

Welcome to Naval Hospital Camp Pendleton



Committed to
“Serving Those Who Serve”



DEPARTMENT OF THE NAVY
NAVY MEDICINE READINESS AND TRAINING COMMAND
BOX 555191
CAMP PENDLETON, CA 92055-5191

1700
SM00
31AUG2021

Dear New Staff:

Welcome to Navy Medicine Readiness and Training Command (NMRTC) Camp Pendleton! We received a copy of your permanent change of station orders and are looking forward to you joining our staff. I am confident that you will enjoy your tour here! Your sponsor will assist you in getting settled.

NMRTC Camp Pendleton is located near the main gate and our Branch Health Clinics are located throughout the Marine Corps Base Camp Pendleton, Port Hueneme, California, and Yuma, Arizona. If you are working at the main hospital, the most convenient route for new arrivals is via Interstate 5. You will see signs to Camp Pendleton on the Interstate as you approach Oceanside, California. Once aboard Camp Pendleton, proceed through the gate and the hospital is on your right.

Please visit our website: <https://camp-pendleton.tricare.mil/About-Us/Staff-Information>, which will provide you with all of the Welcome Aboard information you will need for a smooth transfer. You will also be receiving a letter from your sponsor, who can assist you with any additional information you may need. In the event you are unable to contact your sponsor; please contact the Command Sponsor Program Coordinator at DSN: 719-3460 or COMM: (760) 719-3460, or e-mail: usnpendleton.navhospcampenca.list.sponsor@mail.mil.

There is also a new Navy application called "MyNavyFamily Application" which you may find useful during your transition. This can be found in your app store on your phone. Please take a moment of your time to download this application today.

We look forward to your arrival and excited for you to join our Staff! I want this to be your most rewarding and fulfilling duty station for you and your family.

Sincerely,

A handwritten signature in black ink, appearing to read "P. F. Roberts", with a long, sweeping underline.

P. F. ROBERTS
Captain, Medical Corps
United States Navy
Commander

Welcome to Naval Hospital Camp Pendleton, I am the Family Readiness Officer (FRO) part of the Family Readiness Command Team that will assist your family.

Led by the Commanding Officer (CO), the Family Readiness Command Team is responsible for providing guidance and support to Sailors and their families in the area of family readiness. Members of the Family Readiness Command Team include: the CO, the Executive Officer, the Command Master Chief, the FRO, the Assistant FRO, the Ombudsman, Family Readiness Assistants and the Chaplain.

The FRO is a special staff officer for the CO who provides oversight and coordination of all aspects of the family readiness program for the Family Readiness Command Team, to include all official communications and events for all members of a Sailors family.

We have many years of military spouse experience and have experienced the ups and downs that come with being part of a Navy family. As a team, we look forward to providing assistance that you might need during your time at the new duty station.

You may contact me through the phone or e-mail, information included below. You may also find the MyNavyFamily Application useful during your transition down load it today.

Once again, I look forward to meeting you during the command orientation and/or during command functions.

Sincerely,



Raphael Sanchez
Command Family Readiness Officer
raphael.sanchez.civ@mail.mil
760-719-3101 Office

Ombudsman
760-421-9816 Command Cell

Before your travel

Plan Your Move Wisely

Request a sponsor. You may e-mail usn .pendleton.navhospcompenca.list.sponsor@mail.mil or contact the Naval Hospital Camp Pendleton Command (NHCP) Sponsor Coordinator at (760) 719-3118/ DSN 719-3118.

Important Telephone Numbers. Gather important telephone numbers that will be needed at your next duty station, such as your sponsor's home/work number, base information, etc.

Household Goods. Call the Household Goods/Transportation Office from your base for an appointment with a counselor to arrange for shipment of personal property.

Housing. Notify your landlord, rental agent, or Housing Office of your move due to Permanent Change of Station (PCS). You may need to provide them with a copy of your orders as a notification and to be eligible for the military clause in your lease.

Plan Ahead. Begin a calendar for your move. Set timelines to help you organize your things. Include items to remember: housing availability, school records of children, ID cards, change of address card, temporary lodging, etc.

Budgeting. Start budgeting for your move. Call your Finance Office or Personnel Service Detachment (PSD) to discuss your travel pay options.

Travel Arrangements. If you will be traveling by plane, train, or automobile, make travel arrangements to include: dates, time of departures, auto-map, trip-tickets, etc.

This is, by no means, everything that you will have to remember, but will give you a helping start.

Important Document/Hand Carry

Carry your important documents (orders, ID cards, passports, traveler's checks, medical and dental records, service records, etc.) with you. Do not pack any of your important documents in your luggage or household goods.

Your New Command Address:

Naval Hospital Camp Pendleton
Attn: Rank and Full Name
Box 555191
Camp Pendleton, CA 92055-5191
Quarterdeck phone: (760) 725-1288/1289/1290

Address for Navigation Systems:

200 Mercy Circle
Oceanside, CA 92055

Directions to NHCP from San Diego County

Take Interstate 5 North to the Camp Pendleton exit (54B). After passing through the main gate of the base, continue on Vandergrift Blvd. for 0.6 miles. Hospital is located on the right side of the road.

Traveling from San Diego International Airport to/from Camp Pendleton

San Diego Express Shuttle

24-hour service, 7 days a week, for more information call (800) 900-RIDE (7433).

Amtrak Rail

(800) 872-7245 (Recording) Take local bus to Amtrak Station. The price is approximately \$15.90 one way to or from Oceanside; \$25.90 round trip including 10% military discount (prices may fluctuate depending on season).

United Service Organization (USO) San Diego

The USO is located in Terminal #2 of the San Diego Airport and is open from 0600 – 0000, 365 days a year. The USO is a non-profit, civilian operated organization with tremendous support and operates worldwide in more than 160 locations. The facility boasts of a television lounge and sitting area, video games, movies, transportation assistance (referral to shuttle services to Camp Pendleton), directions, complimentary snacks, and refreshments. The USO assists with transportation from the Airport to anywhere in Camp Pendleton. From Airport, pick up is at USO (Terminal #2) approximately \$20.00 one way to anywhere aboard the base. Six pick up times Monday thru Sunday: 1000, 1200, 1600, 1930, 2300, 0030 (Outside of USO) for more information call (619) 296-3192.

United Service Organization (USO) Los Angeles

The LAX USO offers information and referral services to Active Duty personnel, their family members, and retirees. They have specific information regarding the bus and train schedule to Camp Pendleton. For more information on services provided by LAX USO call (310) 645-3716.

Check-in Procedures

1. You must be in appropriate Dress Uniform.
2. If you arrive to NHCP during normal business hours, Monday-Friday, 0730-1600, report to the NHCP Quarterdeck (760)725-1288/1289/1290, 1st floor lobby, to have your orders endorsed. Then proceed to Human Resources Department (HRD), Room 4202, 4th floor for further check-in procedures.
3. If you arrive on a weekend, holiday or after normal business hours, report to the NHCP Quarterdeck to have your orders endorsed and report to Human Resources Department on the next business day.
4. Ensure your ORIGINAL COPY set of orders are stamped by the NHCP Quarterdeck staff.
5. Please bring your military I.D., as well as, Medical and Dental records when reporting to HRD.

Command Orientation

You will be registered for Command Orientation through Staff Education and Training upon check-in.

Motorcycles

All Navy personnel who currently own or plan to own a motorcycle are required to report to the Command Motorcycle Safety Representative (MSR) during the check-in process. The Command MSR is: HM1 Jnobaptiste, email: kian.r.jnobaptiste.mil@mail.mil/phone: (619) 532-7968.

Navy personnel wishing to ride a motorcycle either on or off base must have the following prior to operation:

- Valid motorcycle license or permit
- Valid state registration
- Valid insurance
- Proper Personal Protective Equipment (PPE) including Department of Transportation (DOT) approved helmet, eye protection, sturdy over-the-ankle footwear, full-fingered gloves, long sleeves, and long pants,
- Applicable safety training course(s).

For more information about motorcycle safety and requirements, please contact the NHCP Safety Office at (760) 725-1486 or the base Motorcycle Safety Center at (760) 725-2897.

Temporary Lodging

All personnel checking in are advised to make reservations for Temporary Lodging and/or Billeting up to 1 year in advance due, to the large number of personnel PCS'ing to/from Camp Pendleton. The summer months are extremely busy for PCS moves, so PLAN AHEAD! Temporary Lodging Expenses (TLE) at origin and destination are reimbursable for a total of 10 days. The base Ward Lodging will accept reservations up to 1 year in advance.

South Mesa Lodge.

All rooms have ocean views, next to the South Mesa Club. For reservations, call (760)763-7805/7806

Ward Lodging.

Bldg 1310, near Mainside Center & 13 area swimming pool. For reservations, call (760)725-5304

Del Mar Beach Cottages/Campsite.

For more information, call (760)725-2134/2313.

San Onofre Beach Cottages/Campsite.

For more information, call (760)763-SURF/SAND.

Lake O'Neill.

Recreational site to include RV/Tent Camping, is walking distance from NHCP. For more information, call (760) 725-5611. For off-base temporary lodging information, you may visit the official website of the Oceanside California Visitor Center, <http://www.visitoceanside.org/Hotels-Oceanside-California.shtml>. Majority of the surrounding hotels and resort offers military discounts. If lodging on base is not available, you must obtain a non-availability statement from the Ward Lodging facility, which you submit when you file your travel claim. Reimbursement for off-base lodging may not exceed \$231.00 per night (lodging ceiling is subject to change) in the San Diego County area. For the updated Per Diem Rates, visit <http://www.defensetravel.dod.mil/site/perdiemCalc.cfm>.

Relocation

To assist with your relocation, you may contact your local Relocation Assistance office for more specific guidance or the MCB Camp Pendleton Relocation Office at (760) 725-5704/3802. You may also visit the following DoD websites: <http://www.militaryhomefront.dod.mil/moving> - The "Plan my Move" feature provides Topic Narratives and Booklet Print Option. <http://www.militaryonesource.com> – Military OneSource: 1-800-342-9647, available 24/7.

Rental and Housing Options

-Government Housing

Nearly 6,880 housing units are available for Camp Pendleton personnel. You may contact the

Camp Pendleton Family Housing Office at (760) 725-5995/DSN 365-5995 or e-mail pndlfamilyhousing@usmc.mil to receive more information regarding the government housing. Waiting periods range from 1-16 months and may vary according to rank, family size and area requirements. Normally, personnel who wish to live in off-base housing will be permitted to do so. Service members enrolled in the Exceptional Family Member Program (EFMP) requesting priority housing are encouraged to contact the Housing Office. Per the MCO 1754.4A, all service members who have been assigned category IV or V, based on the needs of their exceptional family member, are provided priority housing.

-Non-Government Housing

The Housing Referral Office (HRO) is your contact for any problems you may encounter, such as discrimination complaints, tenant/landlord disputes, or any questions or problems that pertains to off-base housing. They can also provide you a list of rentals with corresponding locator maps and give you information regarding the communities in which rentals are located. All renters MUST carry renters insurance against fire, theft and other damages. The property owner's insurance will cover the property but not the renter's personal property. Also, you should ask about the Rental Partnership Program if planning to rent an apartment.

Camp Pendleton Family Housing Office Phone: (760) 725-5995

-DoD Automated Housing Referral Network (AHRN) – Visit www.ahrn.com or ask your local housing office to learn about this DoD program that is currently available for most installations. The program allows military members and families to:

- Search listings and pictures of available rentals near military installations
- Find out about shared rentals
- List their own properties for rent to other military families
- List their homes for sale by owner (FSBO) to other military members
- Contact installation housing offices

-Rental/Purchase Options

The average apartment rent in Oceanside is \$1814 and the average size for an apartment is 850 square feet, but this number varies greatly depending on apartment type. Studio apartments are the smallest and most affordable; 1-bedroom apartments are closer to the average, while 2-bedroom and 3-bedroom apartments offer more generous square footage.

Please see below for average rent prices in nearby cities.

CITY	1 BEDROOM	2 BEDROOM	SINGLE FAMILY
Encinitas	\$1,920	\$2,401	\$2,895
Escondido	\$1,508	\$1,736	\$2,475
Fallbrook	\$1,212	\$1,638	\$2,535
San Clemente	\$1,881	\$2,321	\$3,355
Temecula	\$1,540	\$1,824	\$2,324
Vista	\$1,752	\$1,923	\$2,345

Household Goods - Shipping

-Arranging Household Goods Shipments

Set up an appointment with your transportation office as soon as you have a copy of your PCS orders. The earlier you call or visit your transportation office, the greater your chances of moving on the date you desire. The counselors will explain your PCS entitlements in detail. Your first decision is whether to have the government move you or to move yourself. There are pros and cons to each type of move. Your counselor will answer all of your questions. If you choose a government move, they will book your shipment and let you know the exact dates the movers will come. If you choose to move yourself, the counselor can assist with recommendation and tips on how to do a personal move.

-Delivery of Household Goods Shipment

It is your responsibility to contact the transportation office as soon as you arrive at your new duty station and provide them with your current contact information. If you already have new quarters, they will help arrange delivery of your personal property shipments. Otherwise, they will arrange for temporary storage until you have permanent housing.

-MCB Camp Pendleton Household Goods/Transportation Office (inbound):
Phone (760) 725-8177/DSN 365-8177/Fax (760) 725-8765

Household Goods – Shipping Pets

Pet Vaccinations

The California Department of Health Services requires all dogs over four months old to have a certificate of current rabies vaccination stating the type, manufacturer, and lot number of rabies vaccine used and date of administration. All cities and counties in California have dog control ordinances. It is strongly recommended that cats be rabies immunized, especially if they have access to outdoors. Cats, pet birds, and pet rabbits must be healthy on admittance into the state. Parakeets may not be brought into the state for the purpose of sale. Pet ferrets are prohibited in California.

Prohibited Dog Breeds

Pit Bulls, Rottweilers, candid/wolf hybrids, or any canine breed with dominant traits of aggression present an unreasonable risk to the health and safety of personnel in family housing areas. Consequently, full or mixed breeds of Pit Bulls, Rottweilers and candid/wolf hybrids are prohibited aboard Marine Corps installations. In the absence of formal breed identification (e.g., certification by a civilian organization such as the American Kennel Club) a determination of “majority breed” will be made by a Veterinary Corps Officer (VCO) or a civilian veterinarian.

Pet Licensing

If moving/living on base, you have 30 days to register your pet. Registration fee for one year is \$10.00, \$15.00 for two years, and \$20.00 for three years for all altered pets. For all unaltered pets registration fees are: \$25.00 per year, \$40.00 for two years, and \$50.00 for three years. Temporary tags are \$5.00 each for all pets (valid for six months). Unaltered cats must remain indoors. When walking dogs, a leash is mandatory. Personnel living off base must register their pets (dogs and cats) with the local Humane Society.

Base Veterinary Services: Phone (760)725-3439

California Pet Laws

For San Diego County pet laws, visit <http://www.sddac.com>.

For Oceanside Pet Laws, visit:

<https://www.ci.oceanside.ca.us/faq/categoryqna.asp?id=2>

For all other counties, please contact your animal care provider for pet licensing information.

Education

To help you find the right school for your children, you may contact the School Liaison Officer at (760) 763-7385/7386/7387 for more information.

For on/off base colleges for you or your dependent(s), you may contact the Joint Education Center at (760) 725-6660/6414. They offer a full range of testing program, such as the Defense Activity for Non-Traditional Education Support (DANTES) Program, College Level Examination Program (CLEP), ACT, and SAT certification examinations.

For spouse education, training and careers, contact the Family Member Employment Assistance Program at (760) 725-4737/DSN (312)365-4737. The Career Advancement Accounts (CAA) is being offered to qualifying spouses of active duty service members. It is a program to help military spouses fund their education. The Department of Labor and Defense (DoL) and (DoD) have teamed up to help spouses gain training in fields that have high demand and easily transferable employment opportunities. The program provides qualified spouses with up to \$3,000 per year for two years to help pay for education in five specific job-related fields: Education, Information Technology, Health care, Financial Services, and Skilled Trades. Call Military OneSource at (800) 342-9647 for more information.

Employment Opportunities

Spouses and family members may gain employment both on and off base. You may contact MCCS One Source at (800) 433-6868 or visit <http://www.mccscp.com/> for more information. For employment aboard the NHCP, contact the Human Resources Office at (760)725-1279/0082 or visit <https://cpen.med.navy.mil/>.

Child Care

-Eligibility

In order for children to be enrolled in any of the Child Development Centers onboard Camp Pendleton, they must have all required immunizations up to date and have all the necessary paper work completed and on file at the center.

-Cost

There is an annual registration fee of \$50.00 per child. Camp Pendleton CDCs prorate payments to the 1st and 15th of the month. Weekly fees for full-time care are based on 12 hours of care per day. Fees include walking children to and from school and are based on total family income. You may contact the Resource and Referral Office at (760) 725-9723 or visit <http://www.mccscp.com/familycare>.

Exceptional Family Member Program

The Exceptional family Member Program (EFMP) is mandatory for all family members who have been identified with a special medical or educational need. Enrolling in the EFMP ensures that the family member's medical needs will be considered during the assignment coordination

process. You may contact (760) 725-5363 or visit <http://www.mccscp.com/home/Family-Services/efmp.aspx>. For the NHCP EFMP representative, contact (760) 719-3356.

Command Family Readiness/Ombudsman/Command Support Team

Your Command Family Readiness Program will:

- Communicate official Command information
- Facilitate two-way communications between the Command, Sailors, and families
- Provide information through resource referrals
- Provide readiness and deployment support to all members of a Sailors' family, those that they were born into, sworn into and married into.

Command Family Readiness Components and Functions:

The Family Readiness Command Team is led by the Commanding Officer (CO). The Family Readiness Command Team is responsible for providing guidance and support to Sailors and their families in the area of family readiness. Members of the Family Readiness Command Team include: CO, Executive Officer (XO), Command Master Chief (CMDCM), Family Readiness Officer (FRO), Assistant FRO, Ombudsman, Family Readiness Assistants, and the Chaplain.

FRO: The FRO is a special staff officer for the CO who provides oversight and coordination of all aspects of the family readiness program for the Family Readiness Command Team, to include all official communications and events for all members of a Sailors family.

Assistant FRO: Assists the FRO in carrying out the Command's family readiness mission. The Assistant FRO acts as the FRO during periods of absence, leave or TAD of the actual FRO.

The Command Ombudsman is the spouse of an enlisted or officer of the Command who provides insight from the families to the Family Readiness Command Team regarding the effectiveness of the overall Command Family Readiness Program.

Family Readiness Assistants: members of the Command, designated per Directorate, who assists the FRO in the execution of the Command Family Readiness Program, and provides information and referral services, and feedback from unit families. Serve as the primary communications link between the families and the Command, and the channel of official information from the command to the families. Disseminate timely and critical information, regularly, via telephone and e-mail. Provides information and referrals to military and civilian support organizations like Fleet and Family Support Centers, American Red Cross, Navy and Marine Corps Relief Society, Chaplains, medical facilities, and legal assistance offices. These organizations are valuable resources in obtaining assistance for Command family members. Provide support to family members seeking professional assistance and refer them for counseling. Family Readiness Officers, in their official role, are not counselors or social workers. They act as an advocate for the Command families by using knowledge of the system, assist with access the appropriate level of the chain of command for intervention, and forward suitable requests or grievances while exercising confidentiality. Support command-sponsored groups and activities and advertise support group activities, as permitted by the command. You can contact a CST member by phone or e-mail utilizing the information below. A CST representative will generally get back to you by the next business day.

Command Support Team Contact Information

Command Family Readiness Officer:

Mr. Raphael Sanchez; raphael.sanchez.civ@mail.mil; (760) 719 3101

Command Assistant Family Readiness Officer:

HMCS (SW/FMF) Waukita L. Lewis; waukita.l.lewis@mail.mil; (760) 719-3098

Ombudsman Cell (760) 421 9816

Other Resources

Naval Hospital Camp Pendleton: <https://cpen.med.navy.mil/>.

Military Homefront: <http://www.militaryhomefront.dod.mil/>

Military OneSource: (800) 342-9647 or visit <http://www.militaryonesource.com/>

Camp Pendleton Marine Corps Community Services: <http://www.mccscp.com/>

Travel with Kids: www.travelwithkids.com

Military Teens on the Move: www.dod.mil/mtom

PCS America: www.pcsamerica.net

Information about the local area

City of Oceanside: www.ci.oceanside.ca.us

City of San Diego: www.sandiegan.com; www.sdinsider.com

North County San Diego: www.sandiegonorth.com; www.nctimes.com

Information about apartments and housing

www.apartmentguide.com

www.springstreet.com

www.ahrn.com

Job information

www.usajobs.opm.gov www.caljobs.ca.gov

<https://chart.donhr.navy.mil/index.asp>

www.spb.ca.gov

www.hotjobs.com www.edd.cahwnet.gov

www.dol.gov/vets/welcome.html

www.ajb.dni.us

Financial information

www.experian.com www.equifax.com

www.transunion.com www.navyfcu.org

www.nmcrs.org/budg-couns.html www.dfas.mil

www.militarymoney.com www.tsp.gov

Local schools

Oceanside Unified School District: www.oside.k12.ca.us

Carlsbad Unified School District: www.carlsbadusd.k12.ca.us

Escondido Union School District: www.eusd4kids.org

San Marcos Unified School District: www.smusd.org

Temecula Valley Unified School District: www.tvusd.k12.ca.us

Vista Unified School District: www.vusd.k12.ca.us

Fallbrook Union Elementary School District: www.fuesd.k12.ca.us
Fallbrook Union High School District: www.fuhsd.net
Murrieta Unified School District: www.murrieta.k12.ca.us

Local colleges

California State University San Marcos: www.csusm.edu
Central Michigan University: www.cmich.edu
Central Texas College: www.ctcd.edu
Embry Riddle Aeronautical College: www.embryriddle.edu
National University: www.nu.edu
Park University: www.park.edu
San Diego State University: www.sdsu.edu
University of California, San Diego: www.ucsd.edu
Palomar Community College: www.palomar.edu
Mira Costa Community College: www.miracosta.edu

Fun in the Sun

www.mwrtoday.com
www.sandiegorestaurants.com
www.sandiegoreader.com
www.localhikes.com
www.theglobe.com
www.signonsandiego.com
www.sandiego.about.com
www.sandiego.gov
www.balboapark.org

We hope you find all this information more than helpful during your relocation to Camp Pendleton. We look forward to your arrival. If you have any further questions, please feel free to contact the Naval Hospital Camp Pendleton Command Sponsor Coordinator at (760)719-3118 DSN 371-3118 or e-mail: usn.pendleton.navhospcampenca.list.sponsor@mail.mil.