



# Naval Hospital

*Guam*  
Support through Medicine

## Welcome Aboard Packet



**Physical Address:** USNH Guam  
Bldg #50 Farenholt Ave  
Agana Heights, GU 96910

**Mailing Address:** USNH Guam  
PSC 490  
FPO, AP 96538

**Chief of the Day:** 671-344-9340

**H**afa Adai! It is with great pleasure that we welcome you to the U.S. Naval Hospital Guam family!

We are excited to have you be a part of our unique overseas hospital, which carries out Navy Medicine's mission where America's Day begins. The Naval Hospital has had a presence on Guam since 1899, and we enjoy a proud history with the Chamorro people on this island paradise.

Guam is an island in the Western Pacific Ocean and is the largest and southernmost part of the Mariana Islands. It is 30 miles long and four to 12 miles wide surrounded by coral reefs with deepwater channels. Sand beaches, rock cliffs and mangroves characterize the coastline area.

The weather is generally warm and humid with the dry seasons from December through June and rainy seasons from July through November.

The hospital is located in the village of Agana Heights, 20 minutes away from U.S. Naval Base Guam. In April 2014, we opened the doors to a brand new, state of the art facility with all new medical equipment and furnishings. We currently operate 42 beds, 6 Intensive Care Unit, 22 Multi-Service Unit and 14 Mother Baby Unit. We also have three general, one Ortho and two C-Section Operating Rooms.

This guide is designed to get you started during your first few weeks in the area---it should be a launching pad for your own exploration of this richly diverse community!

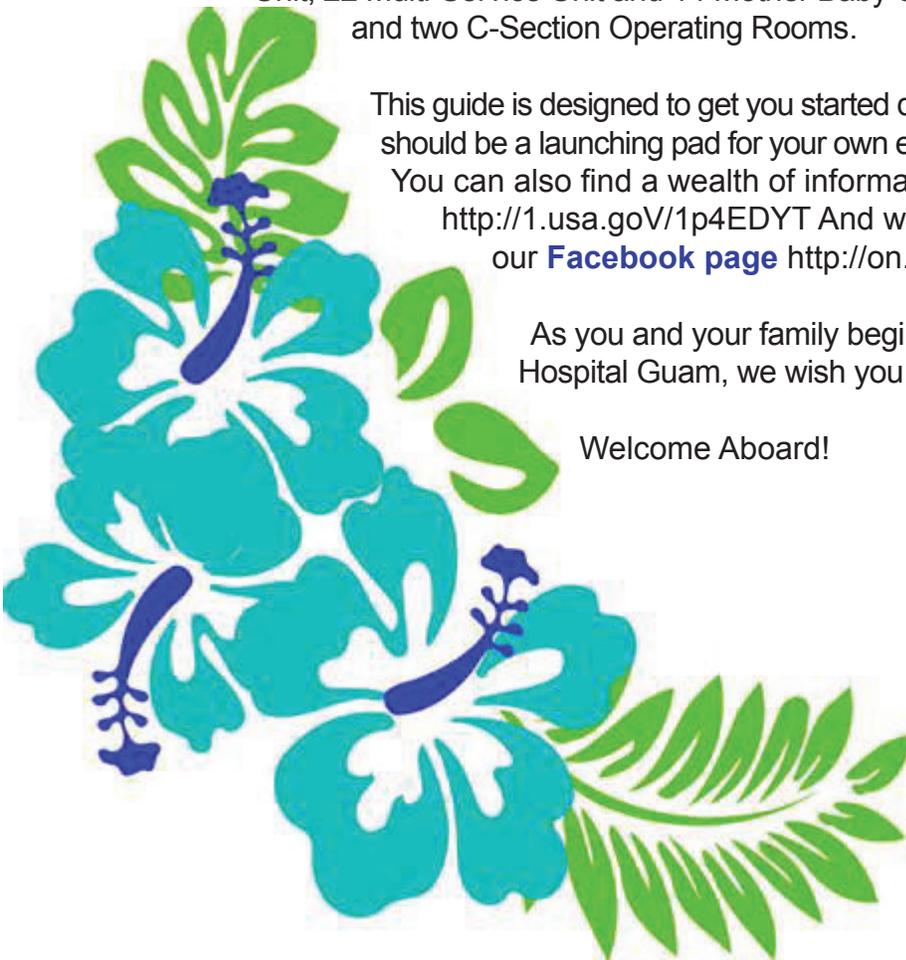
You can also find a wealth of information on our [website](#)

<http://1.usa.gov/1p4EDYT> And while you are there visit us and "like" us on our [Facebook page](#) <http://on.fb.me/1jvQXDT>.

As you and your family begin your next Navy adventure at U.S. Naval Hospital Guam, we wish you a happy, safe, and successful journey.

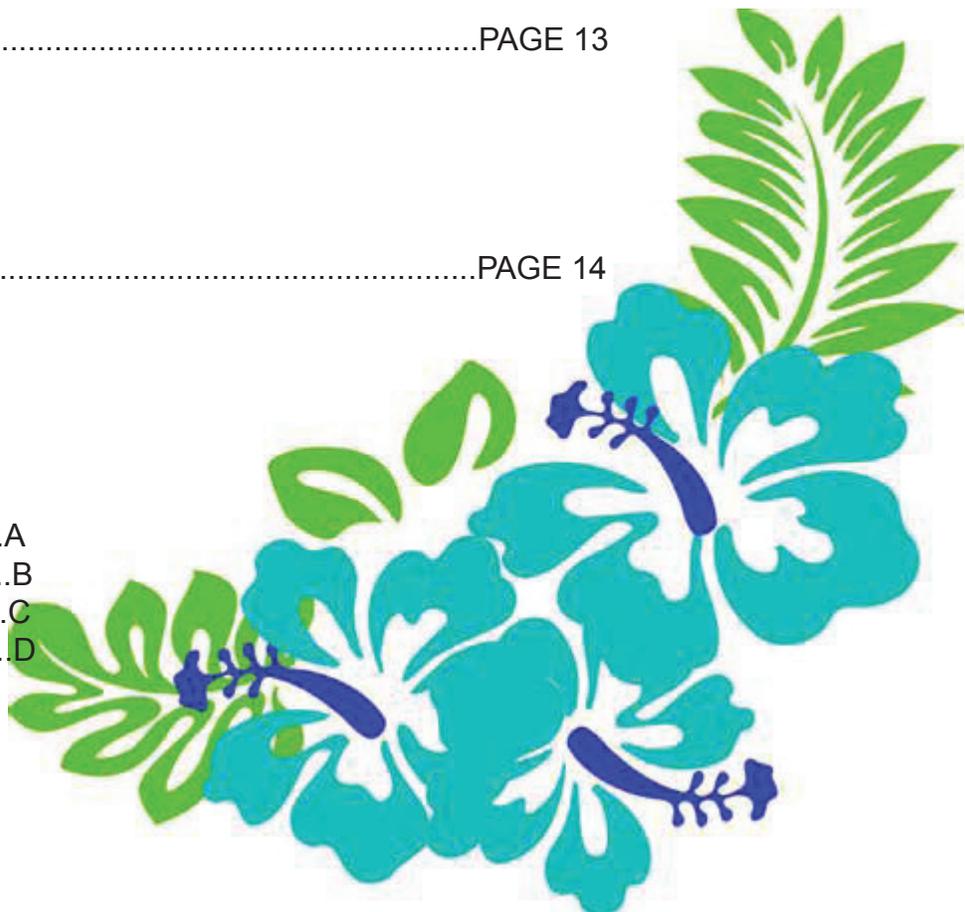
Welcome Aboard!

J.B. Comlish  
Captain, Nurse Corps  
United States Navy  
Commanding Office



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# U.S. Naval Hospital Check-In Requirements

- Overseas Screening (OSS): Must be signed by CO or Acting CO ONLY.  
*(Must include family members if accompanied on tour)*
- Current Copy of Page 2
- Copy of Stamped Orders
- Copy of itinerary *(must include family's itinerary if on accompanied tour).*
- Cyber Awareness and Health Insurance Portability Act Training

**NOTE:** Failure to provide completed copy of OSS will result in processing of station allowances such as COLA and TLA. Ensure that all the above documents are hand carried and are available upon check-in. Computer access can not be granted until the above training is completed via NKO/MHS. Please see the training page located inside this packet.



***“The information in this packet is designed to assist you as much as possible during your move. Please read through entire packet and ask questions regarding any area of your PCS if you feel it has not been covered in this packet. If you don’t ask we won’t know you need help.”***



Congratulations on your orders to U.S. Naval Hospital Guam, this packet is intended to help you with your transition by providing you with useful resources and answers to many of the general questions we receive about transitioning to the island.

**RELOCATION TOOLS:**

- www.militaryonesource.com
- www.MilitaryHomeFront.dod.Mil/Moving
- www.Visitguam.org
- http://www.militaryonesource.mil/

**Vehicle Shipment:**

www.pcsmypov.com/

**GUAM QUICK REFERENCE NUMBERS:**

- Naval Base Guam FFSC: 671-333-2056
- Naval Base Guam Housing: 671-333-2081 \*Self Help, Loaner Furniture, Trouble Desk
- Personal Property: 671-333-2045/6 \*Counseling and scheduling of shipments
- PSD: 671-339-2311
- DODEA Schools: 671-339-8676/8 (Elementary-Middle)
- 671-344-7410 (High School)
- GTA (Telephones & Cable) 671-644-4482
- Docomo Pacific (Telephones & Cable) 671-635-4628

**CHECKING IN:**

Depending upon the time of your arrival, your sponsor will escort you to U.S. Naval Hospital Guam where you will have your orders stamped, receive a check-in sheet, and begin the check-in process. See also "Arrival to Guam" (page 8).

**UNIFORM OF THE DAY:**

- |                         |                  |
|-------------------------|------------------|
| <b>Officers/Chiefs:</b> | <b>E1-E6:</b>    |
| Khaki/NWU               | Summer White/NWU |
| Summer white            |                  |

**CONTACT WITH YOUR SPONSOR:** A command sponsor will assist with your transition. If you have not been assigned a command sponsor, be sure to contact the sponsor coordinator at U.S. Naval Hospital Guam (NHGuam-CommandSponsor@med.navy.mil). Any questions or concerns you may have while in transit can be addressed by your sponsor or the sponsor coordinator.

**PREPARING FOR ARRIVAL:** Talk to your sponsor about getting a reservation at the Gateway Inn on Naval Base Guam. If there are no rooms available for your arrival your sponsor can obtain a "no vacancy" sheet that will allow you to stay off base in a TLA approved hotel (see the TLA Approved Hotel Appendix C). You can stay in a hotel for up to 60 days while you arrange for housing. After this time period, you will not be reimbursed. As a reminder, it may take the military disbursement office several weeks to reimburse out of pocket expenses. We suggest that you prepare your savings account for PCS (see page 11).

**Temporary Lodging (TLA):** The purpose of TLA is to partially reimburse a member for: The more than normal expenses incurred while occupying temporary lodgings and for meals obtained as a direct result of using temporary lodgings. Typically the max allowance is 30 days but an extension of up to 60 days can be granted for extensive circumstances. [Go to http://www.defensetravel.dod.mil/site/faq/ta.cfm#Q13](http://www.defensetravel.dod.mil/site/faq/ta.cfm#Q13)



# TRAINING Requirements



## Navy E-Learning Courses \*Complete FIRST!!

These are the annual required Navy E-Learning courses by fiscal year. The \*HIGHLIGHTED courses MUST be completed in order to obtain computer access. We recommend taking those prior to your arrival. *Please feel free to complete as many courses as you are able before you arrive.*

### Antiterrorism Level 1 Awareness Training (ATFP):

(Prefix: CENSECFOR)  
(Number (suffix) (CENSEC FOR-AT-010-1.0)

### \*DoD Cyber Awareness Challenge V1:

(Prefix: USFFC)  
(Number (suffix) (DOD-IAA-V11.0)

### Privacy and Personally Identifiable Information (PII) Awareness:

(Prefix: DON-CIO)  
(Number (suffix) (DOD-PII-2.0)

### RECORDS MANAGEMENT IN THE DON: EVERYONE'S RESPONSIBILITY

(Prefix: DOR)  
(Number (suffix) (DOR-RM-010-1.1)

### Combating Trafficking in Persons (CTIP) General Awareness WBT:

(Prefix: DOD)  
(Number (suffix) (CTIP-1.0)

### Sexual Assault Prevention and Response (SAPR) Awareness Training:

(Prefix: CPPD )  
(Number (suffix) (CPPD-GMT-SAPR-1.0 )

### Diversity All-Hand Training:

(Prefix: CPPD )  
(Number (suffix) (CPPD-GMT-DAHT-1.0 )

### Driving for Life: This training is for ages 25 and below

(Prefix: CPPD)  
(Number (suffix) (CPD-DFL-01)

### The No FEAR Act: Notification and Federal Employee Anti-Discrimination and Retaliation Act of 2002/ OCHR-NFA-2.1 (Req. for Military who supervise civilians)

(Prefix: OCHR )  
(Number (suffix) (OCHR-NFA-2.1)

### Prevention of Unauthorized Commitments:

This training will provide an enhanced focus and awareness and strengthen management controls over the creation of financial obligations. Prevention of Unauthorized Commitments training is required once every two years. To receive credit, complete e-learning course via NKO.

(Prefix: OCHR NMMPTec)  
(Number (suffix) (NM-UAC-12-1.0)

### Traumatic Brain Injury (TBI ) 201:

<https://www.aas.prod.nel.traning.navy.mil>  
**CAC ONLY!!!** (Prefix: NM-MPT&E)  
(Number (suffix) (NM-12-TBI201-1.0)

### Operational Risk Management:

(Prefix: CPPD)  
(Number (suffix) (CPPD-GMT-ORMTC-1.0)

### Operational Security (Uncle Sam's OPSEC):

(Prefix: NIOC)  
(Number (suffix) (NIOC-USOPEC-2.0)

### Counterintelligence Awareness Reporting (1 hour course)

1. Go to-- <http://cdsetrain.dtic.mil/cidod/>
2. click on green launch course at bottom
3. print certificate when completed (it does not save).



## Training Cont'd from page 6

**\*Health Insurance Portability and Accountability Assurance Job Core Competencies, Go to:** <https://mhslearn.csd.disa.mil/ilearn/en/learner/mhs/portal/home.jsp> (Must complete within 90 days of reporting , then annually required [Due during your birth month])

**FEMA IS-100.HCb Go to:** <http://training.fema.gov/EMIWeb/IS/is100HCb.asp> Follow the site instructions to begin the training. PRINT the certificate as it does not save.

### **ENVIRONMENTAL MANAGEMENT SYSTEM (EMS)**

Go to: <https://bumed.ivyems.org/> <<https://bumed.ivyems.org/>>

- Click Register & fill out information
- Login with password sent via email
- Change password
- Login with new password
- Click training on left hand side
- Open PowerPoint & Read
- Click Start Training Quiz
- Answer Questions
- Print certificate & place copy in your training folder

*After you have a USNHG account access the hospital's intranet and complete the following training:*

#### **\_\_\_\_ "HIV and Me"**

<http://nh-guam-pdw/cats/training.aspx?idtraining=102>

#### **\_\_\_\_ Operational Risk Management**

<http://nh-guam-pdw/cats/training.aspx?idtraining=103>

Complete the test for both, click "check me" to see if you passed the course or not. When you have passed click on "my training page," find the training, click "view" to see and print your certificate. Turn both certificates into Staff Education and Training. If you have questions call 344-9331.

# Corpsman Only

Expeditionary Medicine Web Based Training (EMWBT). This training must be complete within the first two years from the time you enter service.

Access through NKO (using your CAC) or directly at <https://www.aas.prod.nel.training.navy.mil>. You must have an NKO account to complete this training. In the advancement search catalog description, type in "TCC," then click search.

Select and enroll in:

NMPTEC  
NM-10-EMTCCC-2.0  
**Expeditionary Medicine-Tactical Combat Casualty**

NMPTEC  
NMEMCRFS061  
**Expeditionary Medicine- Combat Related Field Skills**

NMPTEC  
NMEMNCRFS061  
**Expeditionary Medicine- Non-Combat Related Field Skills**

NMPTEC  
NMEMPATMOV061  
**Expeditionary Medicine- Patient Movement**

NMPTEC  
NEMSHIPOP061  
**Expeditionary Medicine- Ship-board Operations**



ar, and high-yield explosive) agents.\*Requires end of course evaluation for credit: EPRC Executive / Commander Course Evaluation

**Emergency Preparedness Response Course (EPRC) Clinicians Course / J30 P-US258**

This interactive web-based courseware is designed for military clinicians working in medical treatment facilities. This includes physicians, dentists, nurses, physician assistants, independent duty medical technicians and advanced EMS personnel. It provides instruction to expand clinicians' knowledge base regarding how to prepare and respond to challenges created from possible terrorist incidents that involve the employment of CBRNE (chemical, biological, radiological, nuclear, and high-yield explosive) agents.\*Requires end of course evaluation for credit: CBRNE EMPRC Clinicians Course Evaluation

**Joint Knowledge Online (JKO)**

- Ref: (1) BUMEDINST 3440.10
- (2) Navy Medicine Training Metrics
- (3) Every 3-years

Go to: <https://jkodirect.jten.mil> (requires CAC access. Replaces CBRNE)

**Emergency Preparedness Response Course (EPRC) Basic Awareness / J30 P-US261-HB-**

This course is written for the civilian employees and contractors working in medical treatment facilities. This includes office workers, house-keeping, security guards, and facility workers. All the areas of competency are to the basic level of subject and task knowledge proficiency. At the conclusion of this course, attendees will gain a basic understanding of facts and procedures related to responding to a CBRNE incident.

**Emergency Preparedness Response Course (EPRC) Executive/Commander Course /J30 P-US262**

–This interactive web-based courseware is designed for military executives and commanders working in medical treatment facilities. It provides instruction to expand the executives' knowledge base regarding how to prepare and respond to challenges created from possible terrorist incidents that involve the employment of CBRNE (chemical, biological, radiological, nucle-

**Emergency Preparedness Response Course (EPRC) Operator Course /- J30 P-US260**

This interactive web-based courseware is designed for military incident responders or operators working in medical treatment facilities. This includes non-medical clinicians / technicians, dentists and basic EMS personnel. It provides instruction to expand incident responders' knowledge base regarding how to prepare and respond to challenges created from possible terrorist incidents that involve the employment of CBRNE (chemical, biological, radiological, nuclear, and high-yield explosive) agents.\*Requires end of course evaluation for credit: CBRNE EMPRC Operator / Responder Course Evaluation /





# ARRIVAL TO GUAM

When you first step off the airplane, after you pass through customs, you will be greeted by your assigned sponsor. He/she will take you to U.S. Naval Hospital Guam to have your orders stamped, then on to your lodging accommodations.

**COLA:** Overseas COLA is intended to equalize purchasing power so that Service members can purchase the same level of goods and services overseas as they could if they were stationed in CONUS. Calculate Go to: <http://www.defensetravel.dod.mil/site/cola.cfm>

**Hotels:** You should have arranged lodging at the Gateway Inn on Naval Base Guam or obtained a "no vacancy" sheet from your sponsor that will allow you to stay off base in a TLA approved hotel.

**USO Guam:** Located in Tumon, inside the Royal Orchid Hotel 1st floor. Visit the center for a relaxing atmosphere that includes free internet, television, movies, interactive electronic gaming, and refreshments.

**Transportation:** Sponsors will help coordinate transportation. If you would like to rent a car or need assistance, purchasing a car, your sponsor can help with this as well. Shipping a vehicle is recommended. A base shuttle runs twice daily to assist single Sailors and new check ins, 5:30 a.m. to 4 p.m. (Mon-Friday only) from the branch clinic (Chapel Road NGB) and camp Covington.

**Training:** The check-in training sheet is included in this packet (see page 6,7,8) can help get you started. Begin working on training now in order to expedite your check-in process.

**Indoctrination:** Command indoctrination (INDOC) is a week-long and is required for all new personnel. The purpose of INDOC is to better acclimate you to the command and the island. During your INDOC class, you will be presented a *command sponsorship survey*. Please fill it out completely and give details on anything you feel we can do to improve our check-in process.



**At a Glance:** The U.S. Territory of Guam, is located in the Western Pacific Ocean and is an organized unincorporated territory of the United States. It is a U.S. community protected by the U.S. Constitution. The U.S. dollar is the basic currency. Guam is a strategic location in the Pacific Rim. Its location facilitates access to and from major Asian markets by being only three to four hours flying time to Japan, Korea, Okinawa, Taiwan, Hong Kong, China and the Philippines. The tourism industry is the economic mainstay.

**The Island:** Guam is the southernmost of the Mariana Islands and shares a common culture with the rest of the islands, which include Saipan, Rota and Tinian. The original inhabitants of Guam, the Chamorro people, are thought to have traveled to the Marianas from Southeast Asia.

**Climate:** Guam has a tropical climate with a temperature range from 74 to 92 degrees Fahrenheit (23 – 33 degrees Celsius). It has an annual rainfall of approximately 85 – 100 inches. Its dry season is from December to May and its rainy season is from June to November.

**Population:** Total: 159,358 (Source: U.S. Census Bureau 2010 Census)

**Language:** Guam has two official languages: English and Chamorro.

**Approximate monthly expenses for a two-person household:** Basic telephone service: \$22.50, Cable, Internet service: \$35+, Basic digital cable TV service: \$35+, Gasoline •Unleaded: \$4.97 (Super: \$5.27/Diesel: \$5.26), Mid-level home rentals: \$700 - \$1,500

**Guam Resources:** <http://www.guamchamber.com.gu/guam/resource-links>

All information is from the Guam Chamber of Commerce for more information see their website.



# Quick Reference Phone Numbers



OFFICE	PHONE	LOCATION
<b>Navy Fleet and Family Support Center</b> "Where to go when you want to know" <ul style="list-style-type: none"> <li>Welcome Aboard Packages</li> <li>Loaner-Kit s</li> <li>Counseling Service</li> </ul>	Main Office  333-2056/7 333-2057/8 333-9827/9828	Building-106 Located Behind The Old NAVFAC Compound  Building-104
<b>Housing</b> <ul style="list-style-type: none"> <li>Main Office.....</li> <li>Self Help &amp; Loaner Furniture Warehouse....</li> <li>Trouble Desk.....</li> </ul>	333-2081/2  339-5246/7184  649-9572/3	Building-3191, NBG Navy Housing Office  Building-365 773 West Marine Corps Dr Hagatna
<b>Northern Satellite</b> <ul style="list-style-type: none"> <li>Self Help Northern Navy Warehouse</li> <li>Trouble Desk</li> </ul>	355-7867  649-9572/3	Warehouse A849 South Finagayan  773 West Marine Corps Dr Hagatna
<b>Personal Property/Household Goods</b> <ul style="list-style-type: none"> <li>Counseling and scheduling of shipments</li> </ul>	333-2045/6 339-6087	Building-3191, NBG
<b>POV Shipment / Processing Office</b>	339-2205 564-2109	Building 3179, NBG
<b>Personnel Support Detachment (PSD)</b> <ul style="list-style-type: none"> <li>Pay entitlements</li> <li>ID Cards</li> </ul>	339-2311 339-3178 339-8301	Building-3191, NBG
<b>Navy Legal Service Office</b> <ul style="list-style-type: none"> <li>Wills</li> <li>Powers of Attorney</li> <li>Damage Claims on HH Goods</li> </ul>	333-2061/2	Barracks 1A First Floor, NBG
<b>U.S. Post Office</b> <ul style="list-style-type: none"> <li>Navy Side</li> <li>Civilian Side</li> <li>NCTS Post Office</li> </ul>	339-3228 564-2473 or /339-3292 355-5873	Barracks-4, NBG Barracks-4, NBG Building 133, NCTS
<b>U.S. Passport Office</b>	635-7699 Ext: 803 / 806 / 807	Barrigada Heights RT-16 Dept Of Rev/Tax
<b>DODEA</b> <ul style="list-style-type: none"> <li>Superintendent's Office</li> <li>DODEA Hotline</li> <li>McCool Elementary/Middle</li> <li>Guam High School</li> <li>Andersen Elementary School</li> <li>Andersen Middle School</li> </ul>	344-9160 344-9585 339-8676/8 344-7410/11/12 366-1511/2 366-5973	Naval Hospital, Building-100 (For Educational Issue) Naval Base Guam US Naval Hospital Andersen AFB Andersen AFB
<b>Health Care</b> <ul style="list-style-type: none"> <li>Medical Records</li> <li>Tricare Enrollment</li> <li>Naval Hospital Appointment-Line</li> <li>Naval Hospital Pharmacy</li> <li>NBG Branch Clinic</li> <li>NBG Branch Clinic Pharmacy</li> <li>USNH Information &amp; Qtr Deck</li> </ul>	344-9264 344-9777 344-9202 344-9265 339-7118 339-3017 344-9340	US Naval Hospital US Naval Hospital US Naval Hospital US Naval Hospital Barracks 6, NBG Barracks 6, NBG Naval Hospital
<b>Other services to contact</b> <ul style="list-style-type: none"> <li>GTA (telephone) Northern District Central District</li> <li>Marianas Cable Vision (Broadband)</li> <li>Marianas Cable Vision (Broadband)</li> </ul>	644-4482 644-0109  635-4628 969-4628	(Upper Tumon/Dededo) GTA Tele-Guam 24-hrs. Customer Support Center  Macheche Plaza, Dededo Ask For Agat Branch



# CHECKING OUT OF YOUR CURRENT COMMAND

The following are items that need to be taken care of while checking out of your current command and before heading to Guam. The relocation tools listed in this packet can help point you in the right direction (see page 5). **Here are the top 7 things to consider:**

**1. Overseas screening:** Overseas screenings are very important. They play the most vital role in approving your orders to Guam. If you have hard copy orders and do not complete your overseas screening in time, orders may be cancelled.

- Talk to your local Physical Exam department at your nearest Naval branch clinic or Naval Hospital location.
- Obtain the proper NAVMED 1301/1, DD form 2801-7, and NAVMED 1300/16. Complete all pertinent fields; it is very important that you do not leave any medical history out so that proper determination for your screening can be made. Your local overseas screening Corpsman can properly assist you. Keep a copy of the signed NAVMED 1300/16 by your CO, so you can complete your Check-in process and receive your pay.
- Schedule your screening appointment.
- For any additional questions, contact the U.S. Naval Hospital Guam Overseas screening program.

Oseas-nh-guam@med.navy.mil  
671-344-9356



**2. Cellular service:** Contact your current carrier and provide them with a copy of your orders. This will ensure they have one on file, notify them of your intention to cancel due to overseas PCS. Once you arrive to island you can contact your stateside carrier and cancel your contract using your government clause.

**3. Vehicle(POV):** The U.S Military will only allow for one vehicle shipment per active duty member. If you have dependents that are not military you will only be authorized to ship one vehicle. *Start making arrangements to ship your vehicle within 14 days of your PCS.* If you have transportation for up to 45 days before you PCS, it is recommended shipping your vehicle 45 days out from transfer. The average time for vehicle transfer is 45-60 days. This will cut down on any rental vehicle cost you may have once you arrive. The military **does not** reimburse rental vehicles on PCS travel. You can use the “vehicle processing center” website. Generally they require a copy of your orders and completion of their check list to ship your POV.

**4. Passports:** Active duty military members are not required to have a passport for travel to Guam, your I.D is sufficient. In your orders there are instructions to *obtain “No Fee” passports* through your local PSD for your family members, and the “No Fee” passport allows your family members to travel abroad on military orders. “No Fee” passports generally take 3-6 weeks for processing and return. Your local PSD office will be able to assist. A regular passport is needed for travel to areas in the Pacific-Asian region.

**5. Household goods:** Shipment of household goods takes on average 60 days, sometimes depending on if you PCS during the holidays, up to 90. Start working on your household good shipment as soon as possible. You can speak with your local Household goods office to get information on what you can and can’t ship through them.



**6. Pets:** Guam has very strict codes concerning pets coming to the island. We have several pet coordinators that we can get you into contact with. The current primary coordinator is:

LT Stacie Groves  
Stacie.Groves@med.navy.mil  
Smyles805@gmail.com  
671-344-9375 Work  
671-747-7443 Cell Phone

A few things you can start before getting into contact with LT Groves.

1. Ensure all vaccinations are current and up to date; LT Groves will inform you if additional ones are needed. This will save you time in back tracking. If you have a puppy start getting your PARVO Virus series completed. The PARVO virus is a very deadly virus primarily to Puppies aging from 8 weeks to 6 months. <http://en.wikipedia.org/wiki/Parvovirus> for information more information on the virus.
2. Buy an airline approved kennel for travel. General rule is that it must not be collapsible or foldable and provide enough space for your animal to turn around in.
3. Update or obtain collar I.D tags.

There are two authorized quarantine facilities on Guam. They are: Andersen Air Force Base Quarantine/Boarding Facilities (671-366-5020 or email: [chumporn.velte@andersen.af.mil](mailto:chumporn.velte@andersen.af.mil)) and Harper Valley Kennel (671-477-8380/1).

*For needed information about bringing pets into Guam please "Click" on websites below.*

- **(Andersen Pet Lodge)**  
<http://36fss.com/andersen-pet-lodge>
- **(Andersen AFB Veterinary Treatment Facility)**  
<http://phc.amedd.army.mil/organization/Pages/VtfDetails.aspx?VtfID=11&loc=GU>
- **(Harper Veterinary Hospital/Kennel)**  
<http://www.harpervet.net>
- **(Boller Veterinary Treatment Facility)**  
<http://phc.amedd.army.mil/organization/Pages/VtfDetails.aspx?VtfID=5&loc=GU>
- **(Pets On The Go)**  
[www.petsonthego.com/impguam.html](http://www.petsonthego.com/impguam.html)



**7. Financial Planning:** Most likely during your transfer, your command will require you to complete financial counseling. The most important thing to remember, with any PCS comes unexpected financial stress which can be caused due to possible lengthy hotels stays while finding a home, rental vehicle expenses, new contract expenses i.e. Phone, Cable, water, energy. Deposits and first month's rent for new leases. Many new check-ins have informed us on a survey that they wish that had known to set aside money for unexpected financial expenses.

### HOUSING

1. **Look up your allowed OHA rate** if you are going to be living off base (E-4 are eligible when barracks are at 95% and E-5 and above are eligible to live off base.) <http://www.defensetravel.dod.mil/site/ohaCalc.cfm>
2. Take your total allowed OHA rate, double that

amount. This is the estimated cost to live off base. We recommend you begin setting this aside. You can save your old deposit from previous lease in U.S. or start saving for it. The Navy does allow for advances that are paid back automatically. If you don't have to take an advance, then why would you?

3. The process for housing can not be completed until after arrival. Off base housing chits can be started upon arrival. Advanced OHA (Including Deposits and first month's rent is authorized).
4. MIHA is a one-time payment to help with expenses (Go to:) <http://www.defensetravel.dod.mil/site/ohaComp.cfm>.

[www.militaryonesource.com](http://www.militaryonesource.com)  
[www.MilitaryHomeFront.dod.Mil/Moving](http://www.MilitaryHomeFront.dod.Mil/Moving)  
<http://www.militaryonesource.mil/>



## OTHER REQUIREMENTS For Arriving on Guam

**Items for Travel:** Coming to Guam is for the most part a normal PCS transition. During the orientation, a few members have requested a list of items to bring and not to bring. This would be difficult as each individual and family has different belongings. Remember these few outlines when packing your personals.

1. The average weather temperature ranges from mid 80s to high 90s year round.
2. Most housing units on base have small garages for storage, made to fit one vehicle.
3. Housing off-base traditionally don't offer garage options, if you intend to live off base and need storage for your items, the recommendation is to start looking now for housing.
4. All AD members should be prepared and pack a full sea bag.
5. Always hand carry your orders, overseas screening, copy of page-2, and travel documents.

**Driver's License Requirements:** Active duty service members are exempt from obtaining a Guam driver's license so long as they retain a valid license from their home state. However, **their dependents must obtain a local driver's license** within 30 days of arrival.

Within 30 days of arriving, family members with a valid driver's license from one of the 50 United States or United States territory must also get a Guam drivers license by presenting their drivers license, a picture ID (other than the driver's license), and the original U.S. Social Security Card (issued by Social Security Office) at Guam Revenue and Taxation. (The Military Spouse Residency Relief Act (MSRRA) does not exempt or override dependants from having to adhere to this rule.) There is a fee of \$25.00 for a valid Guam driver's license. This license is valid for three years. Contact the DMV at (671)635-1761/2 or (671)635-7651 <https://www.guamtax.com> , Monday – Friday (except holidays) 8am- 5pm

**(POV) Registration:** A Temporary Vehicle Permit from the Revenue and Tax Motor Vehicle Division is required for you to pick up your POV. The permit is good for five days and the fee is \$5.00. *The POV Office on Naval Base Guam will not release your POV without the temporary permit.*

POV's must be currently insured, pass a Guam Safety Inspection, and must be registered with the Motor Vehicle Division before being operated on the roads of Guam. Service members are encouraged to contact their current vehicle insurance company to verify if vehicle coverage is effective on Guam.

Your vehicle must pass a safety inspection to be registered on Guam. You must have your current Vehicle Registration on hand to get a Safety Inspection. Inspection fee is \$15.00. For more information, call the Department of Motor Vehicles, Vehicle Registration Branch at (671)635-1755/56/57, Monday through Friday 8:00 a.m. to 5:00 p.m.

**TRICARE:** When you arrive on Guam, you must go to the TRICARE Service Center at Naval Hospital, located near the service desk, to enroll yourself and/or your family in the TRICARE program for this region. The TRICARE Service Center is open Monday – Friday from 8:00 a.m. to 4:00 p.m. Call (671)344-9777/9881 if you have any questions Your family must be command sponsored to enroll in TRICARE Prime.

The following documents are required at time of enrollment:

1. Copy of the sponsor's orders or command sponsorship letter to verify command sponsorship status.
2. The report of suitability for overseas assignment or message of suitability via message traffic.
3. The medical/dental/educational suitability screening for each family member. If you do not have the above mentioned information, your family may only be enrolled into TRICARE Plus.

**Contact Information:**

- Health Benefits Advisors, (671)344-9425/9032
- Enrollment Specialists, (671)344-9777/9881
- Tricare <http://www.tricare.mil/>



# ADDITIONAL INFORMATION



You can request a welcome aboard package from the **Fleet and Family Service Center** at [ffscguam@fe.navy.mil](mailto:ffscguam@fe.navy.mil). Ensure you provide your name, rate/rank, marital status, number of accompanying dependents, please let them know you have a sponsor. *Ask about their **WELCOME TO GUAM** orientation.*



Be sure to visit the **Guam Visitors Bureau** to find fun and interesting things to do: <http://www.guamvisitorsbureau.com/>

**GETTING CONNECTED:** If you decide to live off base, you are responsible for all utilities which include making all arrangements for connection as well as disconnection. If you live on base, power and water is paid for by DoD, but internet, cable television, and telephone are at the tenant's expense. Please contact the following utility providers for more information:

**Guam Solid Waste Authority**

542 North Marine Corps Drive  
Tumon, Guam 96913  
Call 671-646-3111  
8:00 a.m. – 5:00 p.m. (Mon-Fri)

**Guam Power Authority (GPA)**

(671)647-5787/648-3000  
[www.guampowerauthority.com/](http://www.guampowerauthority.com/)  
Monday – Friday 7:00 a.m. – 6:00 p.m.

**Guam Waterworks Authority (GWA)**

(671)647-7800/7803  
[www.guamwaterworks.org/](http://www.guamwaterworks.org/)  
Monday – Friday 7:30 a.m. – 6:00 p.m.

**DOCOMO (TV/Phone/Internet)**

(671)969-4628, (phone, cable and internet)  
[www.mcvguam.com](http://www.mcvguam.com)  
Monday – Friday 8:00 a.m. – 6:00 p.m. Saturday 8:00 a.m. – 1:00 p.m.

**GTA Teleguam**

(671)644-4482, (phone, cable and internet)  
[www.gta.net](http://www.gta.net)  
Monday – Friday 8:00 a.m. – 5:00 p.m. (Satellite office at the main NEX.)



<http://mwr Guam.com/>



<https://www.facebook.com/NavyMarineCorps-ReliefSocietyGuam>



<http://theguamguide.com/>



<https://www.usajobs.gov/>



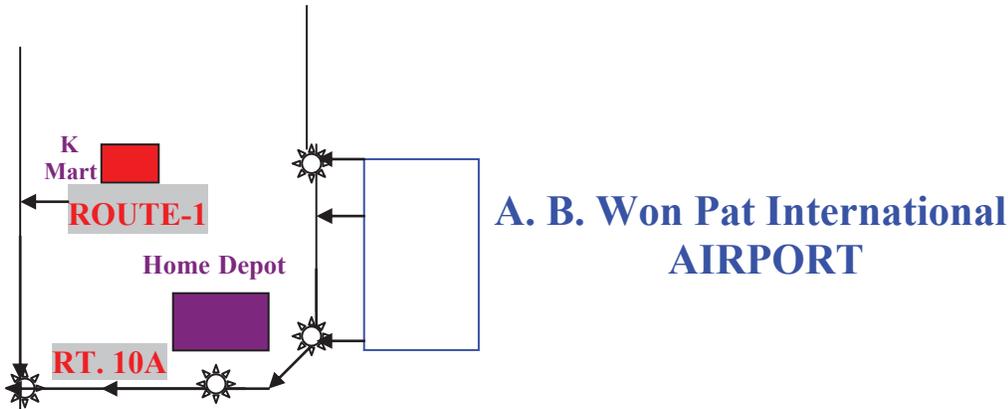
<http://dol.guam.gov/menu/job-seekers>



<http://php.guampdn.com/sites/jobfind/>



# Map from Airport to Naval Base Guam



### When leaving the Airport:

- Leaving “ARRIVALS Area” Make a **LEFT** onto **Rt. 10A**
- Follow 10A and go through 2-Traffic Lights.
- Make a **LEFT** upon the 3<sup>rd</sup> Traffic Light, You are now on **RT. 1**, “Marine Corps Highway” going South.
- Drive **STRAIGHT** on Route-1 (No-Turns), **NOTE:** You will go through 11 Traffic Lights.... Upon the 12<sup>th</sup> Traffic Light, you will see the Naval Base Guam Main-Gate.
- \* U S Naval Base Guam is located about 16 miles from the Airport 30-40 minutes drive in Traffic.

ROUTE-1 Marine Corps Highway

☼ = Denotes a Traffic Light  
Up-Dated: Dec 6, 2012

ROUTE-2A

To Agat, Santa-Rita, Umatac, Merizo, Inarajan, Talofofo, Yona, Chalan-Pago, Ordot, Sinajana, Hagatna

U S Naval Base Guam “Main Gate”



# TIME Conversion Chart

Time Conversion Table

Greenwich, England (GMT)	4/2/06-10/29/06		10/30/06-3/11/07		4/2/06-10/29/06		10/30/06-3/11/07		Samoa / Am. Samoa	+ 1 Day		+ 1 Day	+ 1 Day
	Hawaii (HST)	California (DST - PDT)	California (ST - PST)	Washington DC (DST - EDT)	Washington DC (ST - EST)	Marshall Islands / Fiji / New Zealand	Kosrae / Pohnpei	Guam / CNMI / Yap / Chuuk		Japan / Palau			
2000	10:00 AM	1:00 PM	12:00 PM	4:00 PM	3:00 PM	8:00 AM	7:00 AM	6:00 AM	9:00 AM	8:00 AM	7:00 AM	6:00 AM	5:00 AM
2100	11:00 AM	2:00 PM	1:00 PM	5:00 PM	4:00 PM	9:00 AM	8:00 AM	7:00 AM	10:00 AM	9:00 AM	8:00 AM	7:00 AM	6:00 AM
2200	12:00 PM	3:00 PM	2:00 PM	6:00 PM	5:00 PM	10:00 AM	9:00 AM	8:00 AM	11:00 AM	10:00 AM	9:00 AM	8:00 AM	7:00 AM
2300	1:00 PM	4:00 PM	3:00 PM	7:00 PM	6:00 PM	11:00 AM	10:00 AM	9:00 AM	12:00 PM	11:00 AM	10:00 AM	9:00 AM	8:00 AM
0000	2:00 PM	5:00 PM	4:00 PM	8:00 PM	7:00 PM	12:00 PM	11:00 AM	10:00 AM	1:00 PM	12:00 PM	11:00 AM	10:00 AM	9:00 AM
0100	3:00 PM	6:00 PM	5:00 PM	9:00 PM	8:00 PM	1:00 PM	12:00 PM	11:00 AM	2:00 PM	1:00 PM	12:00 PM	11:00 AM	10:00 AM
0200	4:00 PM	7:00 PM	6:00 PM	10:00 PM	9:00 PM	2:00 PM	1:00 PM	12:00 PM	3:00 PM	2:00 PM	1:00 PM	12:00 PM	11:00 AM
0300	5:00 PM	8:00 PM	7:00 PM	11:00 PM	10:00 PM	3:00 PM	2:00 PM	1:00 PM	4:00 PM	3:00 PM	2:00 PM	1:00 PM	12:00 PM
0400	6:00 PM	9:00 PM	8:00 PM	**12:00 AM	11:00 PM	4:00 PM	3:00 PM	2:00 PM	5:00 PM	4:00 PM	3:00 PM	2:00 PM	1:00 PM
0500	7:00 PM	10:00 PM	9:00 PM	1:00 AM	**12:00 AM	5:00 PM	4:00 PM	3:00 PM	6:00 PM	5:00 PM	4:00 PM	3:00 PM	2:00 PM
0600	8:00 PM	11:00 PM	10:00 PM	2:00 AM	1:00 AM	6:00 PM	5:00 PM	4:00 PM	7:00 PM	6:00 PM	5:00 PM	4:00 PM	3:00 PM
0700	9:00 PM	**12:00 AM	**12:00 AM	3:00 AM	2:00 AM	7:00 PM	6:00 AM	**12:00 AM	8:00 PM	7:00 PM	6:00 PM	5:00 PM	4:00 PM
0800	10:00 PM	1:00 AM	1:00 AM	4:00 AM	3:00 AM	8:00 PM	7:00 AM	1:00 AM	9:00 PM	8:00 PM	7:00 PM	6:00 PM	5:00 PM
0900	11:00 PM	2:00 AM	2:00 AM	5:00 AM	4:00 AM	9:00 PM	8:00 AM	2:00 AM	10:00 PM	9:00 PM	8:00 PM	7:00 PM	6:00 PM
1000	**12:00 AM	3:00 AM	3:00 AM	6:00 AM	5:00 AM	10:00 PM	9:00 AM	3:00 AM	11:00 PM	10:00 PM	9:00 PM	8:00 PM	7:00 PM
1100	1:00 AM	4:00 AM	4:00 AM	7:00 AM	6:00 AM	11:00 PM	10:00 AM	4:00 AM	**12:00 AM	11:00 PM	10:00 PM	9:00 PM	8:00 PM
1200	2:00 AM	5:00 AM	5:00 AM	8:00 AM	7:00 AM	12:00 PM	11:00 AM	5:00 AM	1:00 AM	**12:00 AM	11:00 PM	10:00 PM	9:00 PM
1300	3:00 AM	6:00 AM	6:00 AM	9:00 AM	8:00 AM	1:00 AM	12:00 PM	6:00 AM	2:00 AM	1:00 AM	**12:00 AM	11:00 PM	10:00 PM
1400	4:00 AM	7:00 AM	7:00 AM	10:00 AM	9:00 AM	2:00 AM	1:00 AM	7:00 AM	3:00 AM	2:00 AM	1:00 AM	**12:00 AM	11:00 PM
1500	5:00 AM	8:00 AM	8:00 AM	11:00 AM	10:00 AM	3:00 AM	2:00 AM	8:00 AM	4:00 AM	3:00 AM	2:00 AM	1:00 AM	**12:00 AM
1600	6:00 AM	9:00 AM	9:00 AM	12:00 PM	11:00 AM	4:00 AM	3:00 AM	9:00 AM	5:00 AM	4:00 AM	3:00 AM	2:00 AM	1:00 AM
1700	7:00 AM	10:00 AM	10:00 AM	1:00 PM	12:00 PM	5:00 AM	4:00 AM	10:00 AM	6:00 AM	5:00 AM	4:00 AM	3:00 AM	2:00 AM
1800	8:00 AM	11:00 AM	11:00 AM	2:00 PM	1:00 PM	6:00 AM	5:00 AM	**12:00 AM	7:00 AM	6:00 AM	5:00 AM	4:00 AM	3:00 AM
1900	9:00 AM	12:00 PM	11:00 AM	3:00 PM	2:00 PM	7:00 AM	6:00 AM	1:00 AM	8:00 AM	7:00 AM	6:00 AM	5:00 AM	4:00 AM

GMT	Greenwich Mean Time	Also known as Universal Time Co-ordinated (UTC) or Zulu Time. GMT is set as a world time standard because Greenwich has a zero longitude.
HST	Hawaii Standard Time	Hawaii, Atlantic and the Pacific Islands do not have Daylight Savings Time (DST).
DST	Daylight Savings Time	Also called "summer time". It is a method of advancing clocks in a global manner, in order to artificially expand the daylight hours.
PDT	Pacific Daylight Time	During "summer time", clocks in the Pacific and Eastern time zones are set forward one hour in late March or in early April and are set back one hour in late September or in early October
EDT	Eastern Daylight Time	
ST	Standard Time	Each locale in the world should have its own standard time depending on the time zone it is in.
PST	Pacific Standard Time	
EST	Eastern Standard Time	The U.S. standard time zones are the Atlantic, Eastern, Central, Mountain, Pacific, Alaska, Hawaii-Aleutian, and Samoa zones.



DEPARTMENT OF THE NAVY  
U.S. NAVAL BASE GUAM  
PSC 455 BOX 152  
FPO AP 96540-1000

Canc frp: May 14

NAVBASEGUAMNOTE 11101  
N93

23 May 13

U.S. NAVAL BASE GUAM NOTICE 11101

From: Commanding Officer, U.S. Naval Base Guam

Subj: TEMPORARY LODGING ALLOWANCE APPROVED HOTELS

Encl: (1) Approved Hotels

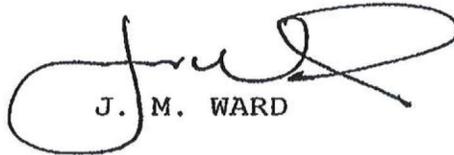
1. Purpose. To provide the current listing of Temporary Lodging Allowance (TLA) approved hotel accommodations.

2. Discussion. Enclosure (1) is the current listing of TLA approved hotel accommodations. As the TLA guidance is explicit about provisions with cooking facilities, the hotel accommodation listing provides information on hotels with and without kitchenettes.

a. Information on special restrictions of each establishment, i.e., pets, is available upon request from the Navy Housing Office.

b. Inspections of TLA approved hotels are conducted annually or as necessary to ensure compliance with cleanliness and sanitary requirements.

3. Cancellation Contingency. This notice will remain in effect until cancelled or superseded by a subsequent notice on the same subject.



J. M. WARD

Distribution:  
NAVBASEGUAMINST 5216.1B  
Lists I, II, and III  
Electronic only via the CNIC G2 Portal  
<https://g2.cnic.navy.mil/NAVBASEGUAM/Pages/default.aspx>

Copy to:  
Guam TLA Approved Hotels provided by N93



TLA APPROVED HOTELS				
HOTEL	TELEPHONE/ FAX NUMBER	LOCATION	NO. OF ROOMS W/ KITCHEN	NO. OF ROOMS W/O KITCHEN
ALUPANG BEACH TOWER	649-9666 649-9667	TAMUNING	27	0
BAYVIEW HOTEL	646-2300 646-8738	TUMON	0	148
DAYS INN	646-3297 646-3298	TAMUNING	0	46
FIESTA RESORT GUAM	646-5880 646-6729	TUMON	0	249
GARDEN VILLA HOTEL	647-0850 647-0870	TUMON	98	0
<del>GUAM AURORA RESORT AND SPA</del>	<del>646-8811 646-1403</del>	<del>TUMON</del>	<del>25</del>	<del>123</del>
GUAM HILTON RESORT AND SPA	646-1820 646-0799	TUMON	0	646
GUAM REEF HOTEL	646-6881 646-5200	TUMON	0	422
HOLIDAY RESORT GUAM	647-7272 646-0867	TUMON	5	188
HOTEL NIKKO GUAM	649-8815 649-8817	TUMON	0	492
HYATT REGENCY GUAM	647-1234 647-1267	TUMON	0	380
OCEANVIEW HOTEL	646-2300 649-0562	TUMON	67	124
ONWARD BEACH RESORT (TOWER SIDE ONLY)	647-7777 647-7793	TAMUNING	0	144
OUTRIGGER GUAM RESORT	647-3142 647-9068	TUMON	0	600
PACIFIC ISLAND CLUB	646-9171 648-2477	TUMON	0	777
<del>RAMADA HOTEL AND SUITES</del>	<del>646-3060 646-3059</del>	<del>TAMUNING</del>	<del>0</del>	<del>142</del>
SHERATON LAGUNA GUAM RESORT	646-2222 649-0426	TAMUNING	0	100
WESTIN HOTEL AND RESORT	647-0915 647-0959	TUMON	0	436



# Guam REAL ESTATE LISTING

COMPANY NAME	CONTACT #
ADA'S TRUST INVESTMENT, INC.	472-9830
AMERICAN REALTY INC.	647-6444
ARGENT ESTATES REALTY	477-6580
ARTERO REALTY	477-1985
ASIA PACIFIC REALTY	647-9809
BHI REALTY	637-7431
BLUE PACIFIC REALTY	477-1860
CALVO REALTY & MANAGEMENT CO	472-4451
CENTURY 21 COMMONWEALTH REALTY	646-5132
CENTURY 21 REALTY MANAGEMENT COMPANY	647-5003
CHALA'S INC.	646-1467
CHING LAXAMANA REALTY	633-2810
CORAL SEA REALTY	649-6086
CPC DEVELOPMENT	472-3354
DAVID PROPERTIES	646-4074
DICTA REALTY	477-3624
EDGE REALTY	646-3343
ELLEN'S REALTY	647-0888
G RICARDO SALAS REALTY	472-6260
GENERAL ENTERPRISE INC.	649-8885
GLOBAL REALTY	637-3090
GRAND HARVEST INC.	477-8701
INTERPACIFIC REALTY	477-1389
ISLE PROPERTIES REALTY	687-5028
JAKE & ASSOCIATES	477-6188
JOSE REALTY	477-1389
JOSEPH F ADA REALTY	649-9438
JPD GUAM CO INC.	649-4376
KANG ENTERPRISES INC.	646-7952
KIKUCHI REALTY	649-7690
LANDMARK REALTY GROUP & SERVICES	646-8906
L-REALTY	649-7888
MILLENNIUM III REALTY	472-2239
NANYO COMPANY LTD.	649-8461
NATIONAL REALTY	727-0072
ONESTOP PCS	797-0808
PACIFIC CAPITAL REALTY	649-4826
PACIFIC PEARL REALTY	649-7818
PACIFIC RIM REALTY	649-0677
PACIFICO REALTY GUAM	472-2228
PREMIER PROPERTY MANAGEMENT	734-7283
REALTY MANAGEMENT CO INC.	646-6604
REAL ESTATE PROFESSIONALS	647-7371
REMAX DIAMOND REALTY	479-8176
SIGNATURE REALTY	649-3117
SALAS AGENCY CORPORATION	472-6260
TITAN REALTY	649-9260
TODAY'S REALTY	649-4361
TOYO REAL ESTATE CO GUAM	649-0446
TRI EXECUTIVE REALTY	649-8740
VETERANS CHOICE REALTY	649-0725