**Welcome Aboard!**

Congratulations on your assignment to the Eastern Shore of Virginia. We look forward to you joining our team. You are embarking on a very unique moving experience that comes with some special challenges. This packet is designed to help you along the way-but your most valuable information will come from those that are currently stationed at your future unit. Reach out and ask lots of questions!

**Mission (Station Cape Charles):** As professional mariners we will diligently serve and protect our country, service, and community by executing our missions swiftly and efficiently. We will set a vigilant watch and partner with local agencies to disrupt and safeguard against all threats.

This area is known for its wild ponies roaming free, making it a high volume vacationing spot in the summer and the complete opposite of a quiet serene small town in the winter. Housing is also unique here as most members are in mandatory housing. You will have limited medical options for primary care physicians. For any specialty providers and hospitals (Emergency) will require travel time of 1 hour.

The following sites can help you begin to familiarize yourself with the area. Some have welcome aboard information, while some may only have addresses or phone numbers so ensure you get in contact with your unit for the most detailed information that will apply to you and your specific needs.

[Sector Field Office – Eastern Shore Portal](https://cg.portal.uscg.mil/units/sfoeasternshore/SitePages/Home.aspx) [Sector Hampton Roads Public Page](https://www.atlanticarea.uscg.mil/Atlantic-Area/Units/District-5/Sector-Hampton-Roads/)

[Base Portsmouth Portal Page](https://cg.portal.uscg.mil/units/dol/dol-3/BP/SitePages/Home.aspx) [Base Portsmouth Public Page](http://www.dcms.uscg.mil/Our-Organization/Director-of-Operational-Logistics-DOL/Bases/Base-Portsmouth/)

[Base National Capitol Region (NCR) Portal Page](https://cg.portal.uscg.mil/units/dol/dol-3/BNCR/SitePages/home3.aspx) [Sector Maryland-NCR Public Page](https://www.atlanticarea.uscg.mil/Our-Organization/District-5/Sector-Maryland-National-Capital-Region/)

You can also find basic unit information in the [CG Portal](https://cg.portal.uscg.mil/SitePages/Unit%20Site%20Search.aspx). Select your state then search for your unit.

For your unit’s public website, check out the Atlantic Area and District 5 pages and search for your unit. These sites can also direct you to valuable information regarding MWR, Weather (including hurricane preparedness), Ombudsman, and much more. [www.uscg.mil/lantarea](http://www.uscg.mil/lantarea) [District 5](https://www.atlanticarea.uscg.mil/Our-Organization/District-5/)

Another way to ensure contact with your unit Ombudsman is to go to [www.cgombudsmanregistry.org](http://www.cgombudsmanregistry.org) and click the “Contact Your Ombudsman” link. They can provide spouses with programs, services, and resources that may otherwise go unknown.

For check in you will most likely go directly to your assigned housing unit. All exceptions will be through the OOD for your unit. The appropriate uniform is either Tropical Blue or Service Dress Blue.

**Moving Resources:**

Remember, there is so little housing available, the Coast Guard maintains mandatory housing for this area. Be sure to contact your unit sponsor to ensure your housing is arranged. If a housing release is needed for your special circumstances, get the approval done now and start your search. Once the summer influx of tourists come in rentals will be all but impossible to find.

This Eastern Shore Field Office Housing document has more detailed information about housing:

<https://www.uscg.mil/d5/sectHamptonRoads/SFO/SFO_Housing.pdf>

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[www.military.com](http://www.military.com) has checklists (Military Life tab-PCS), advice, videos, discounts, and much more.

General information on cities [www.citysearch.com](http://www.citysearch.com) <http://www.citylink.com/unitedstates.html> [www.pcsgrades.com](http://www.pcsgrades.com)

Portable Storage Service (PODS) <https://www.pods.com/>

[Transition Relocation Assistance Resources](https://www.dcms.uscg.mil/Our-Organization/Director-of-Operational-Logistics-DOL/Bases/Base-Portsmouth/Health-Safety-Work-Life-Department/TRA/)

**House Hunting**

Automated Housing Referral Network [www.ahrn.com](http://www.ahrn.com)

Military Housing Search [www.homes.mil](http://www.homes.mil)

Apartment Rental Search [www.move.com](http://www.move.com)

Public-Private Venture (PPV) Housing [www.lincolnmilitary.com](http://www.lincolnmilitary.com)

Military by Owner [www.militarybyowner.com](http://www.militarybyowner.com)

**TRICARE**

The Regional Contractor for the North Region is:

Humana Military/Tricare East: [Humana Military](https://www.humanamilitary.com/beneficiary/) (1-800-444-5445)

TRICARE: [www.tricare.mil](http://www.tricare.mil)

My Tricare: [www.mytricare.com/internet/tric/tri/tricare.nsf](http://www.mytricare.com/internet/tric/tri/tricare.nsf)

Active Duty Dental Program: <https://secure.addp-ucci.com/dwaddw/home.xhtml>

United Concordia Tricare Dental Program for dependents: [www.uccitdp.com](http://www.uccitdp.com)

Tricare Dental Program: [www.tricare.mil/tdp](http://www.tricare.mil/tdp)

**Other Information**

***\*\*Remember, these may or may not apply to you. Some of these links are on-line programs\*\****

Coast Guard Support Program 855-247-8778 [www.cgsuprt.com](http://www.cgsuprt.com)

Navy Fleet & Family Support Program [www.ffsp.navy.mil](http://www.ffsp.navy.mil)

The Virginian-Pilot News [www.pilotonline.com](http://www.pilotonline.com)

Cape Charles Mirror <http://www.capecharlesmirror.com/>

[Spouse Employment and Education](https://www.militaryonesource.mil/education-employment/for-spouses) or try [www.careeronestop.org](http://www.careeronestop.org)

Military Child Education Coalition [www.militarychild.org](http://www.militarychild.org)

Great Schools Search [www.greatschools.net/](http://www.greatschools.net/)

School Lookup <http://www.militarychild.org/>

School Digger Search [www.schooldigger.com/](http://www.schooldigger.com/)

Tutor.com/military <http://military.tutor.com/home>

Learn what programs, like WIC or SNAP, your family qualifies for based on income:

[www.fns.usda.gov/get-involved/military-and-veteran-families](http://www.fns.usda.gov/get-involved/military-and-veteran-families)

Child Care Aware child care search [www.childcareaware.org/ccrr-search-form/](http://www.childcareaware.org/ccrr-search-form/)

Care.com child care search [www.care.com/military-families-care-p1321.html](http://www.care.com/military-families-care-p1321.html)

Dial 211 or visit <https://www.211virginia.org/consumer/index.php> for a free 24/7 service to help you find local resources.

There is a wide variety of churches and religions practiced in the area and the District 5 Coast Guard Chaplain is located on Base Portsmouth <https://www.atlanticarea.uscg.mil/Our-Organization/District-5/District-Staff/Chaplain/> [www.churchfinder.com](http://www.churchfinder.com)

**Utilities:**

Utilities will depend on whether you are in government housing or on the economy. Check out the two county sites for more information. The Accomack County has a *New Resident Information* under the *Residents* tab that has lots of valuable information.

Accomack County is the Northern 35 miles of the Eastern Shore <http://co.accomack.va.us/home>

Northampton County is the Southern 35 miles of the Eastern Shore <http://www.co.northampton.va.us/>

**Schools:**

***\*\*Check with your sponsor for more specific information regarding your specific needs\*\****

Accomack County Public Schools <http://www.accomack.k12.va.us/>

Northampton County Public Schools <http://www.ncpsk12.com/>

Eastern Shore Community College <http://es.vccs.edu/>

Wor-Wic Community College <http://www.worwic.edu/>

University of Maryland Eastern Shore <https://www.umes.edu/home/>

Salisbury University <http://www.salisbury.edu/>

Virginia Tidewater Consortium [www.vtc.odu.edu/](http://www.vtc.odu.edu/) 13 institutions of higher education, including four community colleges, four public/four private colleges/universities, and a National Defense University.

Northampton County office for your local connection to three Virginia Universities <http://www.offices.ext.vt.edu/northampton/index.html>

**Visitor/Town Sites:**

These sites are more along the tourist side, but still a great resource for learning the area, specific town information, and local events.

<http://www.chincoteague.com/>

<http://www.wachapreague.org/>

<http://www.chincoteague-va.gov/>

<http://www.chincoteaguechamber.com/>

<http://www.esvatourism.org/es_home/home.asp>

<http://www.easternshorevisitor.com/wachapreague.html>

<http://www.assateagueisland.com/chincoteague/chincoteague_homepage.htm>

**Military Sites and Installations:** (*two or more hours away)*

**COAST GUARD**

U.S. Coast Guard 5th Atlantic Fleet [www.uscg.mil/d5/](http://www.uscg.mil/d5/)

[U.S. Coast Guard Training Center Yorktown, VA](http://www.forcecom.uscg.mil/Our-Organization/FORCECOM-UNITS/TraCen-Yorktown/)

U.S. Coast Guard Finance Center [www.fincen.uscg.mil/](http://www.fincen.uscg.mil/)

[U.S. Coast Guard Command Control Engineering Center](http://www.dcms.uscg.mil/Our-Organization/Assistant-Commandant-for-C4IT-CG-6-/C3CEN/)

U.S. Coast Guard CAMSLANT Chesapeake, VA [www.uscg.mil/lantarea/camslant/](http://www.uscg.mil/lantarea/camslant/)

There is also a stand-alone Coast Guard Exchange at the Crossways Shopping Center

1589 Crossways Blvd, Chesapeake, VA 23320; (757) 965-3880

**NAVY**

Naval Station Norfolk [www.cnic.navy.mil/regions/cnrma/installations/ns\_norfolk.html](http://www.cnic.navy.mil/regions/cnrma/installations/ns_norfolk.html)

Naval Medical Center Portsmouth [www.med.navy.mil/sites/nmcp](http://www.med.navy.mil/sites/nmcp)

Norfolk Naval Shipyard [www.cnic.navy.mil/regions/cnrma/installations/norfolk\_ns.html](http://www.cnic.navy.mil/regions/cnrma/installations/norfolk_ns.html)

Naval Weapons Station Yorktown [www.cnic.navy.mil/yorktown](http://www.cnic.navy.mil/yorktown)

Naval Air Station Oceana [www.cnic.navy.mil/oceana/](http://www.cnic.navy.mil/oceana/)

Dam Neck Annex <https://www.cnic.navy.mil/regions/cnrma/installations/nas_oceana/dam_neck_annex.html>

Joint Expeditionary Base Little Creek-Fort Story <http://www.cnic.navy.mil/regions/cnrma/installations/jeb_little_creek_fort_story.html>

Naval Support Activity Hampton Roads [www.cnic.navy.mil/regions/cnrma/installations/nsa\_hampton\_roads.html](http://www.cnic.navy.mil/regions/cnrma/installations/nsa_hampton_roads.html)

**ARMY**

Fort Eustis [www.jble.af.mil/](http://www.jble.af.mil/)

Fort Story <https://www.cnic.navy.mil/regions/cnrma/installations/jeb_little_creek_fort_story.html>

**AIR FORCE**

Langley Air Force Base <https://www.jble.af.mil/>

**MARINE CORPS**

U.S. Marine Corps Forces Command <http://www.marforcom.marines.mil/>

**Area Links:** (*two or more hours away)*

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| **MARYLAND** |  |
| [VisitMaryland.org](http://www.visitmaryland.org/Pages/Welcome.aspx) | [Visit Baltimore](http://www.baltimore.org/) |
| [VisitAnnapolis.org](http://www.visitannapolis.org/) | [The Baltimore Orioles](http://baltimore.orioles.mlb.com/index.jsp?c_id=bal) |
| [City of Salisbury](https://www.oceancity.com/salisbury/) | [The Baltimore Ravens](http://www.baltimoreravens.com/) |
| [Delmarva Shorebirds (baseball)](http://www.milb.com/index.jsp?sid=t548) | [The Maryland Zoo in Baltimore](http://www.marylandzoo.org/) |
| [Tanger Outlets, Ocean City](https://www.outletbound.com/outlet-malls/tanger-outlets-ocean-city-md) | [National Aquarium in Baltimore](http://www.aqua.org/) |
|  |  |
| **DELAWARE** |  |
| [VisitDelaware.com](http://www.visitdelaware.com/) | [Visit Southern Delaware](https://www.visitsoutherndelaware.com/) |
| [Dover International Speedway](http://www.doverspeedway.com/) | [Delaware Underground Railroad](https://www.visitwilmingtonde.com/plan-your-trip/itineraries/underground-railroad/) |
| [Hidden Delaware](http://www.atlasobscura.com/things-to-do/delaware) | [Visitdebeaches](http://www.visitdebeaches.com/delaware/50-things-to-do) |

**VIRGINIA**

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| [Busch Gardens](http://seaworldparks.com/en/buschgardens-williamsburg" \t "_blank)  [Water Country USA](https://www.visitwilliamsburg.com/attractions/water-country-usa)  [Great Wolf Lodge](https://www.greatwolf.com/williamsburg)  [King's Dominion](http://www.kingsdominion.com)  [Virginia Air and Space Center](http://www.vasc.org/)  [Nauticus:The National Maritime Center](http://www.nauticus.org/)  [Jamestown Settlement & American Revolution Museum](http://www.historyisfun.org/)  [Historic Olde Towne Portsmouth](http://oldetowneportsmouth.com/)  [Colonial Williamsburg](http://www.history.org/)  [Endview Plantation](http://www.endview.org/)  [Lee Hall Mansion](http://www.leehall.org/)  [MacArthur Memorial](http://www.macarthurmemorial.org/)  [Old Coast Guard Station](http://www.oldcoastguardstation.com)  [The Mariners' Museum](http://www.marinersmuseum.org/)  [Virginia Living Museum](http://www.thevlm.org/)  [Virginia War Museum](http://www.warmuseum.org/)  [Hampton Roads Naval Museum](http://www.history.navy.mil/museums/hrnm/index.html)  [Waterman's Museum](http://www.watermens.org)  [Children's Museum of Virginia](http://www.childrensmuseumva.com)  [Hampton Road Events](https://www.virginia.org/directory/events/?regionid=6) | [York County](http://www.yorkcounty.gov)  [Gloucester County](http://www.co.gloucester.va.us/)  [James City County](http://www.jamescitycountyva.gov/)  [City of Williamsburg](http://www.williamsburgva.gov/)  [City of Hampton](http://www.hampton.va.us)  [City of Poquoson](http://www.ci.poquoson.va.us/)  [City of Newport News](http://www.nngov.com/)  [City of Virginia Beach](http://www.vabeach.com)  [City of Chesapeake](http://www.cityofchesapeake.net/)  [City of Norfolk](http://www.norfolk.gov/)  [City of Portsmouth](http://www.portsmouthva.gov/)  [City of Suffolk](http://www.suffolkva.us/)  [Coastal Virginia](http://visitcoastalvirginia.com/)  [State of Virginia](https://www.virginia.gov/)  [Norfolk Tides](http://www.milb.com/index.jsp?sid=t568)  [Norfolk Admirals](https://www.norfolkadmirals.com/#tab_statistics-players-leaders=forwards&tab_standings-groups-leaders-conference-eastern=conference&tab_standings-groups-leaders-conference-western=conference&tab_standings-groups-leaders=eastern)  [Peninsula Pilots](http://www.peninsulapilots.com/)  [Langley Speedway](http://www.langley-speedway.com/)  [Virginia Sports Hall of Fame](https://vasportshof.com/) |