

Marine Barracks Washington, D.C.

# WELCOME ABOARD

The Oldest Post of the Corps

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**8TH AND I STREETS SE  
WASHINGTON, D.C. 20390**



## Welcome Aboard Letter from the Commanding Officer



To the newly-joined Marines, Sailors and Civilians of Marine Barracks Washington:

It is my privilege to welcome you to the “Oldest Post of the Corps.”

Since its establishment in 1801, Marine Barracks Washington has enjoyed an incredible legacy stemming from its unique mission, which directly supports the Commandant of the Marine Corps and the President of the United States.

The Barracks has cultivated a well-earned reputation for excellence throughout its storied history and is widely regarded as having set the standard for performance, discipline, and professionalism. As a newly-joined member of the unit, you have become a part of the heart and soul of the Marine Corps. Andrea, my four sons, and I look forward to meeting you and sharing in the traditions of this storied command.

Semper Fidelis,

Colonel Teague A. Pastel  
Commanding Officer  
Marine Barracks Washington, D.C.

# Marine Barracks Washington

## WHO WE ARE

Marine Barracks Washington, D.C., also known as "8th & I," is the oldest active post in the Marine Corps. It was founded by President Thomas Jefferson and Lt. Col. William Ward Burrows, the second commandant of the Marine Corps, in 1801.

Located on the corners of 8th & I Streets in southeast Washington, D.C., the Barracks supports both ceremonial and security missions in the nation's capital.

The Barracks is home to many nationally recognized entities, including the President's Own United States Marine Band, Commandant's Own Drum and Bugle Corps, the Marine Corps Color Guard led by the Color Sergeant of the Marine Corps, Marine Corps Silent Drill Platoon of Alpha Company, and the Marine Corps Body Bearers of Bravo Company. It is also the site of the Home of the Commandants, which, along with the Barracks, is a registered national historic landmark.

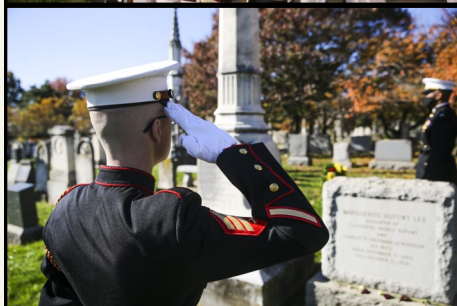
## WHAT WE DO

Marine Barracks Washington, D.C. provides the requisite units as directed by the Commandant of the Marine Corps for parades and ceremonies, funerals, dignified transfers, installation level services, security at designated locations to all residents and assigned units, and security and musical support to the President of the United States through the Presidential Support Program and United States Marine Band, in order to support the United States Marine Corps strategic communications plan, keep faith with Marines worldwide, and tell the Marine Corps story.





## W e l c o m e   A b o a r d !



Hello Marines, Sailors, and families,

On behalf of the Marine Barracks Washington Family Readiness Team, welcome to the Barracks Family! As the Barracks Unit Readiness Coordinator (URC), I am here to provide a variety of resources and official communication. This welcome package is the first step in helping you with your transition to the National Capital Region (NCR). I hope that you are able to utilize the information that is provided within.

The National Capital Region is a great place to live and serve. You will receive a more in-depth welcome aboard brief once you check in. General information for the DC Metro area is contained within this package. Supplemental items can be added based upon your marital status or specific family needs. Information regarding housing, relocation, and school options are also provided for your convenience along with points of contact. If you have questions about these topics or anything else, please contact me so I can get you the specific information you require. My telephone number and email address are listed below.

Whether you need assistance with settling into the area, arranging a sponsor for your move, or navigating deployment related issues, I am happy to help!

URC contact information:  
kassandra.gonzalez@usmc.mil  
202-433-5671

Marine Barracks Website:  
<https://www.barracks.marines.mil/>

Once again, welcome to Marine Barracks Washington, the "Oldest Post of the Corps." See you around!

Staff Sergeant Kassandra M. Mendez  
Unit Readiness Coordinator  
Marine Barracks Washington

## C h e c k - I n P r o c e d u r e s

All military personnel with orders to MBW should first check in with the Consolidated Administration Center (CONAD) located at WNY/ Bldg. 220. If checking in after working hours or on the weekend, check in with the Barracks Duty Officer (BDO).

The BDO  
phone number:  
202-345-9492

### BEQ/BOQ Information

Officers in need of temporary lodging may contact the Barracks Executive Officer (XO) for assistance at (202) 433-6166.

Enlisted personnel may contact the BEQ manager at DSN 433-5614, Comm: (202) 433-5614

### UNIFORM FOR CHECK-IN IS SERVICE ALPHAS.

New arrivals must bring their **original orders** when checking-in to be endorsed by the Personnel Office located within CONAD. There is no need to purchase excess uniform items before checking in.

All new joins receive a Barracks uniform issue that requires alterations immediately after check-in. During this period, Officers and SNCOs are required to wear a business suit or equivalent while supporting parades and official ceremonies.

If you are not on COMRATS and arrive over the weekend, you can eat at the Chow Hall by showing your orders. There is also a Mini-Mart aboard the Annex where a limited sustenance selection is available.

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## B a s e / P o s t A c c e s s

Contact Physical Security:  
202-433-6397  
Towers, Bldg. 20, 1st Fl.

MBW is a limited access secure installation. In order to gain access, you must be cleared by Physical Security (Mon-Fri between 0800-1600). If checking in after working hours or weekends, present your orders and DOD ID to the guards to access MBW facilities, including main post, the annex, or enlisted barracks.

# Marine Barracks and Eastern Market Metro Location

Provided are MBW buildings and key offices that will assist you during check in.

The closest Metro Station to MBW is Eastern Market.

<https://www.wmata.com/rider-guide/stations/eastern-market.cfm>

### 1. WNY/Bldg. 220, 2nd Fl.

- CONAD
- URC
- Career Planner
- Adjutant's Office
- Annex BEQ Manager
- H&S Co. Office
- S-6

### 2. Towers/Bldg. 20

- East Side:**
- Company B BEQ
  - 1st Deck MCCS Gym
  - Physical Security
  - Chaplain

**West Side:**

- Company A BEQ
- 1st Deck Chow Hall

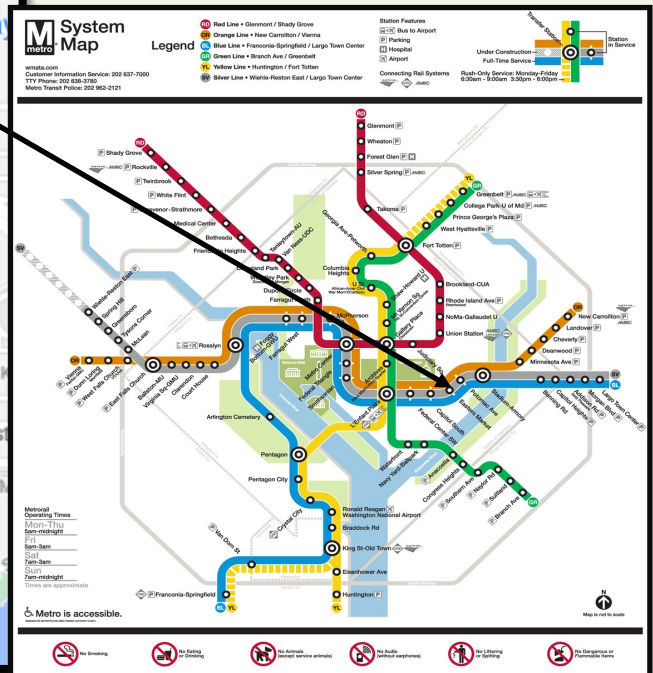
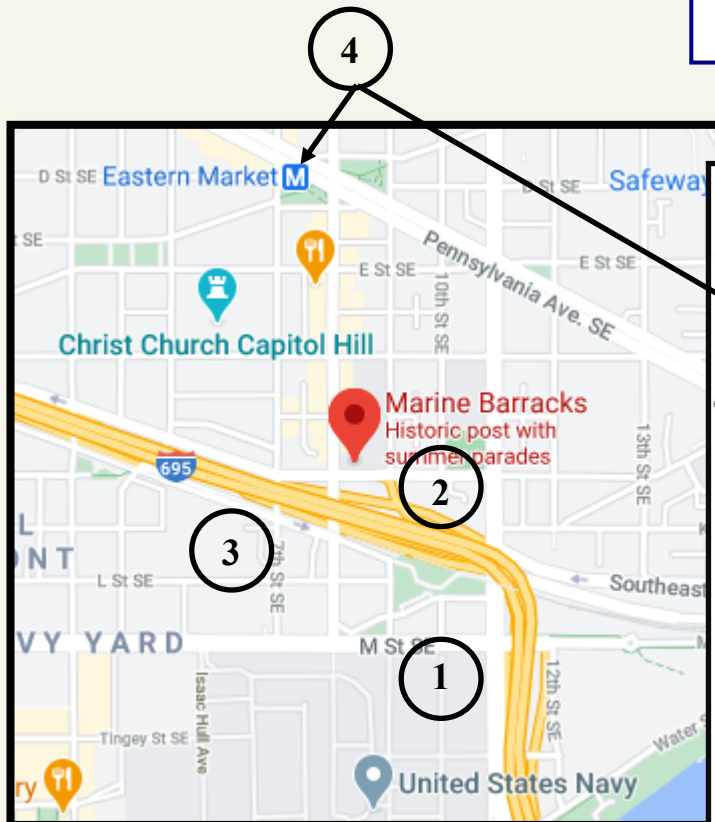
### 3. Annex

- MCCS Gym
- Marine Mart
- Barbershop
- SARC
- D&B

## 4. Eastern Market Metro

**Eastern Market Metro stop is located on the Orange, Blue and Silver Lines.**

**It is the closest Metro stop and is located two blocks to the north of the Barracks.**



## Surrounding Installations and Resources

### 1. Joint Base Anacostia-Bolling (JBAB)

MBW Motor Pool  
 Commissary  
 Medical facility  
 Family housing  
 Elementary/Middle/High School  
 CDC  
 Exchange  
 Commute: 3 miles  
 DEERS/ID

### 2. Joint Base Myer-Henderson Hall

Commissary/MCX  
 DMO  
 MCCS Services  
 Youth programs  
 CDC/FCC  
 DEERS/ID  
 Commute: 7 miles

### 3. Joint Base Andrews

Family housing  
 Medical facility  
 Commissary  
 Youth Programs  
 Exchange  
 Elementary/Middle School  
 CDC/FCC  
 DEERS/ID  
 Commute: 11 miles

### 4. Fort Belvoir

Commissary  
 Family housing  
 Exchange  
 Elementary school  
 Medical facility  
 DEERS/ID  
 Commute: 21 miles

### 5. Walter Reed National Military Medical Center

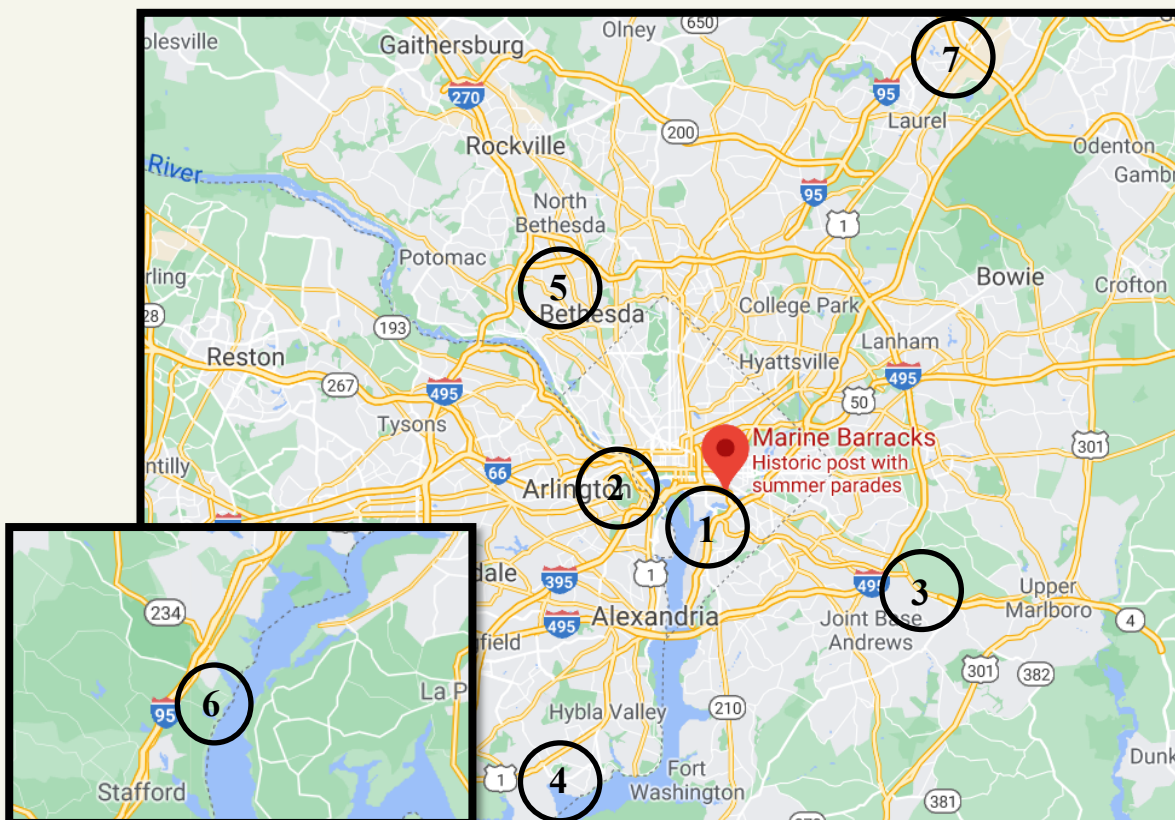
Medical facility  
 Exchange  
 Commute: 22 miles

### 6. MCB Quantico

Commissary/MCX  
 Family housing  
 Youth Programs  
 IIF  
 MCCS Services  
 Health Clinic  
 CDC  
 DEERS/ID  
 Commute: 37 miles

### 7. Fort Meade

Family housing  
 Commissary  
 Elementary/Middle/High School  
 Exchange  
 Commute: 26 miles





## TRICARE Medical & United Concordia Dental

### **Tricare Prime/Standard Enrollment**

Once you have arrived at Marine Barracks Washington, you will need to establish a Primary Care Manager for you and your family. However, you must first check in with CONAD to be administratively joined to Marine Barracks Washington. All active duty are required to have Tricare Prime. Options for family member enrollment are on the Tricare website: [www.tricare.mil/LifeEvents/moving/prime.aspx](http://www.tricare.mil/LifeEvents/moving/prime.aspx)

## Change Primary Care Manager

### **1. Call your Regional Contractor**

East: Humana Military

(1-800-444-5445)

Ask to be assigned to Branch Health Clinic, Washington Navy Yard

### **2. Online**

Go to: <https://www.tricare.mil/FindDoctor/ChangePCM>

### **Dental**

Active Duty: For dental information and/or appointment, call: 202-433-2480/2589

Family Members: Enrollment with Tricare (MetLife) Dental is elective, not automatic like Tricare Medical.

To enroll visit the following site: <https://www.tricare.mil/CoveredServices/Dental/TDP>

## Local Military Treatment Facilities

Multiple military clinics and treatment facilities exist in the National Capital Area. It is recommended to utilize the internet for the most up to date phone numbers, working hours and locations. Some clinics are limited to Active Duty only. A few of the clinics are listed below:

- Ft Belvoir Community Hospital
- Fort Meade Medical Center
- Walter Reed National Medical Center
- Fort Myer Andrew Rader Health Clinic
- Naval Hospital Clinic Quantico
- Joint Base Andrews Malcom Grow Medical Center



## Local Off Base Housing Options

Choice of housing while stationed at Marine Barracks Washington is a decision that depends on many personal factors. Many choose to rent off base or buy a home. The closer to D.C. you live, the more housing will cost.

### Temporary Lodging in VA, DC, and MD

#### Virginia

Fort Belvoir reservations: (703) 704-8600

MCB Quantico– The Crossroads Inn

Reservations: (800) 965-9511

Joint Base Myers-Henderson Hall

(703) 696-3576-3577

#### Washington, D.C.

Bellevue Navy Housing/Navy Lodge

(800) 628-9466 or (202) 563-6950

Joint Base Anacostia-Bolling/Gateway Inns & Suites

(877) 628-9233 or (202) 664-8587

#### Maryland

Andrews Air Force Base/The Gateway Inn

(301) 981-4614 or DSN: (312) 858-4614

Navy Lodge Bethesda

(301) 654-1795

Fort Meade Army Lodging

Reservations: (410) 674-7700

Ensure that you understand laws and regulations pertaining to owning/carrying weapons in the D.C., Virginia, and Maryland area.

If residing on a military installation, ensure you understand regulations pertaining to pets (i.e., breeds).

### Family Housing

#### Joint Base Anacostia Bolling

(202) 562-2631

<https://www.bollingfamilyhousing.com/>

Bellevue Navy Housing

<https://lincolnmilitary.com/installations/joint-base-anacostia-bolling-jbab/bellevue/>

#### Andrews Air Force Base

<https://libertyparkatandrews.com/>

#### Marine Corps Base Quantico

<https://www.quantico.marines.mil/Offices-Staff/G-F-Installation-and-Environment/Family-Housing-Branch/>

Homes.mil website: <https://www.homes.mil/homes/DispatchServlet/Back?>

## School Liaison & CDC

The Henderson Hall School Liaison is here to serve military families, commands, schools and the community located in the National Capitol Region.

### Henderson Hall School Liaison Contact Information:

(703) 693-8378 or [amy.fishman@usmc-mccs.org](mailto:amy.fishman@usmc-mccs.org)

<http://www.mccshh.com/sl.html>

-Arlington Public Schools contact number: (703) 228-6008 or <https://www.apsva.us/>

-Alexandria City Public Schools contact number: (703) 619-8000 or <https://www.acps.k12.va.us/>

-Maryland Public Schools: <http://marylandpublicschools.org/about/Pages/School-Systems/index.aspx>

-Washington, DC Public Schools: <https://dcps.dc.gov/>

-Surrounding counties near Joint Base Andrews: <https://www.jba.af.mil/Resources/Community/Schools/>

### Child Development Centers

To register your child at an installation Child Development Center, you must request care through the below link:

<https://militarychildcare.csd.disa.mil/mccf/ui/#/>

If no spots are available, you may utilize Child Care Aware for fee assistance at qualifying child care centers.

<https://www.childcareaware.org/>

# Single Marine Program

## Marine Corps Community Services

### Make a Difference, Get Involved.

The Single Marine Program (SMP) was established to provide a forum for Marines to identify quality of life ideas and issues along with recommended solutions. After all, change starts from the bottom up. Through participation in the planning and coordination of programs and activities, single Marines have an opportunity to create an enjoyable and rewarding environment for themselves at Marine Barracks Washington. Motivated single Marines, a supportive command, and Marine Corps Community Services (MCCS) staff provide the foundation for a successful program – what's missing is you! Make a difference, get involved!

### Activities and Events:

- Paintball excursions
- Deep Sea fishing trips
- Amusement park getaways
- Sporting events
- Ski trips

### Community Service:

- Habitat for Humanity
- Toys for Tots
- Adopt a School
- Park cleanups
- Veterans Homes



For more information contact  
Hala Barrios 202-433-2816  
[hala.barrios@usmc-mccs.org](mailto:hala.barrios@usmc-mccs.org)

MARINE BARRACKS WASHINGTON, DC 18 01

Marine Corps Community Services



Community Services  
MBW 8<sup>th</sup> & I

*Keep up with upcoming events, opportunities, and everything that MCCS at 8<sup>th</sup> & I has to offer!*

MARINE BARRACKS WASHINGTON, DC 18 01

### Visit MCCS online

<http://mccs8thandi.com/>

Upcoming Events  
Semper Fit Services  
Gear Issue Menu  
Sports Schedules  
Massage Appointments  
Useful Links for New Joins  
Facility Reservations  
Volunteer Opportunities  
AND MORE!....

### Visit D.C.

Check out the sites below for info:

[National Mall and Memorial Parks](#)  
[Travel Guide to D.C.](#)  
[Travel Guide to Northern Va.](#)  
[Travel Guide to Md.](#)  
[Barracks Row/Capitol Hill](#)  
[Washington D.C. Metro](#)



## P o i n t s o f C o n t a c t

### **Unit Readiness Coordinator**

Staff Sergeant Kassandra Mendez

Office: (202) 433-5671

Cell: (484) 649-7390

Email: [Kassandra.gonzalez@usmc.mil](mailto:Kassandra.gonzalez@usmc.mil)

### **DoD Safe Helpline**

Click: [www.SafeHelpline.org](http://www.SafeHelpline.org)

Call: 877-995-5247

Text: 55-247

### **Command Religious Ministry Team**

The command religious team is present to provide care for Marines, Sailors and their families. The chaplain offers confidential communication and is available for individuals, couples, premarital, stress, and pastoral counseling.

Chaplain: 202-233-6201

Religious Program Specialist: 202-433-2521

### **Officer of the Day/Barracks Duty Officer**

202-345-9492

#### HELPFUL LINKS

[MBW Website](#)

[MBW Facebook](#)

[MBW Spouses and Significant](#)

[Others Facebook Page](#)



