



**Welcome to  
Area Support Group—Kuwait**



# Area Support Group—Kuwait Welcome Packet

## From the Command Team



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Commander  
Area Support Group - Kuwait



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Congratulations on your assignment and welcome to Area Support Group—Kuwait (ASG-KU)! We are a major subordinate command of United States Army Forces Central Command (USARCENT), a professional organization committed to excellence. ASG-KU was established to provide command and control for assigned forces, base operations support to fixed facilities and training support for rotational forces. ASG-KU is a critical hub for all forces flowing in and out of the Central Command area of responsibility.

This information packet is designed to give special instructions and general information to successfully in-process to Kuwait and prepare you for a memorable tour. Keep this information handy, you may need to refer to it during your time here.

You are assigned a sponsor to communicate with so be sure to provide them with accurate contact information. Keep in mind that we are seven or eight hours ahead of Eastern Time, depending on Daylight Savings Time. Kuwait is classified as a remote and arduous tour. The durations are nine months for TCS Soldiers and 12 months for unaccompanied PCS Soldiers.

We look forward to your  
arrival.

Patton's own, Always forward!



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## Kuwait Orientation

This orientation provides a brief overview of Kuwait and the Arab culture. JKO provides additional information on Kuwait through a MWR Culture Awareness brief and is required prior to participating in any MWR trips.



## Geographical Locations and Demographics

The northern most of the Arabian Gulf states (called the Persian Gulf by Iranians but always Arabian Gulf when speaking to Arabs), the State of Kuwait is located just south of the mouth of the Euphrates and Tigris rivers. Kuwait borders Iraq to the north and west, Saudi Arabia to the south, and the Arabian gulf to the east. Its area covers only 6,880 square miles (about the size of New Jersey) and the land is entirely arid or semi-arid. Kuwait has no fresh water sources and receives about six inches of rainfall annually. Kuwait is a Muslim nation, with a court system based on a combination of Civil and Islamic Law. Islam is the national religion and the workweek is Sunday-Thursday. Arabic is the official language, however, English is taught in public schools and widely spoken. Traditional ways of life have recently resurged among many Kuwaitis and is often reflected in their dress. The discovery of Kuwait's enormous oil reserves resulted in the transformation of Kuwait from a tribal society to a modern state, with one of the highest per-capita incomes on the world. Kuwaiti citizens share this wealth through government-sponsored programs providing free housing, medical treatment, and education. Since the 1950's, education has been patterned after western systems and over 96 percent of Kuwait's people are literate. Citizens receive a free education through the university level.

# History

Kuwait's history developed through its location between the sea and desert. Desert nomads originally settled in Kuwait by moving from Saudi Arabia in the mid-18th century. Since agriculture was impractical, a trade-based economy was soon established. Due to Kuwait's location to the Gulf, the focus was on fishing, pearl diving and ship building. During the 18th and 19th centuries, Kuwait became one of the busiest harbors in the Gulf area.



In 1899 Sheik Mubarak Al-Sabah signed an agreement with the British Government to place Kuwait under British protection whereby Britain handled Kuwait's foreign affairs. The world at large first became aware of Kuwait in the early 1950's when oil from Kuwait began to reach Europe. Oil revenues changed Kuwait from a little-known port on the Arabian Gulf to one of the richest countries in the world. By mutual agreement with Britain in 1961, Kuwait reassumed control of its own foreign affairs and became fully independent with membership in the United Nations by 1963. In 1963, the U.S Consulate, which was in existence since 1951, was raised to Embassy status.

In July 1990, Iraq accused Kuwait of stealing petroleum from a disputed oil field and producing too much petroleum; they massed forces along the border. On August 2, after talks between the two countries had broken down, Iraq invaded Kuwait, overran Kuwait City and overthrew the government. Less than a week later, Iraq annexed Kuwait, subsequently closing the borders of both countries. The United States and coalition allies rushed troops to the Saudi Arabia-Iraq border. Air strikes on Baghdad began on 16 January 1991, and continued, along with a ground campaign. Kuwait was liberated on 26 February 1991. Much of Kuwait City had been damaged by the Iraqi troops and thousands of citizens were killed or taken hostage.



# Politics

The drafting of Kuwait's constitution was encouraged and guided by the late Amir Abdullah-Al-Salem Al-Sabah who, formerly with his family, exclusively held power. The constitution, which was revised in 1976, provides for an elected national assembly of parliament. There are 25 districts in Kuwait and each district elects two members who serve 4-year terms.

The present Amir of Kuwait is HH Sheikh Nawaf Al-Ahmad Al-Jaber Al-Sabah, fourth son of the late Sheikh Ahmad Al-Jaber Al-Sabah. He took oath in a special session after the death of the late Amir HH Sheikh Sabah Ahmad Al-Jaber Al-Sabah, becoming the 16th Amir of the State of Kuwait.

Kuwait is a constitutional monarchy ruled by the Al-Sabah family. Executive power is centered on the Amir and is delegated to the heads of the ministries through the Prime Minister, who is also the Crown Prince and presides over the Council of Ministers.



## Kuwait At A Glance

**Language:** Arabic

**Religion:** Muslim

**Area:** 6,880 sq. miles

**Main Export:** Oil

**Literacy Rate:** 96%

**Currency:** Kuwaiti Dinar

**Climate:** Dry/ Arid/ <6inches of rainfall annually

**Work Week:** Sunday—Thursday



# Economy



The Kuwait economy is heavily dependent on its sizeable oil revenue. Petroleum was first discovered in 1936 by a joint Gulf-British Petroleum concession (the Kuwait Oil Company) and was initially tapped in 1946. The Kuwait Oil Company (now part of the Kuwait Petroleum Corporation, which unifies all government-owned companies in the petroleum sector) is the major producer of crude oil in Kuwait, and until 1974, was owned by Gulf and British Petroleum. The Kuwait government took over full ownership of the company in 1975.

Kuwait has a Gross National Product (GNP) of \$152 billion per year with a GNP per capita of \$34,250. There are limited sources of income for Kuwait, other than petroleum production, petrochemical industries, and income from foreign investments. The foreign investments come from a fund that is based upon 10% of oil revenues. The oil reserves of Kuwait, consisting of 104 billion barrels, are estimated to be around 8% of the world total, and will at the present level of extraction last for 150 more years. Industries of Kuwait are connected to petroleum, and Kuwait is refining its own oil. Agriculture and food production are limited, and make up less than 2% of GNP. Fishing is becoming more and more important, and brings in 9,000 tons annually.

The infrastructure in the eastern part of Kuwait is well developed and comprises 4,700 km of roads, and an international airport near Kuwait City. There are eight news papers in Kuwait: six Arabic and two English. There are also a number of foreign periodicals. Kuwait television has four channels: one in Arabic, one in English, one sports, and one that runs 24-hours. In addition, there are Arabic radio stations, an English-speaking FM radio station, and the U.S Armed Forces radio. There are also broadcasts from BBC World Service and Voice of America. Telecommunications are very advanced and available to the public.



**Kuwait Oil Company**  
شركة نفط الكويت



## Religion

The constitution of Kuwait states that the religion of the state is Islam, and Islamic law is the main source of legislation. Islam (submission to Allah) is a complete way of life that is set forth in detail in the Quran and Hadith. The Quran is the compiled revelations of Allah to the Prophet Mohammed. While the Hadith is a collection of informal sayings of the prophet, not divinely inspired, it is still a guide for men to follow.

### The Quran declares the “Five Pillars” of Islam as:

1. Profession of faith, “There is no God but Allah and Mohammed is His prophet”
2. Prayer (five times daily)
3. Pilgrimage to Mecca; every believer who can possibly afford it should make it at least one pilgrimage in their lifetime
4. Fasting, especially during the month of Ramadan
5. Giving of alms; or Zaqat

In the traditional Muslim community, secular and religious (spiritual) law are one and the same. The “Shari’ah” (The Way of Life”) spells out all those beliefs, rituals, and social/legal principles which govern men’s lives. The Muslim’s place of worship is a Mosque. There are over 500 in Kuwait. Five times a day there is a call to prayer. The faithful either go to the Mosque, or pray where they are—in offices, in shops or at home. They wash, remove their shoes, and kneel on their prayer carpets always facing towards Mecca. Friday is the weekly Holy Day, on which men go to the Mosque and worship.



Muslims hold a great respect for Christianity. With the exception of a handful of naturalized Christian families of Iraqi and Palestinian origin, all Kuwaitis are Muslim. Of these, roughly 80% adhere to the Sunni (Orthodox) branch of Islam, as does ruling the family. The remaining 20%, largely of Iranian and Iraqi origins are of the Shi’a sect. While the majority of Arabs in Kuwait are Sunni Muslims, significant numbers of the resident Lebanese, Syrians and Palestinians are of Christian background, as are the majority of the Indian community. The total Christian population of Kuwait is estimated at 50,000. There is complete freedom of worship in Kuwait.

The religious holidays in the Islamic world are not determined by the solar (Gregorian) calendar, but by the lunar (Hijri) calendar. The solar calendar is fixed; that is, a month falls at the same time during every year. The lunar calendar year, however, is 11 days shorter than they solar year. Thus, the holidays that are fixed to certain days in the solar calendar are not correspondingly fixed to certain days in the lunar calendar.

# Do's and Don'ts

## Do...

**Ask For Advice:** If you are unsure how to behave in certain situations

**Be Patient:** Appointments and requests may be delayed due to higher priority demands

**Use Influence:** It is normal for the occasional use of influential connections to accomplish tasks quicker

**Shake Hands:** When entering a room or meeting a group of people it is expected that you shake hands with everyone except small children.

**Be Aware of Restrictions During Ramadan:** During daylight hours be mindful of the restrictions placed on eating, drinking, smoking, chewing etc.

**Dress Appropriately:** Dress modestly and appropriately in accordance with conservative Kuwaiti culture

## Don't...

**Talk About Certain Topics:** Political issues, religion, alcohol, total women's liberation, abortion and male-female relationships, such as dating.

**Lose Your Temper:** Do not publicly reprimand or cause someone to lose face, this will result in you needing to lose more face to regain cooperation

**Write A Formal Complaint:** Issues can be resolved by talking them through. Written forms of complaints is a possible source of embarrassment

**Expect Agreements In Writing:** You will have to accept oral promises; the written word carries more weight than Westerners are accustomed to

**Talk About Your Intentions Up Front:** This is considered rude and abrupt if things are brought up before proper greetings are exchanged

**Be Offended By Lack Of Personal Space:** The distance that Westerners consider intimate is only social and friendly here

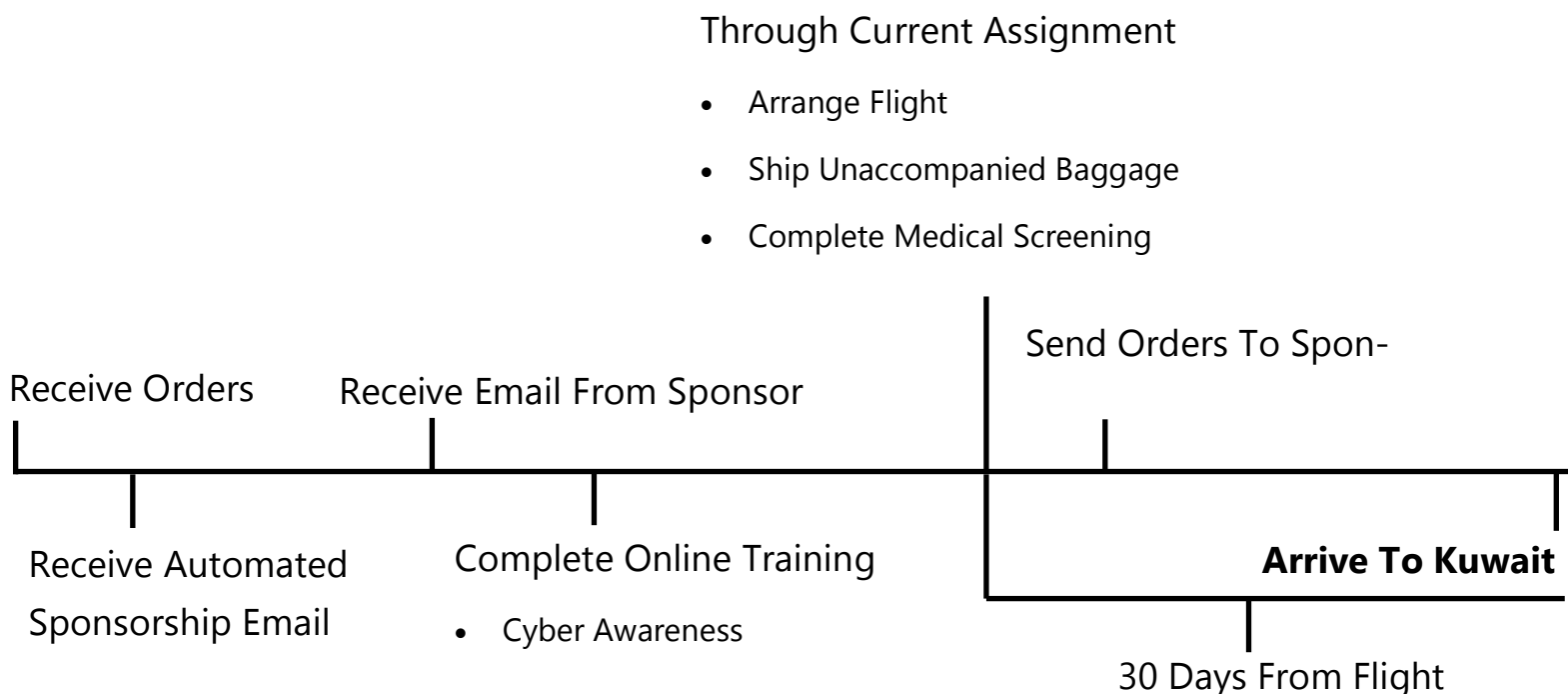
## Preparing To Move



Now that you know you are coming to Kuwait, what should you do next?

For TCS personnel, you will either mobilize as a unit, in which case you will follow the directions of your command, or you will mobilize as an individual and take your guidance from the CONUS Replacement Center. If you have contact with the unit or individual you are replacing, we recommend you continue to communicate with them as you prepare for deployment.

For PCS personnel, please see the following chart. This will help you prepare for your PCS move and ensure you talk frequently with your sponsor.





## Army Sponsorship

### Online Training

To make your transition into Kuwait easier, we highly recommend completing the following online training modules prior to arriving in Kuwait.

**JKO**— Search for Kuwait Culture Awareness. This course is required prior to participating in any MWR sponsored tours.

The **DOD Cyber Awareness Training** found at

<https://ia.signal.army.mil/>

This training must be current in order to set up your computer accounts.

If you are deploying through the CONUS Replacement Center at Fort Bliss, please see the link below for a list of other training to complete before your arrival at Fort Bliss.

[http://www.bliss.army.mil/CRC/mil\\_daciv\\_dep\\_ACO.html](http://www.bliss.army.mil/CRC/mil_daciv_dep_ACO.html)

### Total Army Sponsorship Program (TASP)

The TASP is a Commander's Program designed to enhance resiliency among Soldiers and Family members, and to ensure you receive the services needed to transition successfully between Commands.

When you PCS, completing the DA Form 5434, Nov 2011; Sponsorship Program Counseling and Information Sheet is a mandatory requirement (E1—O6) IAW AR 600-8-8 & HQDA EXORD 018-12.

<https://actnow.army.mil>



# Items To Bring

## Personal Health and Hygiene Items

- Prescriptions (Camp Arifjan has limited pharmacies)
- Cosmetics and makeup
- Acne/ skin scrubs/ special soaps
- First aid kit
- Hair Care products
- Contacts lens products
- Shower Caddy

## Miscellaneous

- Shoes: Dress and casual
- Casual clothing (plain normally logoed for off base activities)
- Dress Clothing (dinner, social events)
- Swim Wear (conservative, one piece)
- Coat/ jacket— Winter temperatures can be surprisingly cold with wind chills
- Sports clothing
- Hangers
- Command Strips

## House Hold Items

Pots, pans, dishes, silverware, etc. (PCS quarters have a small kitchen)

Linens and towels

Mattress Pads

Personal electronics or small appliances (see housing section for a list of prohibited items)

Bringing dual voltage items, or items that operate on 240 volts, 50/60 hertz would be best. The dual hertz (cycles) rating allows you to operate items on provide step-down transformers without damage. For those appliances that have motors rated at 60 hertz, operating their unit on Kuwait power will cause the motor to run slower. Any device with an internal battery will not charge properly if it is rated only at 60 hertz. Items from the U.S market that are rated 110/220, 50/60 cycles, will work fine in Kuwait. U.S TV sets will not receive Middle East stations, but can be used in conjunction with a DVD player.

Many organizational items can be purchased second hand from redeploying SMs.

# Entitlements

## Pay

- Combat Zone Tax Exclusion (Tax Free)
- Family Separation Pay—\$250 per month if eligible
- Hardship Duty pay—\$50 per month
- SGLI Refund

## PCS Only

- COLA—PCS soldiers, SFC and higher, must pay for meals at the DFAC with an Eagle Cash Card

## TCS Only

- Incidentals- \$3.50 per day paid with final travel voucher
- Awards and Decorations



- Overseas Service Ribbon—YES (PCS)



## Travel To Kuwait

The most common mode of travel to Kuwait for PCS, TCS, TDY Soldiers and DoD Civilians is by military contracted civilian flights called Rotator Flights. Outbound travel offices will direct the appropriate mode of travel per Defense Travel Regulation (DTR).

**NOTE:** If you or your unit are bringing military weapons you **MUST** fly on the Rotator Flight. All weapons will be seized at the commercial airport.

## Entry Into Kuwait

Active duty Soldiers and DoD Civilians arriving in Kuwait are not required to have a passport and **must** enter on their Common Access Cards and orders; however, it is recommended that personnel obtain a blue colored tourist passport.

Due to lengthy processing times for passports (up to 30-days), the passport processing should start as soon as official notification of assignment is received.

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## Upon Arrival

Upon arrival you will be transported via bus to the Camp Arifjan Gateway. The Gateway will scan your CAC into the country, provide you an initial in-brief to Kuwait and stamp your orders. This allows you to eat in the DFACs for the first 48-hours you are on ground. Once the Gateway has released you, your sponsor or unit will help you get settled and start in-processing. It is important to let your sponsor know your itinerary prior to your arrival so they are available to pick you up.

### Household Goods/ Unaccompanied Baggage

#### **ALL AUTHORIZATIONS MUST BE LISTED ON YOUR ORDERS.**

Your losing unit may not create adequate orders for you, so make sure you check before you PCS. Enough clothing should be carried with you to last approximately two months. Once HHG arrive, one to two weeks is required to clear customs.

Please add that time to HHG transport time quoted to you by the transportation officer at your losing duty station. Include toilet articles, towels, medications, washcloths, etc. It is possible to coordinate with the airline to send accompanying baggage ~~ahead of time if you have someone to pick the bags up at the airport.~~ Be sure to keep receipts.

#### **Shipping Prohibitions**

Importation of pork products, sexually explicit material, weapons or components of weapons, firearms, ammunition, alcohol,

Shipment of your personal equipment/ items is dependent on your status while in Kuwait:

**TCS and TDY**— You will hand carry all of your personal equipment/ items on your flight. You **are not** authorized shipment of HHG or UB.

**PCS**—You are authorized to ship unaccompanied baggage based upon your rank. The UB weight allowance for unaccompanied enlisted personnel is 500 pounds; officers up to the grade of LTC is 600 pounds; COL and above is 1000 pounds; and civilian personnel is 350 pounds, Service Members are authorized to ship UB items only—no furniture.

When feasible, consolidation of HHG and UB is recommended to facilitate air shipment/ customs clearance. You are allowed to ship professional books and material with HHG and UB in addition to authorized weight allowance. As of November 2000, there is no longer a consumable goods allowance for Kuwait.

# Housing

## Camp Arifjan

All SMs will report to building 149 (I-Bay) Housing Office for billeting assignment. The housing OIC, will maintain a housing SOP specific to each camp that details how housing is allocated within that camp. It is strongly recommended that you reach out to the camp housing office for location specific guidance for the camp that you will be on. Billeting requests will be submitted through unit housing POCs to the Camp Housing Office along with assignment orders to Ku-



**Building 149 (I-Bay)**

## Kuwait Housing

Housing is dependent upon your status here in Kuwait. In general, SMs are housed as follows: TCS and TDY SMs are housed in Contingency Housing (CH). PCS SMs are housed in Unaccompanied Personnel Housing (UPH), which is Kuwaiti funded. DoD Civilians are housed in Kuwait in either an apartment or villa. Each type of housing is

### **Unaccompanied Personnel Housing**



If your orders have not been cut, the Installation Housing Office may accept a memorandum for record in lieu of orders from the first 0-5 in the individual's chain of command (or sponsoring unit's chain of command) on a case-by-case basis. The Installation Housing Office will maintain a waiting list for each category of housing for personnel. This housing list will be prioritized consistently with priorities established in AR 420-1. Incoming personnel will be placed on a waiting list

# Housing

Types of housing on the installation fall into one of the two categories, Unaccompanied Personnel Housing or Contingency Housing. UPH is constructed to a permanent standard. CH is constructed to a semi-permanent or temporary standard, including trailers, containerized housing units (CHUs), personnel occupancy dwellings (PODs), relocatable building (RLB), pre-fabricated concrete buildings (PCBs) and tents. Entitlements to various housing and billeting facilities are based upon the following criteria: Rank and grade, order type, duration of assignment, and assigned unit footprints. Within each priority category, tenants are assigned housing based on first-come, first-serve basis. The eligibility date for placement on a waiting list for housing will be not later than 30 days after reporting to Kuwait. Rooms and housing units will be

## ***Prohibited Items In Quarters:***

- Smoking
- Burning of candles and incense
- Cooking using open flame or heating devices (hot plate, dip-coil, etc.)
- Plug in heaters
- Connecting multiple power strips (daisy chaining)
- Any type of animals, pet or plant



# Housing



**RLBs**



**PODs**



**Sr. PODs**

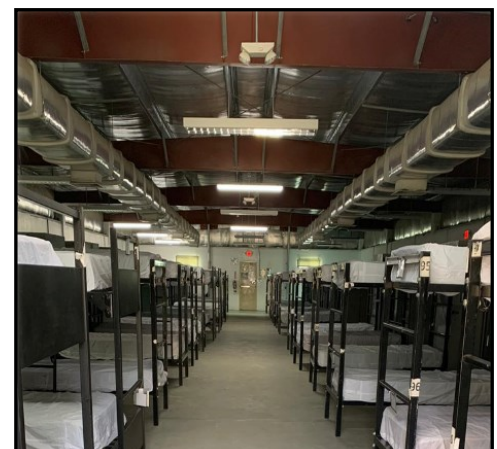
**Gateway B's**



**WETCHU**



**PCB's**





## Medical Services

Most routine healthcare services are provided at no charge to the Soldier with TRICARE coverage. Overseas Prime is available for authorized military members. The US Army Health Clinic—Kuwait (USAHC-K) or TMC, at Camp Arifjan can refer personnel who require medical treatment that is not available at the TMC or USMK-K to host nation medical facilities. These services may include pharmacies, medical labs, medical imaging, consultation with specialties and procedures. You should **NOT** use any public or private medical facilities unless you are referred to by a medical authority. Off-installation medical care will be coordinated through TRICARE Overseas Prime/ International SOS (ISOS).

Depending on the nature of the medical problem, individuals may be sent to U.S. military facilities in Europe for treatment. The TMC at Camp Arifjan is the primary care provider for Soldiers. The US Military Hospital Kuwait (USMH-K) provides pharmacy support. It is recommended that you bring a six-month supply of regularly prescribed medication with you. Check with your sponsor to ensure you can readily refill a prescription; only medications already on the CENTCOM-approved formulary will be available at USMH-K pharmacy. Do not pack medication with your HHG, as the heat in transit can diminish the effectiveness of the medicine.



# Dental Services

The dental facility is limited to basic dental care i.e., exams, cleanings, fillings, simple root canals and extractions. Emergency treatments are available to all beneficiaries with priority of care given to active duty military personnel. For dental emergencies during non-duty hours, please report to the Hospital Emergency Room. There is always a dentist on call after duty hours. Specialty care that is not offered by the clinic can be obtained on a case-by-case basis by referral for Soldiers on TCS/PCS orders and GS employees assigned to ASG-K.

Space available care is offered for the following categories:

- Retired U.S Military personnel
- GS employees other than those directly assigned to ASG-KU

The following personnel are specifically authorized specialty care and any exceptions will be authorized by the ASG-KU Dental Surgeon:

- U.S active duty personnel in Kuwait
- DoD civilian employees in Kuwait assigned to ASG-KU

Referral by the dental clinic for specialty care at a civilian facility will be authorized on a case-by-case basis. Tricare Overseas Remote through ISOS will be the prime referral method. Prior to arriving, all military personnel should enroll in Tricare Overseas. The website is:

[www.tricare-overseas.com](http://www.tricare-overseas.com)

Routine dental care is not authorized and will not be provided by military dental clinics to civilian contractors unless specifically authorized in their individual contract. The level of care authorized should be stated on the Letter of Authorization (LOA).

## Veterinary Services

The Arifjan Veterinary Treatment facility (VTF) provides preventive health maintenance and comprehensive health care for Military Working Dogs.

Camp Arifjan is home to many stray animals, specifically cats and dogs. These animals are wild and may carry various diseases that are harmful and possibly deadly to humans, such as rabies.

It is important that you do not touch or go near these animals. It is best to avoid them completely. General Order 1D prohibits adopting animals as pets or mascots of any kind, caring for, or feeding any type of wild or domestic animal.

If you happen to see any stray cats or dogs, report them to pest management. Pest management works with preventive medicine and the Installation Veterinarian to rehome the animals to a local animal shelter. Animals will not be adopted by soldiers. By reporting the stray animals that you see, we can help keep both the installation and stray animals safe.

**318-490-0132**



## MWR



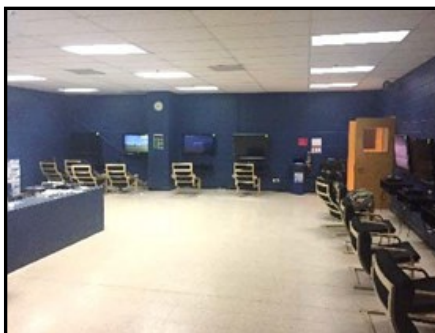
ASG-K Morale, Welfare and Recreation (MWR) is dedicated to improving morale and welfare by providing quality recreation and entertainment opportunities to installation personnel. MWR facilities are designed to meet the needs of Soldiers such as Fitness Centers, Cross Training Facilities, Recreation Centers, Internet Cafes with CAC readers and printers, movie theaters and video checkout, gaming areas, a library, swimming pool, outdoor sports fields and equipment and bike checkout facilities. A variety of events and programming year round, including seasonal sports leagues and tournaments, recreation and fitness competitions, AFE/USO entertainment and active Marketing and Media programs are offered.

### **MWR Center—Open 24/7**

Programs include special holiday events, dance nights, weekly tournaments, Bingo, Texas Hold 'em, karaoke, card games, and more. Facilities offer free Wi-Fi, Billiards, Ping Pong, Darts, TV/ lounge areas, video gaming, video checkout and self-directed leisure space. This building is located across from the track and field and is building 120.

### **Zone 1 Library—0800-2200 Daily**

Free internet access and over 20,000 items available for checkout such as, audio books, CDs, MWR photo event CDs and video DVDs, language audio CDs, music reference material, periodicals, free paperbacks and Playaway's.



# Fitness Centers

## Zone 1 H2F—Holistic Health and Fitness Center



The Zone 1 H2F facility is located in building 130 next to the PX and Volleyball court. Personal trainers are on staff here and offer fitness classes weekly as well as one-on-one training sessions.

Available in this building is:

- One basketball court
- Two racquetball courts
- Weight training area with free weights
- Resistance circuit machines
- Two cardio vascular areas containing treadmills, stationary bikes, cross trainers, stair masters and rowing machines
- Sports equipment (available for checkout)
- Men's and Women's locker rooms

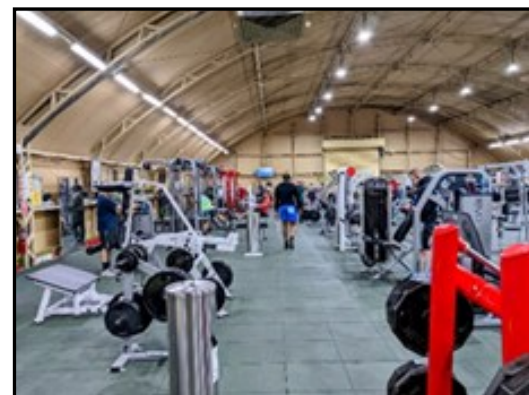




# Fitness Centers

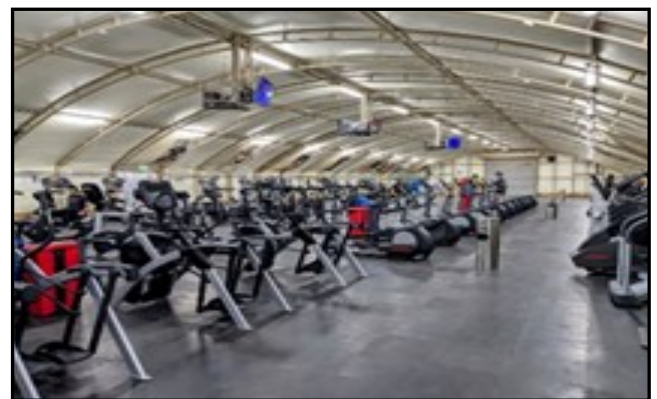
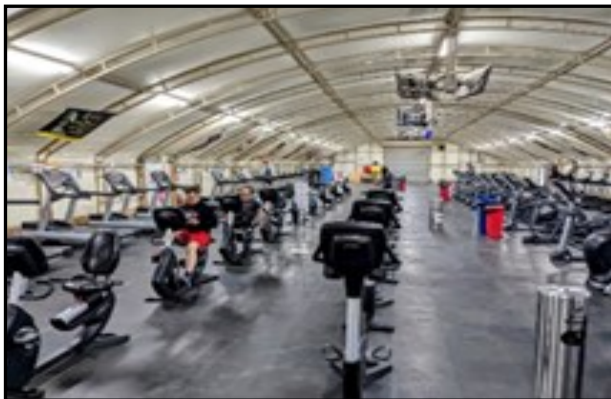
## Zone 1 Strength Gym

The Zone 1 Strength gym is located by the track along South Abrams Loop in building TT1005. This facility has free weights, weight training areas, squat racks, benches, lifting platforms and Hammer strength machines.



## Zone 1 Cardio Gym

The Zone 1 Cardio Gym is located in between the medical campus and the I-Bay (Building 149) in building T149. This facility has cardiovascular equipment including treadmills, stationary bikes, cross trainers, rowing machines, stair masters, and tread walls. There is also a small free weight area with dumbbells, medicine balls and foam rollers.





## Fitness Centers

### Zone 6 Fitness Center

Zone 6 Fitness Center is located in building T1002 adjacent to the PX and next to the USO. This facility provides weight training areas with free weights and state of the art fitness equipment, a cardiovascular area with treadmills, cross trainers, stair masters, row machines, spin bikes and vera climbers.



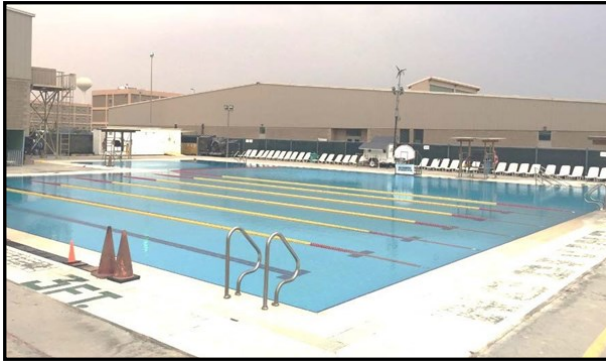
### Zone 6 Cross Training Facility

This facility has top of the line wrestling mats used for MACP Level 1-4 and Brazilian Jiu Jitsu classes, over 1,000 sq. ft. of open floor space for functional fitness classes, Rogue fitness equipment, a 50-foot pull-up rig, Concept 2 rowing machines, Olympic barbells, 2,500lbs of Hi-Tempo bumper plates, Alder kettle bells, gymnastics rings and mats and lifting platforms. Level 1 Certified instructors are available that teach all modalities of fitness including: Olympic lifting, mobility, gymnastics, rowing, powerlifting, boot camps and fitness classes. The Z6 Cross Training facility is located in building T1010, behind the PX and next to the Fitness Center.



# Outdoor Venues

Camp Arifjan has various outdoor venues for recreation for everyone to enjoy. MWR has a pool with lap lanes and an open swim area. The pool is located behind the H2F facility (Building 130), next to the PX. The pool is open 0500-0700 for lap swim and 0700-2200 for recreational swim.



Camp Arifjan also has multiple lit basketball and racquet sports courts. There are two basketball courts, two tennis courts, and two pickleball courts. These are all located across the street from the H2F Facility next to the track and turf field.



The volleyball court is located next to the H2F facility and is lit. The sand was replaced at the beginning of 2023 and is fresh and ready for playing! There is also a court located in Z6 by the PX and USO.



The turf field in Z1 is encompassed by a quarter mile track. The field is lined for multi-purpose use, lit and available 24/7. Adjacent to the track and field is a turf softball field that is also lit. Z6 has a softball field as well, it is located across from 1100 block.



# MWR Activities



MWR sponsors a number of tournaments and events throughout the year. The frequency of events range from weekly to monthly . They put on various events such as 5k run/walks, soccer tournaments, basketball tournaments and many more. Outdoor recreation equipment including bicycles, is also available for checkout at the MWR Warehouse, building 120.



# Other Facilities

## **Dining Facilities**

There are three dining facilities (DFAC) and many fast food establishments on Camp Arifjan. Some of these restaurants are Chilies, Bun-D, Taco Bell, Burger King, Popeyes, Starbucks, and many more! If you are permanent party in the grade of E7 and above you will pay for your meals in the DFAC. The only payment method accepted at the DFACs is the Eagle Cash Card. It is strongly recommended that you obtain an Eagle Cash Card prior to arriving in Kuwait.

## **Chapel Services**

Chaplains and Chaplains assistants are available for counseling and offer help for all persons regardless of religious belief or affiliation. Chaplains provide important rites, instruction and spiritual insight for those who seek it in their faith communities. Religious services provided include Roman Catholic, Protestant, Traditional, General, Gospel, Eastern Orthodox, Latter Day Saints, Episcopal/Lutheran, Jewish Prayer Service, Islam Jumu'ah and open circle. Other services available are Bible Study, Fellowships and Choirs as well as special services and events

## Other Info

### Internet

There are several options for internet services in your room and through out the base. There is free Wi-Fi in many MWR buildings, DFACs and coffee shops. STC Solutions is Wi-Fi available for purchase in the barracks. You may purchase a mobile hotspot device, or “puck”, that operates off of the cell phone network. Along with the puck you must also purchase a sim card. Purchasing a sim card for your unlocked cell phone is another option. There are many vendors off-post within the economy that have internet options at reasonable prices. These vendors are located in the Fahaheel area. Aim to spend no more that \$20-\$40/month for 5G service. Zain works best on CAKU.

### Points of Contact

The country code for commercial calls to Kuwait +965 and 318 for DSN. The best medium for contact is usually email.

If you area assigned to ASG-KU, please contact your enlisted/officer management branch or your sponsor for assistance on command sponsorship issues.

**Mailing Address**

**Unit**

**ATTN: Section**

**APO AE 09366**



# Points of Contact

SECTION	BUILDING	HOURS	PHONE NUMBER
Civilian Personnel Office (CPO)	216	0900-1700 SUN-THU	480-4124
HHC Orderly Room	216	0900-1700 MON-FRI	480-7060
ASG-KU Help Desk	216	0700-1800 SUN-SAT	480-5116
S-6	216	0900-1600 MON-FRI	480-0318
Medical Clinic	179	0730-1600 MON-FRI	480-6364
Sick Call	179	0745-0815 MON-FRI	
Appointments	179	0900-1500 MON-FRI	480-6364
Medical Records In- Processing	179	1600-1700 TUE/THU	
Immunizations	179	Appointment Only	480-6364
Pharmacy	179	0800-1600 M,T, TH&F 0830-1500 W 0900-1200 SAT	430-1970
Dental Clinic	169	0730-1600 MON-FRI	480-7912
Dental in-Processing	169 RM 45	0730-1530 M, W, SAT	

# Points of Contact

SECTION	BUILDING	HOURS	PHONE NUMBER
Dental Sick Call	169	0730-0830	
Finance	Z1 PX	0900-1600 MON-SAT 1300-1600 SUN	480-4380
Housing	149	27/7	480-6681
CIF	336	0800-1700 WED-SAT 0800-1445 THU	480-4487
Arms Room	530	24/7	480-3340
Chapel	148	0800-2100	480-5074
MWR OIC	120		480-3034
NAF Manager	120		480-5981





See You Soon!

