

**Navy Medicine Readiness & Training Command  
(NMRTC)  
US Naval Hospital  
(USNH)  
Guantanamo Bay  
Onboarding Packet**



**Command Duty Phone Numbers**

DSN PREFIX: 660

(757) 458-2998 Option 1 EXT 7- 5402

**Quarter Deck: 757-458-2998 Option 1 EXT 7-2360**

**Emergency Room: 757-458-2998 Option 1 EXT 7-2690**

USNH Guantanamo Bay Website:

<https://guantanamo.tricare.mil/>

## Contents

NMRTC Guantanamo Bay Mission and Vision .....	3
NMRTC Guantanamo Bay Leadership.....	4
Commanding Officer CAPT Ramirez BIO.....	5
NMRTC Orientation .....	6
Alignment & Responsibilities.....	8
Platform Support Directorate .....	8
Warfighter Optimization Directorate .....	9
Expeditionary Medicine Directorate .....	10
<b>Prior to Checking In .....</b>	<b>13</b>
<b>Command Check-In.....</b>	<b>14</b>
<b>Checking-In .....</b>	<b>13</b>
<b>Frequently Asked Questions .....</b>	<b>14</b>

## **Mission**

Keep the Naval Station Guantanamo Bay family ready, healthy and on the job.

## **Vision**

Achieve Excellence everyday within ourselves, among our teams with our patients and partners, in our current military and medical missions and in our lives!

## **Guiding Principles**

Care, connect and train to achieve excellence among our people, and on our equivalent platforms to optimize performance.

Project medical power for superiority.

Sustain unity of effort now, to shape Navy Medicine for the next 15 years.

## NMRTC Command Leadership



Commanding Officer  
CAPT Rick Zeber, MSC, USN



Executive Officer  
CAPT Rona Green, MSC, USN



Command Master Chief  
HMCM (SS/FMF) Geoffrey Hunley



# Captain Richard G. Zeber

## Medical Service Corps

Commanding Officer, US Navy Medicine Readiness and Training Command Guantanamo Bay

Captain “Rick” Zeber, a native of Rocky River, Ohio and holds a Bachelor of Arts degree in Biology (1994, University of Toledo, OH), a Doctorate of Optometry degree (1998, The Ohio State University) and an executive MBA (2009, Navy Postgraduate School). A recipient of 1 of 2 available Health Professions Scholarships for optometry in 1994, he was commissioned as an ensign in the Medical Service Corps. He has prior enlisted service as a Navy logistics specialist, submarine qualified. He completed six patrols aboard USS Georgia, SSBN 729, during four years active duty and served an additional three years for the Navy Reserves.

Prior to assuming command of US NMRTC Guantanamo Bay, CAPT Zeber was Executive Officer at NMRTC Oak Harbor. Prior he was Commanding Officer of Naval Ophthalmic Support and Training Activity (NOSTRA) in Yorktown, VA, from 2017-2019 where he served as Navy Surgeon General’s designated representative for DoD optical fabrication program execution and production of over 3.0 million prescription eyewear. He led over 200 Navy, Army, civilian, student and contractors at the Military Health System’s largest optical fabrication lab and exclusive training activity for Navy and Army opticians. Prior executive duties include being special staff for Defense Health Agency, Medical Logistics, where he led strategic planning, development, and implementation of an initiative that optimized medical device life cycle management for the Military Health system; as Executive Officer at NOSTRA, and as Officer in Charge of Naval Branch Health Clinic, Bahrain serving NAVCENT/FIFTH fleet AOR.

At sea, Zeber deployed as medical support staff with Fleet Surgical Team 9, DESRON 23, and USS Cleveland during Pacific Partnership 2011. He directed care for one third of all services provided during the mission. In 2007, he detached to USS Enterprise during CVW 1 work ups. Earlier in his career, Zeber served Naval Aviation personnel and beneficiaries at Naval Hospital Lemoore and Naval Branch Medical Clinic Key West. He earned designation as an aeromedical officer, was the first “aerospace optometrist” at Branch Health Clinic Oceana, led Operational Medicine Department, enriched readiness programs and provided care. He was fleet liaison for Refractive Surgery Center San Diego, helped coordinate research, outpatient care, and was integral to the acceptance of LASIK for USN and USMC designated and accession aviators.

Zeber holds licenses to practice optometry in Ohio and California, is a Fellow in the American Academy of Optometry and a member of both the American Optometric Association and the Armed Forces Optometric Association. His warfare designations include Aeromedical Officer, Surface Warfare Medical Department Officer, and enlisted submarine warfare. His personal decorations include the Legion of Merit, Defense Meritorious Service Medal, Meritorious Service Medal, Navy Commendation, Navy Achievement, and Good Conduct medals.



## NMRTC Orientation

Driven by several reform efforts, the Military health System is currently undergoing the most dramatic changes seen in decades. To align with guidance from our Leaders, NMRTC GB prioritizes the focus on readiness in an effort to better position ourselves as a ready medical force. Our focus to optimize medical readiness, sustainment of expeditionary medical capabilities, and enhance training and development ensures that:

- Combatant Commanders have a **MEDICALLY READY** fighting force, Ready to “Fight Tonight.”
- Combatant Commanders have a **READY MEDICAL FORCE**.
- Ongoing training offered:

- Tactical Casualty Combat Course
- Basic Life Support
- Advanced Life Support
- Advance Life Support in Obstetrics
- EKG
- Neonatal Resuscitation Program

- Pediatric Advanced Life Support
- S.T.A.B.L.E.
- EMT/EMT Recertification
- EVOC
- Hospital Corpsmen/Basic Dental Assistant PQS
- Hospital Corpsman Basic Skills Program

## Six Equities to Meet Medical Mission

1. Command and Control of Navy Medical Military Personnel
  - Navy will retain command and control of the uniformed medical force, to include authority to assign and deploy personnel in support of operational missions.
  - NMRTC CO will be dual hatted as MTF Director.
  - Directs allocation of military personnel to place Sailors where they can best maintain their operationally-relevant skills and competencies.
2. Agility to Rapidly Deploy Medical Personnel
  - Authority to assign and deploy personnel in support of operational missions while working with DHA to mitigate personnel impacts within the MTF.
    - Emphasis on readiness.
    - Fight tonight = save lives tonight.
3. Command Structure through the Navy
  - Maintain good order and discipline
  - Build on Sailorization
  - Maintain Navy lifelines to navy Medicine MILPERS

4. Single Navy Medicine POC to Fleet/FMF/Installation Line Commanders
  - Surgeon General / Chief of BUMED will remain the single POC to the Department of the Navy on “all things medical.”
  - NMRTC-GB serves as the single medical POC on installation in support of Fleet, FMF, and installation line commanders.
5. Control and Oversight of Resources
  - Maintain staff to perform necessary financial and resource management functions to support budget development and execution for command and associated AD platforms specific to readiness missions.
  - Accountability for the readiness metrics as defined and developed.
  - Execute the Readiness Performance Plan (RPP) as the predominant focus of the DHA’s Quadruple Aim Performance Process (QPP).
6. Flexibility in MTF Operations to Support OPTEMPO
  - Ensure that operational forces are provided timely access to quality care, facilitating the highest state of medical readiness for deployment of operational forces.
  - Serves as primary POC between MTF and operational unit Senior Medical Department representative, 24 hours a day, and 7 days a week to ensure that medical needs of the Operational Forces are met.



## NMRTC Directorate Alignment & Responsibilities

### Platform Support Directorate

#### Responsibilities

- Responsible for administrative matters related to human capital and total force management in support of NMRTC platforms and supported command stakeholders
- Executes the Commander's intent via oversight and technical assistance for the effective and efficient management of military and administrative operations of the NMRTC

#### Roles & Functions

- Administers relevant Navy command programs included within command inspection areas of review by the Navy Inspector General
- Coordinates and directs policies and procedures related to NMRTC administration
- Manages the preparation, tasking, and response process from higher authority to subordinate units
- Responsible for liaison with medical services in management of the operational forces

#### Departments

- Human Resources
  - Manpower
  - Personnel
  - Operations Support Office
  - Reserve Component Support
- Logistics
  - Procurement
  - Equipment Management
  - Building Management
  - Materiel Management
- Mission Assurance
  - Operations Management
  - Security
- Operational Analytics
- Information Management
  - Operational Integration of Virtual Health
  - Digital Initiatives

### Warfighter Optimization Directorate

#### Responsibilities

- Organizes its operations and maintains focus on proactively monitoring and executing measures that optimize the readiness of the warfighting and operational forces
- Serves as the single POC for all medical activities to supported commands throughout the AOR

#### Roles & Functions

- Primary directorate housing clinical and non-MTF NAVMED specialty assets
- Provides installation support and responsible to optimize health, performance, and resilience of operational forces
- Focused on meeting the tailored-medical readiness needs of the Operational Units

#### Departments

- Mission Optimization
  - Non-MTF Engagement
  - Training for Non-Medical Personnel



- Warfighter Resilience and Wellness
  - Mental and Psychological Health of the Warfighter
  - Substance Abuse and Rehabilitation Program
- Operational Force Readiness
  - Medical Readiness Center
  - Warrior Optimization Coordinator
- Force Health Protection
  - Industrial Hygiene
  - Occupational Medicine
  - Occupational Safety
  - Occupational Hearing and Audiology
  - Preventative Medicine
  - Dental Services
  - Immunizations Status (IMR Specific)
  - Installation-Specific Needs Support
  - Veterinary Care (if present at command)

## Expeditionary Medicine Directorate

### Responsibilities

- Maintains focus on monitoring and maximizing the readiness of the medical force

### Roles & Functions

- Proactively manages platform and individual readiness, continual oversight and coordination by the plans, operations, and medical intelligence (POMI) office
- Proactively integrates with force development, unit leadership, and MTF placements

### Departments

- Currency and Readiness
- Platform Readiness
  - NAVMED's Augmentation Program (NMAP)
  - Readiness Reporting
  - Partnership Integration
- Force Development (for commands without a GME program)
  - Staff Education and Training (SEAT)
  - Professional Military Education
  - Independent Duty Corpsmen (IDC) Program Management



## Prior to Checking into NMRTC Guantanamo Bay

Privileged providers and clinical support staff (nurses), contact your current credentials coordinator and ensure that your credentials are up to date.

Ensure that a Performance Appraisal Report is completed at least 30 days prior to PCS.

Request that your record be transferred to NMRTC GTMO UIC: N61564. 30 days prior to your PCS date.

Once your record is PCS'd to NMRTC, please complete your application as soon as possible.

### Navy Medicine Readiness and Training Command

#### Credentials POC is:

[edwin.c.hanson.civ@mail.mil](mailto:edwin.c.hanson.civ@mail.mil)>

Mr. Edwin Hanson

(757) 458-2998 Chose Option 1 dial extension 7-2258

You should have the below certifications complete with, from report date, at least 180 days remaining before expiration:

- BLS
- ACLS
- PALS
- ATLC
- TNCC
- NRP

Be prepared to provide below training certificates completed within the current fiscal year:

- HIPAA and Privacy Act Training Certificate
- DOD IA Cyber Awareness Challenge Certificate
- DON Annual Privacy Training Certificate
- OPSEC for Navy and Marine Corps SYSCOMS Certificate

Refer to BUMED INST 1500.15F for information on any of the above requirements



## Command Check-In: Actions & Sign-offs

Check-In/sign-offs are due 30 days after Check-In Date

CHECK-IN/OUT ITEM	NOTES
Human Resources	Alpha roster, ID Badge, Travel Claims, Family Care Plan, NFAAS, EMPARTS, CIAC, Awards & E-Leave
*Urinalysis Coordinator	*Within <b>72 hours</b> of arriving on island* Alternate POCs: HM1 Addo in DSS or HM2 Sampedro in PCC
*PRT Coordinator	*Within <b>5 days</b> on board* Must be in PT Gear (or contact your directorate ACFL)
H5/H5A Housing	Ask sponsor for guidance
BOQ/CBQ/Housing	Ask sponsor for guidance
Manning Manager	This must be completed before checking in with DMHRSi coordinator.
Emergency Management	*Life Safety Training must be completed within <b>72 hours</b> of arriving to CMD. Live Process group removal. Emergency Codes
Security Management	For clearances
Physical Security	AOR Specific Brief
MID	User name:
DMHRSi Coordinator	Hours 1300-1600, Check in with Manning Manager first
SEAT	Located past optometry, exit the building, first door on left CMD INDOC date will be annotated below. Bring Individual Training Record, Resuscitative medicine certification, HMSB, HMPQS, TCCC, STABLE, NRP, ICS-100, etc.
PT Admin - Med Records	Bring Medical Records, copy of orders, ID
PT Admin - TRICARE	Bring a copy of orders and dependent entry approval
PT Admin - HIPAA	Bring copy of current HIPAA training
PCC - Readiness	Check-in with medical records and Tricare first
PCC - Secure Messaging	Check-in with medical records and Tricare first
PCC - Immunizations	Check-in with medical records and Tricare first
DENTAL	Bring dental records and ID
CMEO	
Senior Watch Coordinator	
Watch Coordinator	
HM/BDS PQS Coordinator	
Career Counselor	
Enlisted Mentorship	
Patient Safety	Quality Management Suite
Safety Officer	

Occupational Health	Bring 5100 from your Department's Safety POC
Postal Keys/Pagers	Front desk as you enter. Pagers if required
Scrub Card	Make an immediate left as you enter building
Key Issuance	As determined by COC
CMD Financial Specialist	
Fiscal	DTS (Hours 1300-1600), SLDCADA, DMHRSi.
Equipment Manager	Previous & New Dh/Directors needs to be present
Legal/ Ethics Officer	Officer does shift work, call first
Command DAPA	POCs: H1, LT Smith and HM2 Clark
Credentials	Providers, TAD,RN
New Provider Orientation	Providers, TAD
PT Admin - Coding	Providers, TAD
PT Admin - LIMDU Smart	Providers, TAD
Referral Management	Providers, TAD
Pharmacy	Providers, TAD
Radiology	Providers, TAD
Operations Management	Providers, TAD
Emergency Dept.	Providers, TAD
JTF Badges	AS APPLICABLE



## Checking into NMRTC Guantanamo Bay

### Reporting In

Check in with Human Resources by way Quarterdeck.

1. Check-in uniform:
    - a. Uniform of the Day
  2. Service members must have:
    - a. Original orders
    - b. Service Record
    - c. Health and Dental Records
    - d. Valid Active Duty ID
    - e. Hotel receipts if Inns of the Corps had no availability.
    - f. Tax Receipts
-



## Frequently Asked Questions about Guantanamo Bay

### 1) Can I buy a car there?

Yes. There is a very limited market of used vehicles sold by other residents. Newer vehicles are rarely available for sale on the island. Most cars you will find are above Kelly Blue Book Value and are described as GTMO Beaters. While there are cars to purchase, availability may vary and finding exactly what you want when you want can be challenging. Some people connect to FB GTMO Buy & Sell before arriving to shop in advance.

5speed truck  
\$2,500 · 📍 95210

MESSAGE

GTMO's finest haven't had any issues since purchased. No keys, push to start 🤖 comes with kill switch, Power windows - you just gotta use your arms for the power 😂 no AC so don't ask, 25\$ fill up last almost a month. All gears shift perfectly no issues tired are good. If you want convenience and reliability come check it out. Available September 15

\$5,500 · 📍 78204

This is a perfect GTMO Vehicle, has A/C, perfect for your dive gear and your buddies as well as driving around. It has over 153000 miles and the tires are less than two months old.

PM if interested



### 2) Can I bring a car?

If you are authorized within your orders to bring a vehicle it is very important that you prepare early in order to have the necessary paperwork to transport your vehicle to NSGB from the US Port, Blount Island Jacksonville Florida. (There are numerous vehicle processing centers throughout the U.S. but ultimately your vehicle will move through PORTUS Jacksonville. Vehicles shipped from locations other than JAX will take longer to arrive.) If your paperwork is incomplete or incorrect, your vehicle may not ship and you will have to make corrections remotely or get a power of attorney for someone to act on your behalf to get paperwork corrected or retrieve your vehicle.

You must have an original title. If there is a lienholder you must have a note, on letterhead, from the lienholder authorizing movement of vehicle to NSGB. Navy Federal Credit Union has NSGB branch and will provide authorization for movement for vehicles for which it is lienholder. It may be very difficult to find other lenders who will allow you to move a vehicle for which they hold interest, to NSGB. If you do not have an authorizing letter or a free and clear title, your vehicle cannot be transported.

If your vehicle is financed you will need to contact your lender to receive permission to ship your vehicle. It is recommended you begin this process several months in advance as it can be a lengthy process.

Before you can transport your vehicle you must have proof of insurance. Once on island there are only a couple of insurance options but compared to most US locations, the cost is relatively low. An auto insurance option for military members is USAA.

Brad Doolittle, bdoolittle@portus-us.com Office: (904) 751-1845/8801 Cell:(904) 838-2319, is the direct contact at the PORTUS facility at 8998 Blount Island Blvd. Jacksonville, Florida 32226. If you are processing your vehicle through Jacksonville directly, you do not need an appointment but you must be at the facility no later than 1500. You are advised to arrive as early as possible as the facility stops processing paperwork at 1600 and you must be escorted into the port authority to complete inspection and paperwork.

When you arrive call the above number for escort. After your car is processed for transport, you will be provided a ride to the gate where you can call a hired car or cab.

All other vehicle processing centers do require an appointment. Read the [DoD Transportation Regulation Part V \(https://www.ustranscom.mil/dtr/part-iv/dtr\\_part\\_iv\\_toc.pdf\)](https://www.ustranscom.mil/dtr/part-iv/dtr_part_iv_toc.pdf) for complete instruction about preparing your vehicle for transportation.

For more information regarding POV shipment please refer to <https://www.pcsmypov.com/> .

### *3) Is premium gas and diesel fuel available?*

Premium gasoline is unavailable on island; the only gasoline available is mid-grade 89 octane. Diesel fuel is available for purchase at one gas station.

### *4) Are auto parts available to repair my vehicle?*

The island has a small auto port and some parts are available however, most parts will have to be ordered online and fall into the two to four week shipping time. There is also an auto skills center so you can conduct maintenance and repairs once you have completed a mandatory safety class taught at the auto skills center.

### *5) Is there public transportation?*

Buses run from 0500-0200 on the hour with multiple bus stops on the base to get around. However, it is recommended to bring a vehicle for your convenience and while on duty, if required.

### *6) Cellphone service, Internet service and Cable TV?*

T-Mobile is the **ONLY** cell phone provider on Naval Station Guantanamo Bay. If you are currently not a customer it is recommended to switch providers, **prior to arrival**, to minimize any lapse in service. If you are unable to switch prior to arrival there is a small kiosk available at the Navy Exchange that can assist you, however phone stock may be limited.

Internet services are provided by VIASAT GoWifi. Free Wi-Fi is available at many popular locations around base. For a full listing of services and prices please refer to <http://gowifinavy.com/nsgb/housing-information.aspx> as it provides information for base housing as well as barrack dwellings. All housing is equipped with cable boxes that may be set up upon arrival, online or by phone, even if required to ROM.

Cable TV Services are provided on base by Phoenix Cable Monthly plans can be obtained upon arrival. Many popular streaming applications can be used via Wi-Fi, but please bear in mind that some features and channels may be unavailable due to geographical service limitations.

### *7) What should I bring to wear?*

You are authorized to PCS travel to NSGB in civilian attire. It is recommended to have your full sea bag at all times. It is also recommended to have appropriate civilian attire with the weather in mind. It is consistently in the 90's to 100 degrees with high humidity year round. Cold weather gear is not normally worn and dress whites are the prescribed dress uniform throughout the year. Light sweaters and over jackets may be appropriate for indoors for some who feel strong contrast between outdoors and air conditioning.

### *8) What should I expect at the Navy Exchange?*

The Navy Exchange here on Guantanamo Bay serves as both the exchange and commissary. Produce, dairy, and fresh meat are all subject to shortages due to transportation. You may not find some of your favorite items but you can special order items just keep in mind shipping times vary. Inside the exchange you will also find a uniform section however, you may want to stock up on hard to find ribbons and medals prior to arrival. If you have favored items, you may want to ask your sponsor if they are available here. If not you may consider having an ample supply as shipments from the US typically take at least 2, usually 3 weeks. Special dietary items i.e. grain-free, dairy free etc. are not as available here, if at all. Note this is true for special diet pet foods as well, especially for cats.





9) *What bank services are available?*

Community Bank by Bank of America is available and can handle all transactions; Navy Federal Credit Union also has a branch but does not conduct cash transactions. You can purchase money orders from Community Bank or the United States Post Office on base and they will refund you the cost of the money order provided you give them your receipt.

10) *What religious services are available?*

The NAVSTA chaplains provide for 2 services and multiple others coordinated through volunteers. *Please refer to <https://www.facebook.com/NSGuantanamoBay/> for posted service times.*

11) *What is there to do on base?*

There is a robust Morale Welfare and Recreation program on base that provides a plethora of activities. For more information be sure to download the NSGB MWR app which can be found on the apple store and google play store. The base has two outdoor theaters which show free movies daily, 24 hour gym, recreational sports leagues, mini golf, batting cages, bowling alley, diving, automotive skills center, art and crafts shop, wood shop, light house museum, hiking trails, play grounds, pools, splash pad, and multiple beaches for your enjoyment. More information can be located at <https://www.facebook.com/MWRGTMO/>



*Glass Beach*



*Girl Scout Beach*



*Ferry Landing Beach*

## 12) Legal Services on island?

NAVSTA legal assistance is located at BLDG 760 and is available to provide legal assistance Monday - Friday from 0800-1500 with lunch from 1100-1300.

## 13) Are there veterinary services on base?

Household pets (dogs and cats only) may be brought to NSGB by accompanied personnel, military or civil service/DoD who are PCSing. Unaccompanied personnel are not authorized to bring pets. There is a maximum of two pets per sponsor/household.

Pet transportation is at owner's expense and is accomplished via AMC. As of January 2021, the AMC pet fee is \$125.00 for pets less than 70 lbs. including the weight of the crate. If pet and crate weight more than 70 lbs., the fee is \$250.00. Pet Health Certificates obtained no more than 10 days prior to travel are required. Limited veterinary services are available and local canine units have priority. Please ensure you bring enough medication for your pet to lessen any potential problems that may occur due to shipping times.

If you are bringing a pet, you are strongly encouraged to talk with your sponsor to obtain the complete list of prerequisites for bringing your pet as soon as your orders are official. You may also call the Veterinarian at (757) 458-2212 or 2101.

## 14) How does travel on and off base work?

All travel on and off of Guantanamo Bay is done via space available (Space-A) and seats are prioritized by category. There are multiple flights a week but mainly Tuesdays and Friday. You will need to review the flight schedule that is disseminated to staff prior to leave consideration. During peak times it is very hard to get off island. The option to bring friends and family is available but requires some time and administrative paperwork to process background screenings for travel approval. Please visit Guantanamo Bay Passenger Terminal Facebook page, under notes you will find a frequently asked questions page that may answer a variety of your questions.

### **Space-A Travel Categories & Priorities:**

- Cat. 1:** Active Duty personnel on Emergency Leave  
Civilian personnel on Emergency leave
- Cat.2:** Active Duty w/dependents on EL or Env.Mor.Lv.  
Civilian w/dependents on EL or Env.Mor.Lv.  
DOD teachers during school year
- Cat.3:** Active duty personnel on regular leave  
Active Duty personnel on special liberty (3-4 days)  
House hunting no cost TAD  
Special Liberty
- Cat.4:** Dependents w/o sponsor on Emergency Leave  
DOD teachers during summer break  
Dependents with Dependent Verification Letter  
Dependents of Deployed Service Members

### **Space-A Travel Categories/Priorities (cont.)**

- Cat. 5:** No Cost TAD orders  
Dependents with Visitor Pass  
Dependents traveling w/o their sponsor, and  
"NOT" using EML (1 trip per year)
- Cat. 6:** Retirees with "BLUE" ID card  
Reservist with DD FORM 1853  
(Retiree dependents MUST travel with their sponsor!)
- Cat. 6.5:** GTMO passengers & residents with Space-A travel eligibility letter.

## 15) Where will I live?

Your housing is determined by whether or not you are accompanied or unaccompanied.

Accompanied personnel will reside in one of the many single family housing. The installation housing office can provide you with information about housing and once they are able to project where you will be assigned can provide you with information about the neighborhood and units. The housing office provides complete packets with information about pets, unit amenities, storage etc.

Contact the base housing office when you are in receipt of official order to ensure your name is on the housing list and to receive all forms you will be required to complete before you can be placed. Housing Office, General Information: (757) 458-4172. Family housing: (757) 458-4174. Unaccompanied: (757) 458-5144.

Unaccompanied E4 and below will reside in H-5, H-5A, or Marine Hill. These rooms are shared with another service member of similar pay grade. Marine Hill barracks provide residents with a stovetop for personal use. H-5 and H-5A residents also share a room with one other service member. These barracks have a community kitchen that is utilized by the entire building. All rooms are air conditioned and come with a bathroom/ shower, fridge, separate beds, wall locker, desk, and chair.

Unaccompanied E-5s will reside in East Caravella. You will have your own room but you will share a house with one other roommate of similar pay grade. The house will include a full size kitchen, dining room, living room, washer/dryer and 1.5 bath.

Unaccompanied E-6 and Above will reside in the Bachelor Officer Quarter (BOQ) each room is similar to a one bedroom apartment with amenities such as a full kitchen, dining area, and living room.

**E-4 and below Technicians that are required to stand duty and do not have a personal vehicle will be assigned berthing in H5 on the hospital campus grounds to alleviate any possible duty conflicts caused by transportation.**



[East Caravella: E4-E5]



[H-5A: E4 and Below]



[Marine Hill: E4 and below]



[BOQ: E6 and above]

*16) Are there any storage units available for rent?*

Unfortunately there are no storage units available to rent so it is recommended to bring necessities and store non-essential items. Long term storage is authorized for personnel PCSing to NSGB.

*17) What is the duty schedule like?*

Enlisted techs can expect weekly duty depending on your department these duties usually consist of being on call for emergencies. If you have further questions reach out to your sponsor to get you a point of contact for your specific NEC. Non techs will stand Mate of the Day watch when on duty, currently there are 8 duty sections which is subject to change by the senior watch bill coordinator. Your individual duties assignments will be dependent on your section leader.

*18) Will I be afforded the opportunity to utilize tuition assistance?*

Yes, however keep in mind that the latest tuition assistance policy requires you hit your two years of service mark prior. Higher education is highly encouraged for all Sailors and many opportunities via Navy COOL and USMAP can be used to earn certifications. For more information please refer to NAVADMIN 114/19 for TA policy, and <https://www.cool.navy.mil/> and <https://usmap.netc.navy.mil/> for certification opportunities.

*19) How long does mail take to get there?*

Mail generally takes on average two to four weeks to arrive. You can order from many online sites just keep in mind mail time may be longer than site estimated delivery dates. Other possible issues you may encounter are size and shipping location restrictions.

*20) Where can I find information about the elementary, middle school, high school and homeschooling?*

W.T Sampson School houses pre-k to high school and is located behind the windjammer pool. For more information please reach out to the school liaison officer at [usn.gtmoslo@mail.mil](mailto:usn.gtmoslo@mail.mil) or the hospital ombudsman at [ombudsman.usnh.gtmo@gmail.com](mailto:ombudsman.usnh.gtmo@gmail.com) also available on FB at <https://www.facebook.com/ombudsmannsgb/>

*21) Are there any restaurants on base?*

There are a few dining options on base.

Bay View Restaurant: Hosts brunch on Sundays and the very popular Mongolian night on Thursdays. The Bayview is also home to Ricks Lounge (Officers Club) and the Tiki Bar with food available at all 3 establishments.

Spinz & Bombers: is located inside the bowling alley and serves breakfast dishes, pizza, burgers, salads, and Mexican food.

McDonalds: Conveniently located next to the Navy Exchange and serves all of your favorites. They are open late and have a drive thru to serve breakfast, lunch, and dinner on the go.

Subway: There are three subway locations on base, the largest one being right outside the Navy Exchange. For residents convenience there is one located inside the Marine Hill Mini Mart, and Leeward Air Terminal and all locations serve everything you're accustomed to back home.

Blendz: While not a full food establishment they provide protein shakes and smoothies inside the gym and have multiple toppings and ingredients to make the perfect drink for you before or after your work out.

Gold Hill Galley serves breakfast, lunch, and dinner to all patrons. The facility has a sandwich bar, speed line, and main line to meet all of your nutritional needs.

Leeward Galley serves breakfast, lunch, and dinner to all patrons on the Leeward side of the base.

Hospital Galley: Serves breakfast and lunch M-F and has brunch from 0800-1100 on Saturday mornings. It has been dubbed “best galley” on base, although there are only three available. Nonetheless, it has been ‘unofficially’ called the peoples’ choice.

Windjammer/ O’Kelly’s / Uptown Pizza: This location has daily lunch specials and serves multiple items ranging from pasta to Jamaican food. Inside you will also find an Irish pub and a pizza delivery service from which you can order in the comfort of your dwelling.

Navy Exchange: The Navy Exchange has a very small deli section that will make fresh sandwiches, they also have rotisserie chickens and chicken wings available on the hot holding rack by the meat section of the commissary.

Last but not least there are a large number of cottage foods (home food businesses) that have varying schedules and menus to satisfy your cravings. These listings can be found on the Facebook GTMO Buy & Sell page as well as GTMO Connection. All home businesses are registered on base and are given annual food safety training prior to operation. Many home businesses are here: <https://www.facebook.com/groups/gtmo.souvenirs.eats.arts.services>

## 22) How do I reach our OMBUDSMAN?

For emergencies, you may reach the USNH GB Ombudsman 24/7 or for non-urgent needs Monday through Friday during regular working hours. (757) 933-7938 or email at: [ombudsman.usnh.gtmo@gmail.com](mailto:ombudsman.usnh.gtmo@gmail.com)

## 23) What opportunities are available at U.S. Naval Hospital Guantanamo Bay?

Leadership opportunities. Demographically two thirds of the command is junior, first term Sailors. You will have the opportunity to mentor and train tomorrow's leaders.

Due to the unique location and high turnover rate there are many available collaterals that may not be accessible



at other commands such as DAPA, diversity, public affairs, program managers. U.S. Naval Hospital Guantanamo Bay also has a robust Motivator of the Month, Sailor of the Quarter/Year, and Meritorious Advancement program for career progression. If you have any questions, do not hesitate to reach out to your sponsor. We look forward to welcoming you to our team!

Directorate Clinical Support Services (Pharmacy, Laboratory, Physical Therapy, Radiology)



Directorate Surgical Services (Operating Room, Orthopedics)

All Hands Training



Code Purple Drill



Directorate Dental Services

Prophylactic Training



Health Fair



Directorate Medical Services (Optometry, Emergency Room, Primary Care, Behavioral Health)





Directorate Public Health (Occupational Health, Preventive Medicine, Industrial Hygiene)



Directorate Nursing Services (Multi Service Ward, Home Health, Patient Safety)



Directorate for Administration (Human Resources, Operations Management, Materials Management, Patient Admin, Safety, Staff education and Training, Nutrition Management)

