



MDSC Warrior Transition Program



General Timeline & Arrival



ARRIVAL AT WTP

CHECK-IN: Upon arrival, you will receive berthing assignments, a final schedule of events and a brief tour of the base, including WTP spaces, Army MWR services, and nearby amenities.

1. If you arrive with any pre-existing medical condition or current injury, please inform the WTP medical team as soon as possible.
2. PLEASE PACK YOUR MILITARY-ISSUED GEAR TO BE TURNED IN SEPARATE FROM YOUR PERSONAL ITEMS. When you arrive at WTP, we will stow your turn-in gear until the appointed gear turn-in time. You will take separately packed personal items immediately to your berthing spaces.
3. Expect a scheduled Welcome Brief for departmental introductions, schedule specifics, and applicable policies for the duration of your stay. You will need to provide your original endorsed demobilization or TMADD orders to WTP N1 for check-in.



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Frequently Asked Questions

What is the Navy Warrior Transition Program?

The Warrior Transition Program-Forward (WTP-FWD) is the Navy's Decompression site in Sembach, Germany for all Active Duty (AC) and Reserve Component (RC) Navy Individual Augmentees (IA) and/or otherwise Mobilized Sailors returning from non-traditional deployments to AFRICOM, CENTCOM and EURCOM AORs. WTP provides an environment for IAs to process their deployment experience and plan for their reintegration with family, the workplace, and their community. The program includes structured and unstructured events facilitated by WTP staff.

In addition to the normal program, are there other recreational and educational options available?

The answer is yes! There are a number of activities available for you to enjoy. Specific information will be provided upon arrival.

How do I contact family and/or access the internet while at WTP?

Internet is complimentary in Building 219, including berthing and dayrooms, and in the Navy spaces (lower level) of Building 220. The WiFi username and password are posted in each space. There are also military kiosk computers available for your use in the Navy spaces. For personal use, there are computers with commercial internet access on the main level of Building 220 in the Warrior Zone. There are VOIP/DSN phones that you can use in each of the dayrooms within Building 219 and in the Navy spaces within Building 220. Instructions for dialing are posted at each phone.

Are religious services available during my time at WTP?

Yes, we have a Religious Ministry program with a Chaplain on staff to provide and facilitate worship opportunities for most major faith traditions. We also provide several optional activities to nurture spiritual life for those interested. Our Chaplain will provide more specific information about these opportunities upon your arrival.



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Frequently Asked Questions cont.

What is the Leave and Liberty policy at WTP?

There is no authorized leave while at WTP; however, individual liberty is authorized, and the liberty policy will be explained upon arrival. Note: Rental Cars are not authorized on Sembach during the program Sunday - Thursday! There are opportunities to enjoy free time during reintegration trips to local German cities. WTP staff will accompany groups to one or more places such as Kaiserslautern, Rüdesheim, Speyer, Trier, Heidelberg, and Koblenz, just to name a few. These trips are designed to assist your return to a non-deployed environment while enjoying amazing historic sites, local cuisine, and shopping in European markets. WTP-sponsored transportation will get you to and from reintegration trip locations.

Can I take leave after completing WTP and before reporting to my next command?

GSA, OSA and Active-duty personnel, please coordinate all leave requests through your theatre N1 / J1, MDSC Norfolk, Sponsor (AC), and parent command for CONUS or OCONUS leave requests, and annotate your intentions when submitting your WTP Class Request. For Reservists, leave is not authorized until after you complete out-processing with MDSC and your NRC; then you may take Terminal Leave. Sailors with approved leave may take leave after WTP. WTP does not approve leave. WTP will attempt to postpone travel for those taking leave to align with their leave dates if communicated far enough in advance (approximately three weeks). WTP will NOT rebook travel to align with leave dates once travel to WTP is already booked. Leave travel shall not come at the expense of the government per the JTR.

What can I wear at WTP? How should I plan for weather in Germany?

To begin your reintegration process, wearing proper civilian attire is highly encouraged, including civilian/Navy PT gear (if desired, while on base). Per local ATFP guidelines, you may not wear clothing with military logos or identifiable US markings while on reintegration trips to the local German cities. There is laundry available so 3 or 4 days of clothing will see you comfortably through the program.

The cold weather season in Germany is from mid-October through late-April. Temperatures typically are within the 30–50 degree range, with occasional spikes of warm weather in the fall and spring. If you cannot purchase cold weather civilian clothes before you arrive, please note that you can wear your



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military black/brown fleece (w/o insignia) and knit watch cap with civilian clothing while on base. We also have Davy Jones Locker in Building 219 that has coats and other cold weather items for loan.

Frequently Asked Questions cont.

What is the alcohol policy while at WTP?

We do not have a specified drink limit but expect you to drink responsibly and to take care of your shipmates. All Navy policies and regulations for personal conduct and Alcohol Related Incidents apply, so please do not allow the overconsumption of alcohol to wreck your reintegration experience. We do limit the purchase and consumption of alcohol as follows:

1. You may drink in town while on reintegration trips and at Ramstein.
2. If you purchase alcoholic beverages in town to take home with you, you can keep them in your room. No alcoholic beverages can be consumed in berthing spaces (Building 215 or 219).
3. While at Sembach, the restaurant and Manhattan Lounge (Building 220) sell alcoholic beverages. Their current hours will be briefed on your arrival.

Can I go off base?

The short answer is yes, you can go off base for personal liberty. The liberty policy and restrictions will be explained when you arrive.

What is the visitor policy at WTP?

Family and friends may visit you on post at Sembach until 2200 but must have base access. Off post, visitors are welcome to meet you on reintegration trips; however, riding in a visitor's POV to and from any location is prohibited.

Can I mail items home?

A Post Office is available at Sembach, although we strongly encourage you to mail your items home from theater if possible because the Sembach Post Office has very limited service hours. We don't want you to be stuck deciding not to go on one of the awesome reintegration trips just so you can stay back to mail your items home. Please note also that all U.S. Postal Service and Customs guidelines apply and contraband items will be confiscated and not returned to the individual or WTP. A list of contraband items is located at the Post Office. Postal hours are posted on bulletin boards in the WTP berthing spaces.



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Frequently Asked Questions cont.

Who do I contact for facilities help?

For any facilities issue please contact the WTP CDO at +49 172-246-9683 or DSN 314-542-5001 from any VOIP/DSN phone in the common spaces of the WTP buildings here in Germany.

What is the local power supply in my room?

Barracks rooms have both 220 and 110-volt outlets. The 110-volt outlets look exactly the same as in the U.S. The 220-volt outlets are round and may have adapters in them. **Please be aware the adapters ARE NOT transformers and WILL NOT reduce the electrical current from 220 to 110 volts.** The adapters will not prevent damage to devices that require 110-volt input only.

Where can I get cash (euros and/or dollars)?

For your convenience, there is an ATM located in Building 220. ATMs are also available at the Exchange in Ramstein, and the Community Bank ATM located at Sembach. There are ATMs available in the local German cities you will visit for reintegration trips, but they can charge separate ATM fees, and your bank may also charge you both a fee for usage and a fee for currency conversion. It is suggested to always carry euros during any reintegration trip as some German businesses only accept cash.

Where can I obtain personal hygiene products?

We highly recommend you bring any toiletries you may need during your stay. Davy Jones Locker in Building 219 is stocked with items such as shaving cream, toothpaste, razors, etc. Most of these items are compatible with TSA regulations for travel in your carry-on bag(s). If we do not have an item that you need, you may be able to get it at the Exchange Mini-Mart at Sembach, at the 24/7 store across the street from Building 219 in Building 211 (**the 24/7 is credit card Tap only**), or in the German towns during your reintegration trips. In any event, please let any WTP staff member know, and we will help you get what you need as quickly as possible.



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Frequently Asked Questions cont.

Who can I contact about excessive noise?

After 2200, all hands are expected to observe Quiet Hours. That does not mean “Lights Out,” but it does mean that the bar and firewood for the fire pit are secured, and everyone needs to keep the noise down. If bothered by noise, please contact the CDO. Do not engage the situation yourself – concentrate on decompressing and allow the WTP staff to handle the situation. Try not to let your room door slam shut as a courtesy to others around you.

Are uniforms required upon my departure?

If you are departing on a commercial air flight out of Frankfurt International Airport, then you must wear appropriate civilian attire. If you are flying on a military rotator flight out of Ramstein Air Force Base, then you may wear your uniform but do not have to unless notified or directed by the WTP OIC. Some redeploying Sailors prefer to wear their uniforms on the military rotator flight to Baltimore Washington International (BWI) because they plan to have family members present for their arrival. We support this but only require uniforms under specific circumstances (typically large unit movements in which the U.S. Air Force requests that our personnel travel in uniform). You will be required to be in uniform and within grooming standards while at MDSC in Norfolk.



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Questions for reflection

1. What are the most significant takeaways from my experience?
2. What have I learned about myself this past year?
3. How do I mentally, emotionally, physically and spiritually prepare to reintegrate back into life at home?
4. What kind of homecoming or welcome am I expecting?
5. How much leave do I want to take before returning to my civilian employer/parent command?
With whom and when do I communicate that?
6. Who/What needs my attention when I get home? In the first 24 hours? In the first 3 days? In the first week?
7. To make the best use of my time at WTP, what issues might I need to process/discuss and what practices might I need to engage in?
8. What support resources do I want to know more about, and are there support resources I wish to share with my Shipmates at WTP?

Medical

General guidance: All members (Active and Reserve) must complete the Post-Deployment Health Assessment (PDHA) within 30 days of departure from theater. The WTP Medical staff currently only certify PDHAs for Active members and will assist them in completing the PDHA before departing WTP. Reservists will complete their PDHAs with a CONUS provider as part of the demobilization checkout process.

How to Complete:

1. Go to my.navy.mil/quick-links.html (Navy Portal)
2. Click on Deployment Health Assessments
3. Login with CAC
4. Complete the POST-DHA

ACTIVE DUTY: Once the POST-DHA has been submitted, the WTP medical provider will review and certify the assessment prior to returning to your command.

NOTE



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WTP medical provider cannot place referrals to medical at your parent command. If you have ongoing issues, you will need to make an appointment with your PCM for evaluation.

Medical services at WTP:

1. Active component: members should complete their personal part of PDHA prior to seeing a provider – use the link provided above.
2. Reserve component: members may complete their online PDHA at WTP prior to departing to MDSC or REDCOM San Diego to expedite the medical check out process.
3. Sick call access on a necessary basis with our medical department.
4. Access to nearby hospitals, clinics, dental facilities may be limited by hours of operation.

NOTE

WTP medical staff do not have any over-the-counter (OTC) medications to provide. We suggest you bring any OTC medications you may need for acute issues (i.e. headaches, allergies, etc.).

You will NOT start any VA claims at WTP. Reservists will have an appointment with a medical provider at MDSC Norfolk or REDCOM San Diego and may discuss their options then.

Gear Turn-in Guidance

One of the most common questions asked by Redeploying Sailors is, “What gear do I need to turn in?” All gear issued at the beginning of mobilization must be brought to WTP for turn-in, unless you are required to return your gear with another command (i.e. NSW, NECC, JSOC, etc.). Exceptions include the following items:

| | | |
|---------------------------|---------------|--------------|
| Long underwear trousers | PT uniforms | Uniform belt |
| Standard uniform trousers | Combat shirts | Boonie hats |
| Long underwear shirts | Undershirts | Gloves |
| Standard uniform blouses | Boots | Socks |
| Watch caps | Patrol caps | |





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Again, the items listed as exceptions above are the only items that DO NOT need to be turned in. All other issued gear, regardless of where you went to training, must be turned in. If you have any questions or concerns, please address them with our Logistics Department. Contact information is located on the last page of this Welcome Aboard Package.

Tips for Gear Drop:

1. When packing your bags, **SEPARATE PERSONAL ITEMS FROM MILITARY ISSUED EQUIPMENT AND GEAR FOR TURN IN**. Remove personal paperwork from pockets, pouches, etc.
2. Separate all attachments from the equipment belt (e.g. Molle gear, canteen pouches, etc.) and remove plates from vest. **Do not pull the string inside the vest**.
3. The government issued camouflage backpack (i.e., the PGI or daypack) is a turn-in item at WTP. Therefore, **it is not available as a carry-on for your return home**. Please plan accordingly as we do not provide bags or allow you to keep the PGI bag.



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Base Amenities

Berthing: Your room will be provided with fresh linens, blankets, and a pillow. Rooms are barracks style with a shared head. In the event of large group we cannot guarantee private rooms.

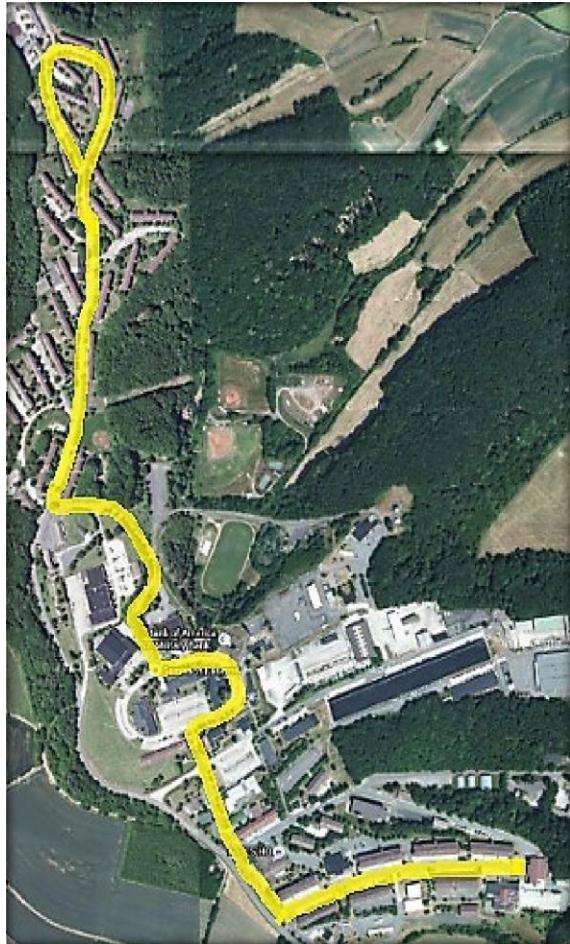
Meals: Meals are provided at no cost to you by the Sembach Community Activity Center (CAC) Restaurant in Building 220.

AMENITIES AT WTP SEMBACH

Offered by the Navy and Army MWR:

Restaurant / TV lounges / Computer consoles / Wi-Fi access / DSN phones / Fitness rooms / Mini-Mart / Laundry / Sauna / Base Gym / Bicycles / Fire Pit / Casino / Movie Theater

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MDSC Warrior Transition Program Contact Information



Welcome Aboard to WTP! Thank you for your service. The WTP staff is proud to be a part of your reintegration back to the Navy, your family, civilian career, community, etc. We are standing by to help you enjoy and get the most out of this important redeployment phase.

Please do not hesitate to ask questions. Our team is here for you.

WTP CDO Duty Phone: +49 172 246 9683

WTP Officer in Charge

CDR David Brock
DSN: (314) 542 5104
Cell: +49 172 242 6920
e-mail: WTP.SEMBACH.OIC@us.navy.mil

WTP Senior Enlisted Leader

BMCS Scott Tatum
DSN: (314) 542 5102
Cell: +49 172 249 0212
e-mail: WTP.SEMBACH.SEA@us.navy.mil



Admin Department (N1)

Duty Cell: +49 172 106 0879
e-mail: WTP.SEMBACH.ADMIN@us.navy.mil

Operations / Travel (N3)

Duty Cell: +49 172 244 0656
e-mail: WTP.SEMBACH.OPERATIONS@us.navy.mil

Supply (N4)

Duty Cell: +49 172 243 3420
e-mail: WTP.SEMBACH.SUPPLY@us.navy.mil

IT Department (N6)

e-mail: WTP.SEMBACH.IT@us.navy.mil

Medical Department (N9)

Duty Cell: +49 172 106 4357
DSN: (314) 542 5411
e-mail: WTP.SEMBACH.MEDICAL@us.navy.mil

Chaplain / Religious Services

Duty Cell: +49 172 247 2135
DSN: (314) 542 5412
e-mail: WTP.SEMBACH.CHAPLAIN@us.navy.mil