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.
- Single members are not entitled to single BAH while stationed on DGAR; however single parents or divorced Sailors might be able to collect BAH DIFF. Additionally, civilian USCS employees are not authorized a locality adjustment. Engage your sponsor 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 to receive 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. Additionally all members now receive COLA, amounts vary based on rank and time in service; check for your entitlement amount at: <http://www.defensetravel.dod.mil/site/colaCalc.cfm>. In most cases, members are not entitled to DLA prior to arriving although some exceptions may apply.



### **Dining**

- The Officer's Club is open to "All Hands". 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. Guys, just remember to wear a "collared-shirt" when frequenting the Officer's Club, and no flip-flops, shower shoes or PT gear.
- The Island Room is the base club and is open to "All Hands". Located in the Turner Complex, it is also the site for large all-island parties, dinners, and special events.
- 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).
- The newly renovated Peacekeeper Inn "PK's" is located in the Turner Complex, carries a full menu of favorites including chicken n' waffles, pasta, burgers, and sandwiches. The restaurant has daily specials including steak and seafood.
- The Passenger Terminal Snack Bar accommodates those incoming and outgoing passengers with a variety of sandwiches, drinks, and milkshakes!
- 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.

- As always, there is the Consolidated Dining Facility (CDF), affectionately known as the 7 Degrees South Cafe, 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 \$3.45, lunch is \$5.55 and dinner is \$4.85. In addition to the regular menus, the CDF has a salad bar, grill, and dessert bar.

### **Personal Services**

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

### **Getting around on 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 for a small charge including getting your bike ready to ride after it arrives on island!

## **Recreation**

- **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.

*Commercial conditioning programs such as Crossfit, Insanity, and P90X are not endorsed or permitted in or around MWR facilities to include outdoor fields. MWR has NOFFS/functional fitness gear for issue.*

- **E-4 and below Blue Jacket Program.** All E-4 and below on the island are entitled to use this awesome program that provides many free opportunities through MWR (see details in the back). All applicable personnel will be issued a BJP card during check-in.
- **Outdoor activities:** Located next to the gym are two lighted softball fields, six lighted tennis courts, batting cage, and six horseshoes pits. There are volleyball courts located at Jake's Place, the Short Pier, and the BEQ areas. A lighted football/soccer field, two lighted basketball courts, two lighted volleyball courts and two lighted tennis courts are located at the Fleet Recreation Center.
- **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.
- **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.
- **Fishing:** Fishing is a popular activity in Diego Garcia. Whether it is trolling for Yellow fin Tuna and Wahoo, or bottom fishing for Grouper Sea Bass or Red Snapper, or a relaxing day of casting from the shore, you'll probably not find a better place to fish in the world. Fly fishing is also very popular on the island.
- **Swimming Pool:** The 25-meter swimming pool is located near the base gym pool that has marked swimming lanes for laps and a free swim area with a diving board.
- **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.
- **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.





- **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.
- **Live Entertainment:** The clubs provide live entertainment and the base often invites entertainers for special engagements.

### **TV/Radio**

- **TV:** Diego Garcia receives nine Armed Forces Network (AFN) television channels 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 sports, news and entertainment 24 hours daily
- **RADIO:** AFN Diego Garcia operates our local radio stations, FM 99.1 and 101.9, with Power 99.1 broadcasting twelve hours of live shows Monday through Friday.

## **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. However, many personnel meet their families on leave in Singapore or Japan.

### **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 and you can use U.S. calling cards that you can purchase prior to your arrival or purchase online. Visit the SURE 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. You can always shop for anything not sold in the Ship's store.

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

You can visit the official CNIC website at <http://www.cnic.navy.mil/DiegoGarcia>; we highly recommend contacting your sponsor and asking specific questions based on your professional and personal interests prior to departing.

### **Q. How much cash money should I travel with to Diego Garcia?**

Each person should arrive on island with a minimum of \$350 cash. If you are traveling through Singapore you should have an additional \$250 to cover any lodging and taxi services required.

### **Visitor Quick Guide to Diego Garcia:**

- Weather (Seasonal): Temperature 75-85F; humid with frequent scattered showers, heavy at times.
- Cell and wireless service is virtually unavailable. Certain NGIS rooms may be equipped with hard wire Ethernet and/or Navy ONE-Net computer access. ONE-Net access is available in the PWD spaces.
- Diego Garcia is located in the British Indian Ocean Territory (BIOT) and as such visitors are subject to BIOT customs and law.
- The U.S. dollar is the accepted currency and most service outlets are cash-only (notable exceptions include the Ship's Store, NGIS, and post office). Two ATMs are located on the Island: one at the Air Terminal and one at NGIS. Visitors should bring sufficient amounts of cash for their stay. We recommend approximately \$100/week.
- "Island Casual" is a short-sleeve collared shirt and closed-toed shoes; normally, shorts with deck/boat shoes although pants are also appropriate. Hawaiian-style shirts are commonly worn.
- "Business Casual" similar to Island Casual with long slacks/pants, typically khaki. "Golf-style" collared shirts are commonly worn.
- Collared shirts are required at the O'Club for men; women should wear the appropriate equivalent. Flip-flops and other open toe shoes are not authorized for wear at any MWR-operated facilities.
- U.S. Navy summer uniforms are prescribed year-round. The prescribed working uniform is NWU-Type III although Type I required for some tenant commands.
- Select Service Outlet Hours:
  - Fitness Center: Daily, 0500-2300
  - Pool: Daily, 0600-0900 and 1100-2100
  - Galley: Breakfast, 0600-0830 (M-Sa) and 0530-0900 (Su & Holiday)  
Lunch, 1100-1300 (M-Sa) and 1000-1230 (Su & Holiday)  
Dinner, 1700-1930 (Daily)





## DOWN TOWN MAP