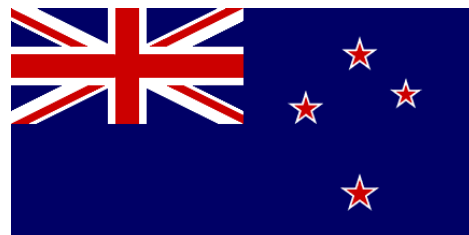


OPERATION DEEP FREEZE

CHRISTCHURCH, NEW ZEALAND
MCMURDO STATION, ANTARCTICA

DEPLOYMENT GUIDE 2004-2005



“...maintained as a peaceful territory, free of national claims and available for the benefit of mankind.”

US Policy on Antarctica





OPERATION DEEP FREEZE RAMP
Christchurch International Airport

ANG DET 13

PSC 467

APO AP 96531-2000

For changes or updates, e-mail: <mailto:cory.bower@odf.transcom.mil>

COMMANDER'S WELCOME



On behalf of all Air National Guard Detachment 13 members, welcome to Christchurch, New Zealand!

This guide was prepared to help answer some of the questions you may have about your upcoming deployment to or through the city of Christchurch, New Zealand. We have included an assortment of information to help you get acquainted with the local community and requirements and procedures associated with your tour of duty. Although not all-inclusive, this guide is designed to answer the most commonly asked questions. It is our hope that this will help make your tour to New Zealand a pleasant and memorable experience.

Should you require additional information or have some specific questions, please do not hesitate to ask. If calling from the CONUS, we can be reached here in New Zealand by dialing 011-64-3-358-1407. We look forward to your arrival later this year and having you as a part of our organization and the DEEP FREEZE mission.



Timothy Penn, Lt Col, USAF
Commander

ANG DET 13 TELEPHONE DIRECTORY

To Dial from the USA: 011-64-3-358-XXXX

NAME	RANK	EXT 358-XXXX	OFFICE
Penn, Tim	Lt Col	1400	Commander
DeFries, Alice	MSgt	1498	NCOIC Transportation and Supply
Bower, Cory	MSgt	1460	Chief, Security Forces
Anderson, Jody	MSgt	1406	Chief, Small Computers
LaPointe, Drew	TSgt	1449	NCOIC Personnel and Information Management
Watson, Barbara	Civ / FSN	1407	Senior Administrative Assistant
Christchurch Duty Officer (24 hours)		1445	Official business or emergencies, will forward to cell phone after hours

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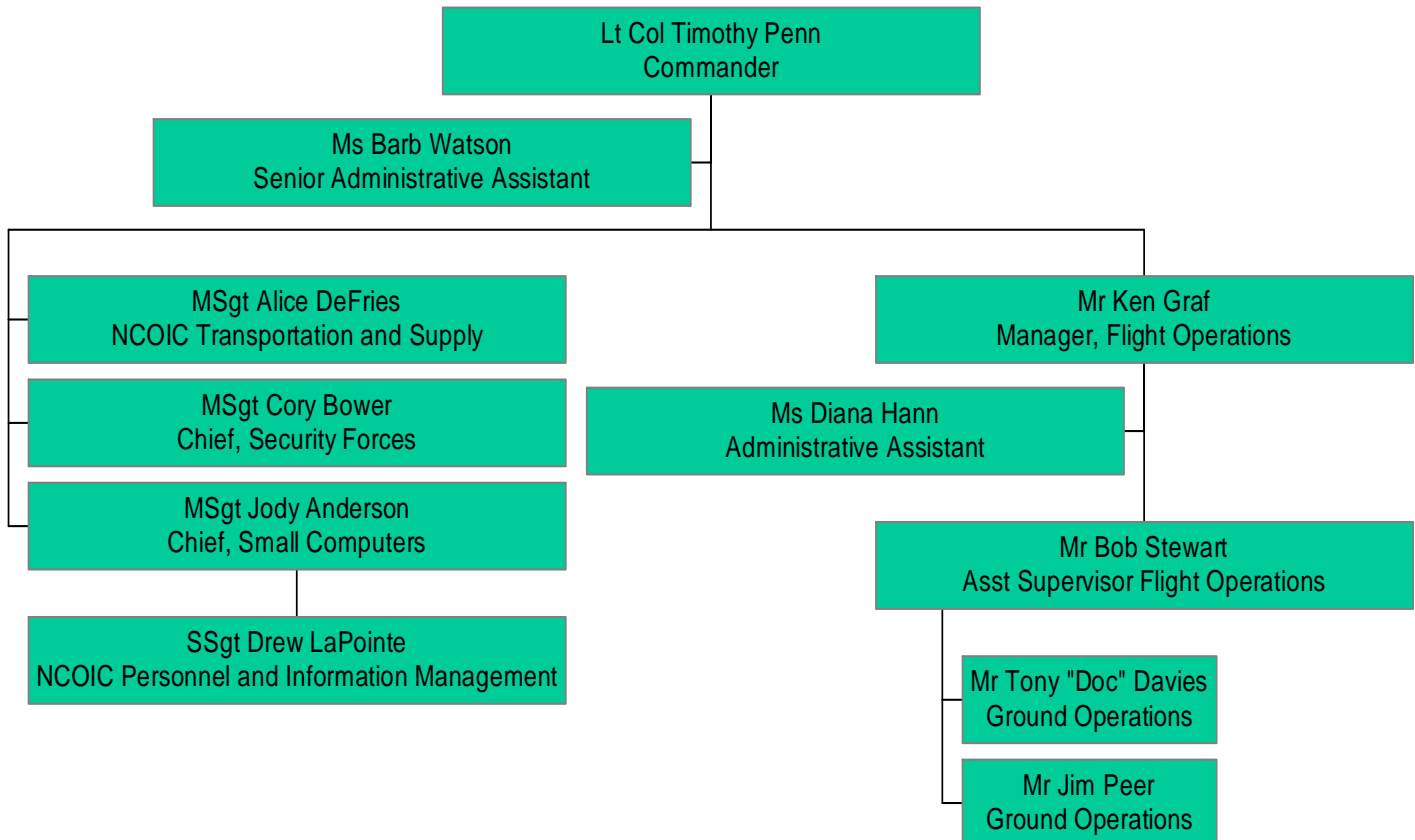


Our Mission

The mission of Air National Guard Detachment 13 is to provide operational and logistical support for the United States Antarctic Program (USAP) air, land, and sea operations necessary for the safe and successful accomplishment of the National Science Foundation (NSF) Office of Polar Program's objectives.

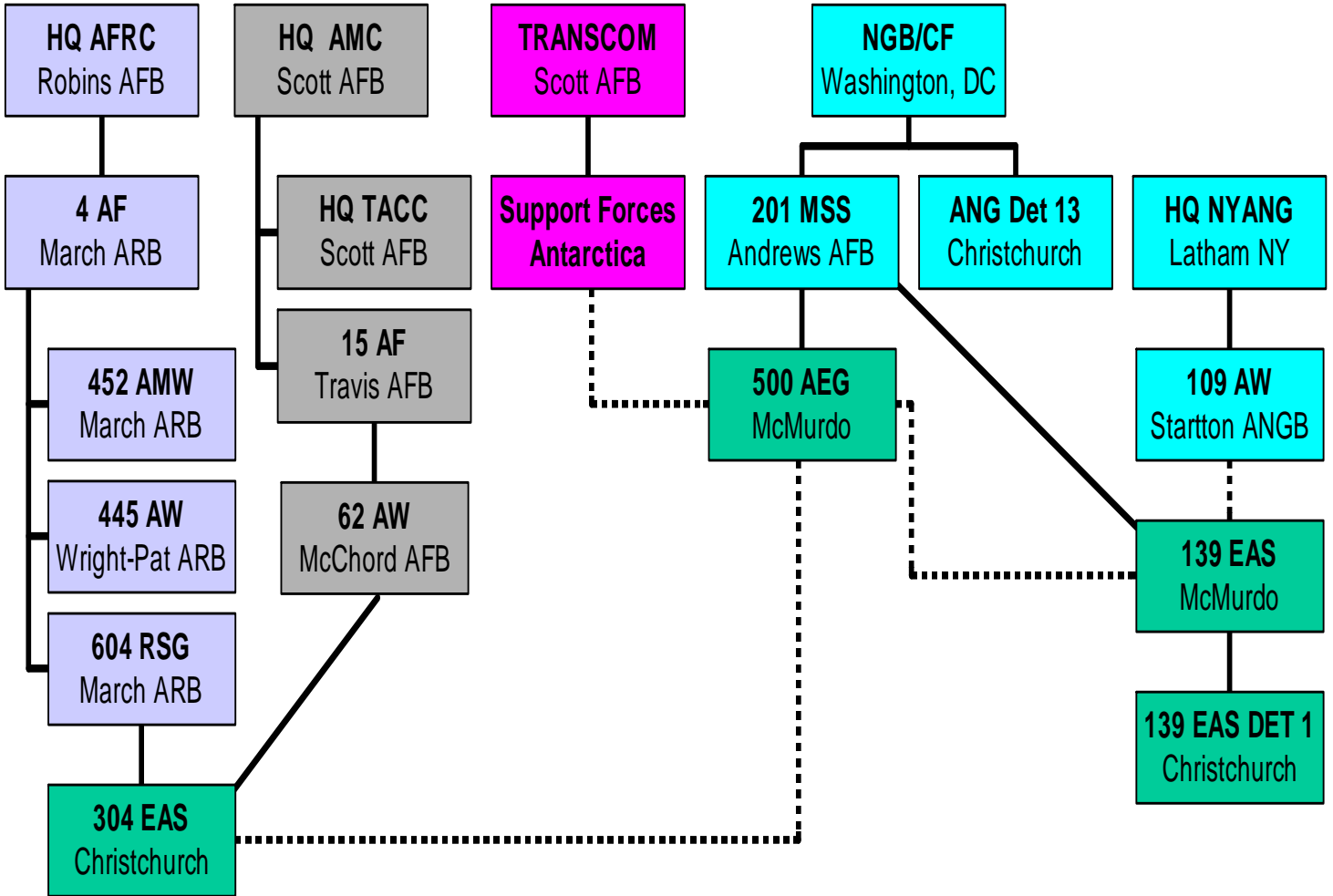
Our facilities are located in Christchurch, New Zealand, adjacent to the Christchurch International Airport. The city of Christchurch is host to the International Antarctic Center (IAC) and the USAP.

ANG DET 13 serves as a responsive staging and operational airbase for flights heading to and from the Antarctic Continent. Although our detachment has no permanent U.S. Air Force aircraft, our facilities provide excellent support in many areas: personnel reception and orderly room; communication services; aircraft ramp services; force protection, maintenance and supply; and air passenger and cargo handling.

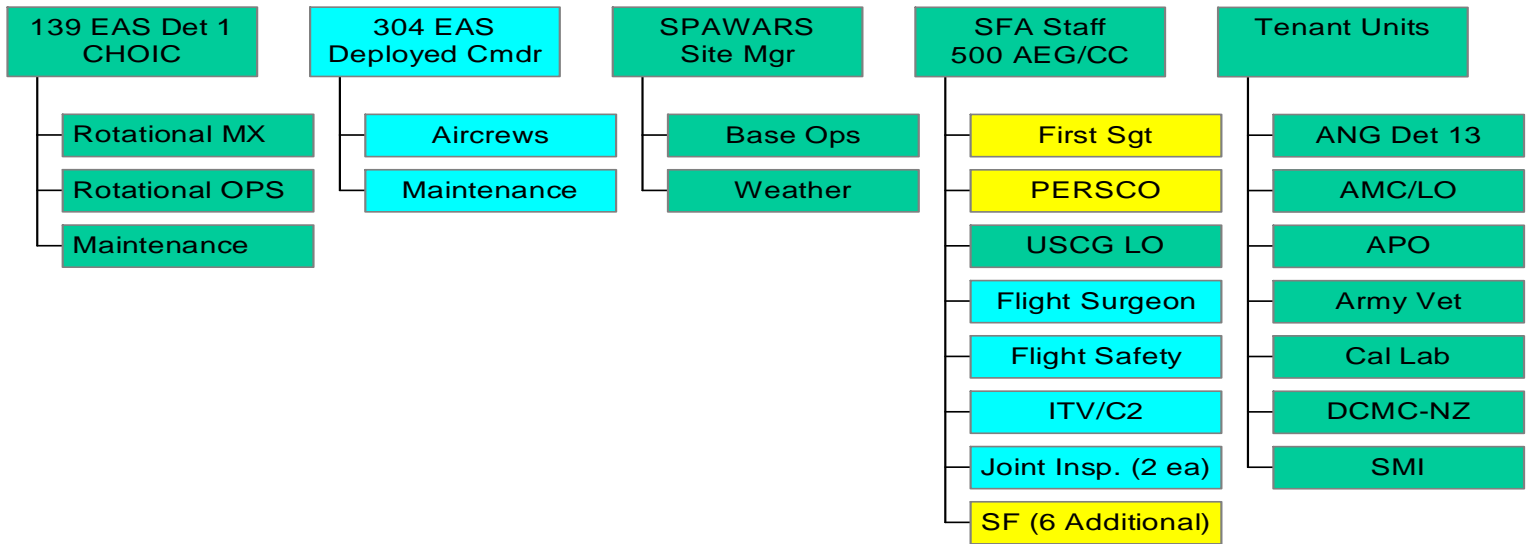


Command Relationships

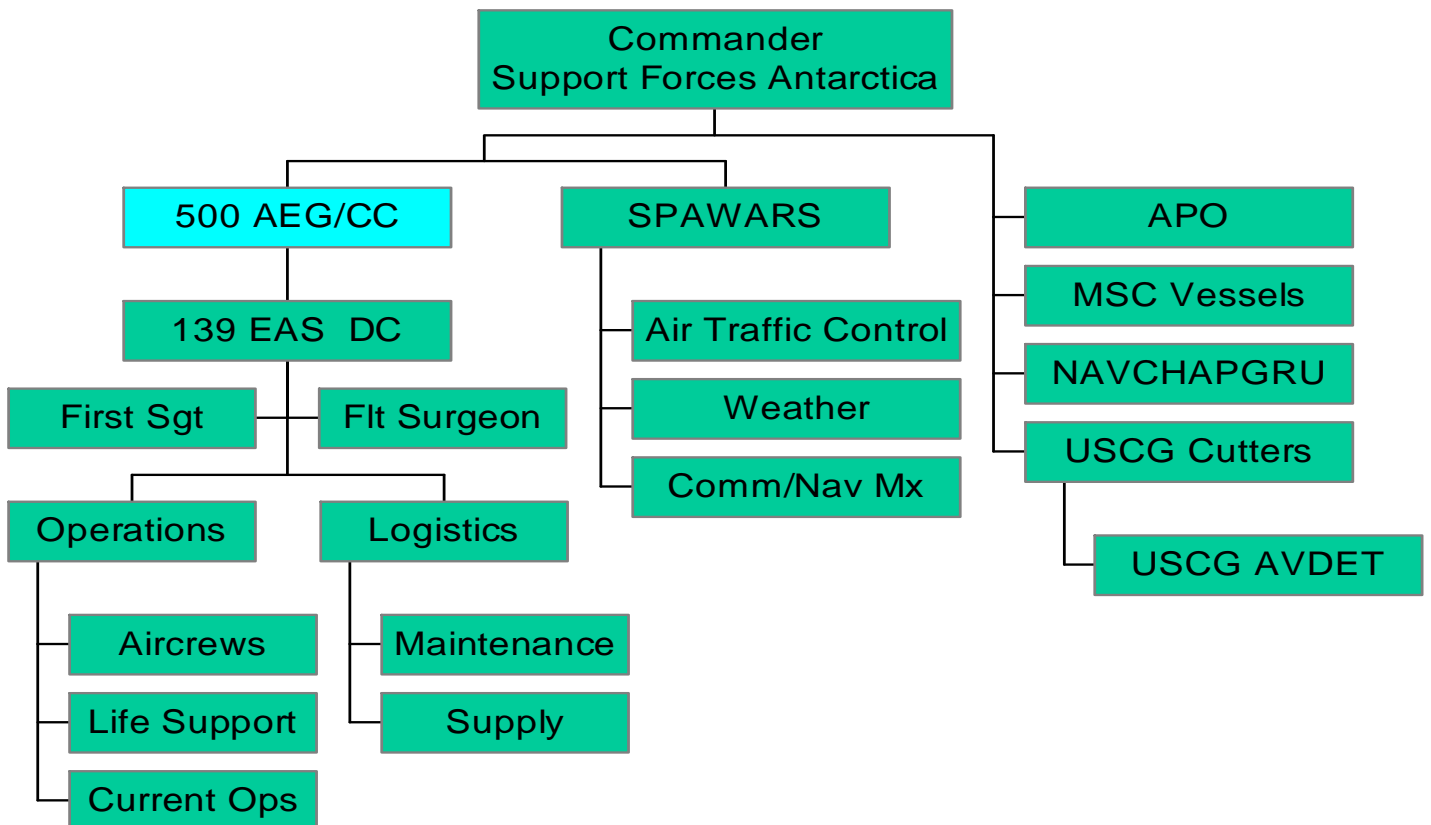
ODF ADCON Chain of Command Air Force Assets



SFA Support Organizations in Christchurch during ODF Season



Deployed Operational Units/Organizations to McMurdo during ODF



PRE-DEPLOYMENT REQUIREMENTS

REQUIREMENTS FOR PERSONNEL DEPLOYING TO NEW ZEALAND

All military personnel deploying to Christchurch must bring the following items:

- All personnel must receive a formal Force Protection Level 1 briefing from their home station Anti Terrorism Officer (ATO), servicing OSI Detachment or Intel Squadron no more than 15 days prior to deployment. A letter from your commander verifying completion of this briefing must be hand carried and presented to the Detachment 13 Security Forces.
- Personnel requiring .mil access must deploy with a signed copy of their SATE training.
- Personnel requiring flight line access must deploy with their home station restricted area badge (AF Form 1199 series)
- Personnel who are required to drive on the flight line must bring their flight line drivers license.
- A copy of your DD Form 93 (Emergency Data Card)

MEDICAL REQUIREMENTS FOR NEW ZEALAND

All military personnel deploying to Christchurch or McMurdo Station for two weeks or more must hand carry a mini-medical record (DD FM 2766). Members should report to their clinic for additional information.

ANTARCTIC MEDICAL REQUIREMENTS

All military and DoD civilian personnel transiting Antarctica are required to be physically qualified for an overseas deployment IAW AFI 48-123, **Medical Examination and Medical Standards**, Attachment 18. Additionally, military members must meet standards of AFI 48-123, Attachment 8.8, Remote or Isolated Duty.

TRAVEL ORDERS

All members must have a valid set of CED orders with "Operation DEEP FREEZE" in the purpose block. Members participating in ODF do not require foreign country clearance to enter New Zealand.

ANG DET 13 AUGMENTEES AND VISITORS

ANG DET 13 will normally coordinate housing and airlift to McMurdo for Support Forces Antarctic Staff Augmentee's, Technical Events and

approved visitors. Members deploying in this category need to contact ANG DET 13 to process the necessary documents.

ARRIVING IN NEW ZEALAND

COMMERCIAL ARRIVAL

Most deployed members will depart from Los Angeles International Airport (IAP), clear Customs at Auckland International Airport, and proceed to Christchurch on a New Zealand Domestic flight. Regardless of your departing city, the following procedures apply.



On your incoming flight, the flight attendant will provide you a NZ Customs Declaration Form prior to landing. Read this form carefully and complete it truthfully. Failure to do so can result in a NZ\$200.00 fine! Use your Social Security number on the block asking for your Passport number. Be sure to claim any form of food items you bring. If you are bringing hiking or golf shoes and camping gear state so on the form.

All deployed members arriving in New Zealand by commercial aircraft will process through Immigration, Customs, and Agriculture checks. Have your TDY orders, ID Card, airline tickets, and Customs Declaration Form ready.

If arriving at Auckland IAP, proceed to baggage claim (luggage carts are free) and claim your luggage. After collecting your luggage, you will be directed to Customs where all your baggage will be X-rayed. After

clearing Customs, you will re-check your luggage at the Domestic Transfer Counter (which is an immediate left after departing the X-Ray area) for your flight to Christchurch. Then, proceed to the Domestic Terminal. You can either walk (10-12 minutes) or take the free shuttle just outside the terminal.



If you miss your connecting flight from Los Angeles, call the Christchurch Travel Office at 1-877-754-2130 and provide them an update. If you miss your connection in Auckland, call the Christchurch Travel Office at 0-800-358-8139 and provide them your new arrival time.

Once you arrive in Christchurch, a representative from ANG Det 13 and Raytheon Travel Office will meet up with you. The Raytheon representative will be wearing a red jacket with a USAP patch (hard to miss). You will be required to turn in your airline ticket to the Raytheon travel representative. The representative will provide your accommodation information and arrange transportation to your lodging accommodations for check in. Please provide a copy of your orders to the ANG Det representative so you can be entered into the personnel tracking system

Money

Local business establishments do not accept the US Dollar as a form of payment on purchases. Your initial cash requirement may depend on the length of your tour. A minimum of NZ\$400.00 (US\$232.00) or NZ\$500.00 (US\$290.00) for a two-week period is suggested. Major US



credit cards are accepted everywhere. If you need New Zealand currency, it is advisable to use the ATM at the airport before you depart for your hotel. (You receive the best exchange rate withdrawing funds through an ATM)

NOTE: Operation DEEP FREEZE personnel should enter New Zealand with military ID card and official orders. The orders must state that you are participating in "Operation DEEP FREEZE" in the remarks section. Passport is not required to enter New Zealand to participate in Operation DEEP FREEZE.

If you plan to leave New Zealand and visit another country (i.e. Australia) then return to New Zealand, you **MUST** have a valid passport, a Visa and return tickets to the United States for entry into New Zealand (not applicable to Antarctica).

Additional information on immigrations can be found at <http://www.customs.govt.nz>

MILITARY AIRCRAFT ARRIVAL

If arriving on a military flight, ANG DET 13 Flight Operations representatives will meet up with you as you depart the aircraft. A USAP

representative will shuttle you over to the commercial International Air Terminal where you will process through Immigration, Customs, and Agriculture checks at Christchurch IAP (your port of



entry). Have your TDY orders, ID Card, and NZ Customs Declaration Form readily available. Read the NZ Customs Declaration Form carefully and complete it truthfully. Failure to do so will result in a NZ\$200.00 fine! Your entire baggage will be inspected and X-rayed. Once cleared, the USAP representative will provide transportation to lodging.

IN-PROCESSING REQUIREMENTS

MILITARY MEMBERS

All military members deploying in support of "Operation DEEP FREEZE" will be required to in-process with Support Forces Antarctica (SFA). Units arriving on military aircraft will be met by a SFA representative to in-process you as a group. Individual travelers must check in with the SFA representative at the SFA PERSCO office. Members will not be cleared for airlift to McMurdo until the following requirements are accomplished:

- Provide a copy of their military orders

CHRISTCHURCH LODGING ARRANGEMENTS

There are no military lodging facilities in Christchurch. The USAP Representative, via the Raytheon Travel Office, will handle your lodging reservations before your arrival. Contracted hotels include:

COMMODORE HOTEL

- Gym / Sauna
- Swimming pool / Spa
- Laundry on site
- Room service
- Computer Access
- TV in room
- Telephone in room
- Restaurant/ Bar
- Hairdryer
- Iron and ironing board



www.commodore.net.nz

AIRPORT GATEWAY

- Laundry on site
- Kitchen in unit
- Room service
- TV in room
- Telephone in room
- Hairdryer
- Restaurant/Bar
- Non-smoking rooms
- Iron and ironing board
- Radio / Clock
- Tea & Coffee Facilities



www.airport-gateway.co.nz

CHATEAU ON THE PARK

- Sky TV
- Swimming pool
- Laundry on site
- Room service
- TV in room
- Telephone in room
- Hairdryer
- Restaurant/Bar
- Iron and ironing board
- Fridge in room
- Radio/Clock



www.chateau-park.co.nz

SUDIMA

- Sky TV
- Swimming pool
- Laundry on site
- Parking
- TV in room
- Licensed restaurant
- Fridge in room
- Radio
- Clock
- Tea & Coffee Facilities
- Iron & Board on Site



<http://www.sudimahotel.co.nz/>

All rooms are air-conditioned and centrally heated. For a longer stay, you may request a microwave.

Sky TV (cable) offers CNN, local news, US and international sports, movies, and cartoon channels. There are a number of AM and FM radio stations. The frequency assignments are identical to the US. There is also a complimentary newspaper delivered to your room upon request. American Forces TV is available inside the Detachment 13 compound for your viewing pleasure.



<http://www.sky.co.nz/>

<http://myafn.dodmedia.osd.mil/tv/schedule/index.asp>

Electrical current is 240 (50cycle). Plugs/outlets are different and you will not be able to obtain a local replacement if a power cord plug is bad. You may need to bring a power converter (normally found at stores like Radio Shack) to use your small electric appliances (electric shaver, curling iron, laptops, etc.) or recharge batteries (for laptops and cordless items).

CHRISTCHURCH TRANSPORTATION

Public Transportation

Shuttle: Hotels listed in this guide provide a complimentary shuttle service, 24 hours per day, to and from the airport and the International Antarctic Center—your place of duty. Please inquire about their service with your Hotel Front Desk.

Taxis: Taxis are plentiful in the Christchurch area and fares are very reasonable. The taxi fare from the airport to the city centre is about NZ\$20.00.

City Bus: A Bus leaves the airport for the "city centre" every half hour. It makes a stop at the International Antarctic Center (the nearest bus stop to ANG DET 13 offices). The hub for most city bus routes is the Cathedral Square in downtown Christchurch. There are also some ring-routes, which bypass the Square. The timetable and route for the city bus service is available at the Hotel Front Desk or <http://www.metroinfo.org.nz/index.htm>



Tramway: A tramway provides a novel transport system, appealing particularly to visitors, with connections through Cathedral Square, Worcester Boulevard past the Arts Center, the Canterbury Museum, and the Botanic Gardens to Victoria Square, site of the Town Hall.

Train: Traveling by train is a great way of seeing New Zealand's country sights. The city has rail connections to the west coast via the "TranzAlpine Express" regarded as one of the most spectacular rail journeys in the world. Other trips include Picton via the coast pacific route.

Flights: Christchurch is the hub of all transport links in the South Island. There are flights and buses that transport all around the island. Christchurch is a gateway city for international air travelers, only 40 minutes by air to Queenstown, New Zealand's leading tourist resort, and to Wellington, New Zealand's capital city. It is also a little over one hour's flight from Auckland, New Zealand's largest city. See: <http://www.christchurch-airport.co.nz/airport/>



Rental Cars: Due to the close proximity of the Hotels to the USAP facilities and free hotel shuttles back and forth, reimbursement for rental cars is not authorized. If you wish to rent a car, Hertz, Budget, National, Thrifty, and Avis have offices at the airport. Rates vary from season to season.

Driver's License Requirements: Deployed members holding US operator's permits (license) currently valid in the US are not required to have a New Zealand driver's permit when renting a car. A current US permit is valid for one year from date of arriving in New Zealand. We recommend you bring a US or International Driver's License if you plan to rent a vehicle (which can be purchased at any US AAA office for approximately \$10.00).

The legal driving age is 15 years BEWARE of inexperienced drivers! New Zealanders drive on the left-hand side of the road. Most intersections are controlled by traffic circles. When entering a traffic circle, drivers are required to yield to traffic coming from the right. Most streets in Christchurch are two-lane highways. Self service gasoline is available in the octane grades of 91 Unleaded and 96 Premium Unleaded. As of July 2004, gas prices fluctuate around NZ\$1.15 and \$1.23 per liter (3.76 liters in a gallon) for 91 octane.

If driving in New Zealand, obey all posted speed limits. Speed Cameras are legal and they will “gladly” take your picture and send you a fine in the mail. Many intersections also have cameras to catch red light runners. During your inprocessing brief, you will be given instruction on unique New Zealand driving occurrences.

Maps and tourist brochures are available from the Tourist Information Centers located at the airport and downtown. These offices will also assist you, without charge, in making hotel and travel reservations. Whitcoulls, a bookshop located in the city and most suburbs, stock a large range of maps.

A good place to get a map of Christchurch on the web is: <http://www.ccc.govt.nz/maps/Wises/>

CHRISTCHURCH DINING

All hotels listed in this guide have a fully licensed restaurant offering breakfast, lunch, and dinner.

At the International Antarctic Center, you will find the “60° South Café” offering breakfast and hot lunch at moderate prices.

You may also want to walk over to the Airport Domestic Terminal, 2d floor (a 7 minute walk), where you will find a cafeteria-style serving line offering various food choices.

There are a large number of restaurants in the Christchurch area. Restaurants present different ethnic cuisine reflecting immigration from all over the world. Although American fast food places are not as abundant, there are quite a few such as Pizza Hut, McDonald’s, KFC, Subway, Denny’s, and Burger King within easy commute/taxi distances from the hotels.

For a sampling of prices see the following web sites:

<http://www.pizzahut.co.nz/>

<http://www.subway.co.nz/>

<http://www.kfc.co.nz/>

<http://www.mcdonalds.co.nz/>

Kiwis like the Brits love their Fish and Chips. Many “takeaway” locations are located in and around the Christchurch city and suburbs.

Many of Christchurch's restaurants are BYO (Bring Your Own Wine). This means you have the option of supplying your own wine or sometimes beer. There are also fully licensed restaurants, which sell beer, wine, and hard liquor. Most beverage selections are from New Zealand. American selections are not common. Large chain restaurants with fast service such as Applebee's or Outback are rare here as well. Overall, dining is a leisurely process and most places never plan on using the same table more than twice in an evening. Reservations (called bookings) are recommended, especially on weekends.

Normally you pay your bill at the register. Keep in mind that any tax, commonly known as GST (good and services tax: 12.5%), will be automatically included in your bill. If you go out in a large group, the cashier will gladly split the bill at the register. Tipping is not customary in New Zealand.

For a detailed restaurant guide, visit the Christchurch NZ web site:
<http://www.whatsonchristchurch.co.nz/>



CHRISTCHURCH CLIMATE

The weather in New Zealand changes very rapidly. A chilly morning can become a sunny warm afternoon or vice versa. Seasons are reversed in the Southern Hemisphere. The 4th of July is a time for skiing while Christmas and New Year's Day are times to head out to the beach. A few days a year temperatures may reach the low 90's in the summer and drop below freezing on winter nights. Snow in Christchurch is a rarity.

New Zealand Seasons:

Winter	Spring	Summer	Fall
June July August	September October November	December January February	March April May

Climate:

Temp: Average daily maximum	Jan: 23°C/73°F	Jul: 11°C/52°F
Average daily minimum	Jan: 12°C/53°F	Jul: 1°C/34°F
Wind: Annual average number of days with gusts reaching 63km/hr (37 mph) or more		54
Annual average number of days with gusts Reaching 96km/hr (58 mph) or more		2.8
Rain: Average rainfall		53 cm
Average rain days 1mm or more		87 per annum
Average annual rainfall		655 mm

DRESS AND PERSONAL APPEARANCE

Uniforms

There is not a Base Exchange (BX) or Military Clothing Store in Christchurch. Be sure to bring the necessary uniform items and accouterments for your tour of duty.

The Battle Dress Uniform (BDU) or flight suit is the standard uniform for deployments; however, the blue uniform can be worn if you are working in the office as an augmentee for Detachment 13. You are not required to wear or bring a service dress uniform unless specifically requested to do so. If your duties require the use of coveralls or steel-toe boots you must bring them. Also, be aware that the climate dictates the type of layers you may need to wear (i.e. Gore-Tex jacket if working outside, gloves, or blue jacket if working indoors).

Home station and ODF (Operation DEEP FREEZE) unit hats and t-shirts are authorized for wear while on duty. Non-military licensed sport hats and t-shirts are not authorized for wear on duty.

Off-duty Attire

Average dress in Christchurch is casual. Carrying a sweater, light coat, or jacket is a good idea whatever the season. During the summer, you may need shorts but a sweater or warm clothing should be part of your packed wardrobe.

Many restaurants require “smart” casual dress (slack, collar shirt). Some of the local business establishments such as the casinos will not allow tennis shoes, jeans, or t-shirts.

Laundry

The contracted hotels provide laundry facilities and or laundry service. The laundry facilities (washers, dryers, and soap dispenser) are coin-operated. Dry cleaning is also provided but you may need to check with the Hotel Front Desk for service.

LEGAL AFFAIRS

Americans in New Zealand are ambassadors of goodwill. You are expected to maintain the appropriate standards of military behavior and decorum. As a reminder, the UCMJ applies to all US military members deployed to New Zealand and McMurdo Station, Antarctica. There is no Status of Forces agreement (SOFA) in effect with New Zealand. All situations involving the New Zealand Police are handled and resolved by local authorities with optional consultation with the ANG Detachment 13 Commander and ANG Detachment 13 Security Forces. Word to the wise, obey all rules and do not drink and drive.



- DWI violations occur at .08 BRAC
 - Checkpoints are established on main thoroughfares to check breath alcohol content
 - All drivers are checked (IE: You do not need to be pulled over)
 - These checkpoints take place anytime of the day or night. Some checkpoints are manned in the morning hours during the morning commute when people believe they have “slept off” their drunkenness only to find that even though they feel sober, they are still inebriated.

CHRISTCHURCH COMMUNICATIONS

Telephones

There is **no DSN** access at Christchurch at this time. USAP only pays for official calls made to the states. Be aware of the time difference between New Zealand and the United States. We are 19-21 hours ahead of the US Pacific Standard Time, depending on the time of the year.

Phone Cards

NZ Phone cards are available at stores near the Cathedral Square or for sale by the 500AEG 1st Sergeant. The flat rate per minute for these cards is approximately US\$.10 cents a minute. Instructions for using the phone card are on the back of each card and highlighted. The per-minute rate for calls made to the states from the Hotels can be very expensive and the Hotels will charge you access fees to use your room phone. Take advantage of the email system provided in the Computer Resource room (described below).

1-800 numbers (USA)

US-based 800 numbers can be accessed from New Zealand unless the provider specifically disables this feature. Dial 0168 followed by the 1-800 number. **Note:** This is not a toll free call, normal international rates apply to connect to the United States.

Emergency Contact

Emergency number in New Zealand is 111 (Dial 1 first on base). ANG DET 13 has a 24-hour Duty Officer. During normal duty hours, the Duty Officer may be contacted at 358-1407. After normal duty hours, this person may be contacted at 358-1445. The call will be forwarded to the cell phone assigned to the Duty Officer. Upon arrival, you will be provided a pocketsize **BLUE CARD** listing key phone numbers within our organization. Carry this card with you at all times.

Email / Network Access

Full computer resources are available for your use. We have designated a Computer Resource room at the Raytheon Travel Office. No access password is required, however, you are not authorized to load any programs or games without prior approval. You have full access to these computers during Travel office hours. The Computer Resource room is open until 2300 hours during the main season.

When not in use by aircrews, there are other computers available in the Flight Briefing room with access to the Internet. No access password is required.

Connecting Laptops at your Hotel

It is possible to connect your laptop at most hotels. However, you will find that telephone connectors are BT (British Telecom) jacks, which are different to connectors used in the states. New phone cords are readily available at most shopping centers in town at for about NZ \$10.00. The USAP IT desk has a few loaner telephone cords available for sign out. Call the USAP Information Systems Help Desk on 35096.

CD Writer and Scanner - There is a CD Writer and scanner located in the Det 13 Admin office, which can be used for official purposes. For use, please contact SSgt Drew LaPointe at 358-1449 or Barbara Watson at 358-1407.

CHRISTCHURCH MEDICAL TREATMENT

Routine medical treatment and dental service IS NOT authorized for deployed members. All routine medical needs must be taken care of before you deploy. If you take prescription medication, make sure you bring an adequate supply to last your entire deployment. Be sure to hand carry medication on the aircraft. All New Zealand residents and foreign visitors have universal coverage (ACC) for accidental injuries.

Urgent and emergency care is covered for deployed military members on title 10 orders. Should you require medical treatment after normal duty hours, please contact our 1st Sgt at 025-714-283 or the Det 13 Duty Officer at 358-1445.

CHRISTCHURCH POSTAL SERVICES



An Air Force Post Office (APO) is located within the International Antarctic Center complex and provides most postal services found stateside, with the exception of money order transactions. Rates are based on shipments from California. The Post Office accepts the following as payment for services: New Zealand currency, US traveler's checks, or US personal checks. US currency, credit cards are not accepted.

Members deploying for 30 consecutive days or longer may want to acquire a general delivery mailbox.

Packaging and addressing parcels: Proper packaging and addressing of parcels is the best way to prevent parcel damage and loss. Use a container strong enough to protect contents during handling. Pack the contents to make sure they do not move within the container and affix the address to the article properly. Include both the return and the addressee in the container. This will aid postal personnel if required to locate and route damaged parcels.

US Customs: All mail originating at military post offices is subject to US Customs inspection upon entering the US. Bona fide unsolicited gifts limited to US\$100.00 per person per day are allowed into the states duty-free. All mail containing photo films, audio/video cassettes, clothes, pictures, etc., must have a US Customs Declaration form on it. Visual aids and forms are located in the post office showing proper placement and information required on these forms.

Incoming Mail: All incoming mail is subject to inspections by both New Zealand Customs and the Ministry of Forest and Agriculture. All US Federal regulations and laws apply to APO mail. All incoming mail is usually posted in mailboxes by 1030 hours.

Outgoing Mail: Cut-off time for accepted mail is 1600 hours. Mail is dispatched Monday through Friday to Air New Zealand for transportation to the states via Sydney on foreign and US commercial airlines. Average transit times for First-Class and Priority Mail is 7-10 days.

Mail Collection Box: Due to Force Protection reason, please give mail directly to one of the postal staff.

Hours of Operation: Monday-Thursday – 0830-1600
Friday – 0830-1530
Closed – Saturday, Sunday, & New Zealand Holidays

FINANCE

Per Diem Rate

There is no local government messing facility. While in country, deployed members are authorized the full per diem rate for Christchurch, New Zealand. The rate as of July 2004 is currently set at US\$197.00 per day (\$112.00 maximum lodging rate + \$68.00 for meals + \$17.00 for incidentals). For the majority of members deployed in support of Operation DEEP FREEZE, hotel rooms are paid directly by the USAP Travel Office. Members are responsible for room charges if they stay beyond their official tour of duty.

Credit Cards

Most business establishments accept the Government Visa credit card. This card can also be used at local ATMs (also called EFTPOS) for cash withdrawals. The nearest ATM to our facilities is located across the street at the Antarctic Center and at the Airport. If deployed for more than 30 days and unable to make payments to the Government credit card, members can request an accrual advance to prevent financial hardship. The payment will be made directly to Bank of America. For additional details, contact your local Finance Office.

Money

Local business establishments do not accept the US Dollar as a form of payment on purchases. Your initial cash requirement may depend on the length of your tour. A minimum of NZ\$400.00 (US\$232.00) or NZ\$500.00 (US\$290.00) for a two-week period is suggested. Major US credit cards are accepted everywhere.

Banking Facilities / Currency Exchange

As of July 2004, the exchange rate was approximately **1 NZ Dollar (NZD) = 0.63 US Cents**

To determine how much something cost in \$US using the above rate of .63, Multiply the item you are considering buying by .63 US Cents (IE: Something costs \$NZ 5.00 this would cost \$US 3.15)

New Zealand currency can be obtained from the Bank of New Zealand (BNZ) located on the 1st floor at the Airport International Terminal. The BNZ is open from 0900 to 1630 hours Monday to Friday. Just present your ID Card and a copy of your orders to obtain service. New Zealand has a decimal system of currency, based on dollars and cents, so there won't be too much trouble making the transition. The exact currency rate can be found at a very useful website:

<http://www.xe.net/currency>.

CHRISTCHURCH SHOPPING

Christchurch "City Centre" Shopping Area

The city shopping area is concentrated in a two-kilometer radius from Cathedral Square making it one of the most accessible in the country for pedestrian shoppers. Colombo Street is the main city and retail artery, supplemented by additional retail outlets within a few hundred meters on either side. Some stores can sell tax-exempt if you show your airline ticket. Others will ship packages to your home address. Many stores will offer discounts if you tell them you are part of Operation DEEP FREEZE.



Christchurch city with its mix of department stores, small boutiques, and specialty shops provides a wide variety of choice. For those not wanting to visit the "city center," suburban shopping malls strategically situated around the city offer shoppers "one stop" shopping and free car parking facilities as an alternative. Suburb shopping areas usually consist of a grocery store, a pharmacy, café or deli, beauty shop, and video store.

Some Shopping Web Sites are:

<http://www.merivalemall.co.nz/>

<http://www.northlands.co.nz/n201.html>

<http://www.westfield.com/nz/centres/christchurch/riccarton/>

<http://www.southcity.co.nz/>

Shopping hours in New Zealand are much shorter than in the US. Most stores are open Monday through Friday from 0900 hours until 1900 hours, and many stay open until 2100 on Thursdays and Fridays. Saturday and Sunday hours vary from store to store. Large grocery stores normally close at 2200 hours, however a few stay open 24/7. Department stores and stores selling general merchandise are generally smaller than those found in the states.

Almost every neighborhood has a small “mom and pop” type store called a “dairy.” The typical dairy sells limited items such as drinks, food, and other items much like a 7-Eleven. Dairies are usually open until 2100 hours every day. You will not find the variety of foods in New Zealand that are available in the states. Low fat or low sodium food items are hard to find in New Zealand, although some of the larger supermarkets carry some specialty items.

CHRISTCHURCH RECREATION

ANG DET 13 Recreation Services

ANG DET 13 has a Rental/Retail Store located in building # 52. The store is normally open Monday and Wednesdays 0900-1100 hours, and Fridays 1300-1500 hours. The store is closed weekends. Rental items include: mountain bikes, riding helmets (mandatory in NZ), baseball equipment, and Golf Clubs. You could also purchase ODF t-shirts, hats, sweatshirts, USAP Patches, and coins. Only New Zealand currency is accepted. Family volunteers operate the store.

We also operate a 24-hours a day Gym located in the After Hours Social Club Building on Orchard road, 1 block from the Sudima hotel. To get in you must use a combination number, which will be provided to you upon arrival. Sign in and ID Card are mandatory. The Gym is a joint facility for use by Air New Zealand, airport employees, and USAP members. Bring your own towel and wipe down the equipment after use.

Sports and Activities



New Zealanders love their sports and one of their first loves is their Rugby. The All Blacks are the New Zealand national rugby team and each game is treated as small scale Super Bowl. Whether the All Blacks are playing in New Zealand or on the road in another country, you will be hard pressed not to find a “Kiwi” fired up about their rugby. If you don’t like Rugby but want to see something very Kiwi, don’t miss the

Haka (shown above) which takes place just after the national anthem. For information on the All Blacks see: <http://www.allblacks.com>

Other sport and concert events can be visited. A good source to find tickets for Christchurch events is:

<http://premier.ticketek.co.nz/Ticketek/default.asp>

Outdoor Activities

New Zealanders are enthusiastic outdoor sports people, and New Zealand is noted for fielding "world-class" sport events. Rugby is the most popular sport; they truly embrace their world famous "All Blacks." At the local beaches, the water temperature in Canterbury is similar to the North West Coast of the US. Christchurch has both private and public golf courses, but most are open to green fees players. Green fees average NZ\$15.00 to 20.00 for 18 holes. Motor golf carts are not common so be prepared to walk. The MWR store has a list of local golf courses and contact phone numbers.

Canterbury has a number of fine ski fields including the highest international ski field in the Southern Hemisphere. Canterbury Rivers are known for excellent trout and salmon fishing, jet boating, and white-water rafting. The annual "Southern Traverse" endurance race across the Southern Alps and the annual "Dragon Boat" festival at Lyttelton Harbor generate worldwide interest.

Other available recreational activities include; rock climbing, bungee jumping, hang-gliding, horse racing, horse riding, kayaking, mountain biking, parasailing, parachuting/skydiving, squash, hiking, and wind surfing. Participation in these activities is at your own risk.

Touring and Sightseeing

Christchurch, known as the "Garden City" is a popular destination for tourists. In recent years, Christchurch has enhanced its attractiveness to international and domestic visitors by the re-development of much of the central city and the provision of new attractions. These have combined to enhance the city's traditional reputation as "the Garden City" and "the most English city outside England." There are many one or two-day trips to be made near Christchurch.

Akaroa: A quaint seaside resort, with strong French connections located on the Banks Peninsula about 90 minutes scenic drive from Christchurch. This is a popular day trip for international visitors.

Kaikoura: Located on the seacoast north of Christchurch, now famous for its "environmentally friendly" whale watching boat tours.

Hanmer Springs: A Hot Springs resort town located about 90 minutes drive north of Christchurch. Activities in this small town include hiking, bungee jumping, jet boating, snow skiing, mountain biking.

The Christchurch Gondola: Located on the Port Hills providing visitors with great views of Lyttelton Harbor, Christchurch City, the Canterbury Plains and across to the Southern Alps. A fine restaurant is located at the top of the ride. You can go to the top, or go to the top and have dinner.



Methven: Located in mid-Canterbury, Methven is a winter resort, which services the Mount Hutt ski area.

Mount Cook: One of the country's premier tourist areas, about a four-hour drive from the City. Many international visitors prefer the 40-minute flight through the spectacular Southern Alps.

Christchurch itself has many outstanding attractions such as:

The International Antarctic Center: Located just outside our Administrative offices, the center presents visitors with a highly acclaimed in-depth experience of the Antarctic Continent.



The Canterbury Museum: Located within the redeveloped City Arts Center complex. The museum houses an excellent Antarctica exhibition depicting the history of the continent and its many explorations.

Christchurch Cathedral: The most popular attraction in Christchurch situated in Cathedral Square area.



Christchurch Botanic Gardens: The extensive Botanic Gardens are regarded as amongst the ten finest in the world.

The Avon River: Many visitors enjoy walking around the banks of the Avon River, which flows through the center of the city. The river can also be explored by canoeing past its tree-lined riverbanks.

Other Events

Christchurch has a purpose built convention and entertainment center situated adjacent to the Town Hall. The Christchurch Town Hall hosts many events including international artists, orchestral concerts, ballet, opera, and general interest shows.

Christchurch's newest entertainment venue is the WestpacTrust Centre, a popular location for many international artists and sports events.

You may enjoy a cultural visit to the Nga Hua E Wha (pronounced 'Nah hua e far') National Maori. Experience a Powhiri (Maori greeting), Haka (challenge) and Hangi (food cooked in the ground).

The Christchurch Casino was the first casino to operate in New Zealand. If you plan on attending make sure you are within the casino dress code: No blue or black jeans or track pants. No jean shorts or sports shoes.



<http://www.chchcasino.co.nz/Intro.html>

The Christchurch and Canterbury region have an abundance of wineries within 15 minutes of the city and further afield.

Christchurch has several movie theatres and there is the usual run of contemporary films presented on a public basis. Tickets cost approximately NZ\$ 11.00 each. First run films from the US can appear from between 3 to 6 months after the US release. Video rental shops are popular and readily accessible. An average cost for hire is approximately NZ\$7.00 per video.

A series of free outdoor events and activities take place during the "Summertimes", "Spring's Here" and Floral Festivals. The "Festival of Romance" is held in February, which includes an outdoor ball. For more information on what's happening in Christchurch, visit the website: www.bethere.org.nz.

THINGS TO BRING

The following list of things to bring is a composite of many suggestions. Some of the items may not apply to you.

Personal Documents

All deploying members will hand carry their TDY orders, mini medical record, shot records, dog tags, civilian and military driver's license, and ID card (see in processing requirements). For members traveling on leave in New Zealand, a civilian passport is required along with proof of their military leave request.

Orders

Deploying members should review their orders and compare them with their travel itinerary and tickets to be sure all dates match. The orders must have "**Operation DEEP FREEZE**" included on the purpose block.

Professional Equipment

If proceeding to Antarctica, extreme cold weather (ECW) gear will be issued in Christchurch for all deploying members except members belonging to the 109 AW, New York ANG.

Personal Items for McMurdo Station

Towels, alarm clocks (US Power) are not provided.

Prescription Medicine

Ask your doctor for a large enough prescription of any medicine that you must take daily to last through your TDY. Make sure you keep medication in your hand carry baggage.

Toiletry Items

Not all American brands of deodorant and shampoo are available. Stock up on your favorite brands. Cosmetics and perfumes are very expensive.

Local Telephone Books

You might wish to look up phone numbers back home. Most telephones are hooked up for international direct distant dialing. The connection to a US number usually takes no more than 10 to 15 seconds.

Electrical Plugs/Outlets

Plugs/outlets in New Zealand are different and you will not be able to obtain a local replacement if a power cord plug is bad. You may need a power adapter to use your small electric appliances (hair dryers, electric shaver, laptops, etc.). Adapters are available at the Hotel Front Desk for a small fee. USAP facilities have both 220 volt and 110-volt (50 cycle) outlets.

FLIGHT LINE SECURITY / FORCE PROTECTION



USAF Security Forces, New Zealand Police, and Aviation Security (AVSEC) from Christchurch International Airport provide flight line security in support of Operation DEEP FREEZE. USAF Security Forces along with Chubb Security provide force protection within the Detachment 13 Compound. The USAF Restricted Area badge (AF Form 1199 series) is required to be worn at all times while on the flight line. You must also be in military uniform in order to be on the flight line. Exceptions can be made on a case by case basis and should be directed to the Security Forces. Escorting personnel on the flight line is not authorized at any time. Do not allow civilian or unauthorized personnel beyond the security gates (Gate 4). Flight schedules for arriving and departing aircraft are considered "FOR

OFFICIAL USE ONLY." Refer civilian media inquiries to the Detachment 13 Commander or Security Forces.

**The emergency number for all emergencies in
New Zealand is 1-1-1
(If within the Det 13 Compound dial 1-1-1-1)**

FLIGHT LINE SAFETY

The rules for driving on the aircraft ramp are the same as at home station--go slow. Observe refuel safety zones. Speed limits are the same as home station. Rules for authorized operators are also the same as home station. Personnel must wear protective gear and reflector belts. All military members must be in uniform to work on the ramp.

DEPARTING NEW ZEALAND

Departure from Christchurch to US via Commercial Air

Due to the nature of the mission and unpredictable weather, flight schedules between McMurdo Station and Christchurch are subject to changes and often do. Your return trip may be delayed several days. The Raytheon Travel Office will collect your return airline ticket upon your initial arrival into Christchurch, New Zealand. Based on your original Remain Overnight (RON) plan, Raytheon Travel Office will automatically re-book your return airline ticket if you are delayed. Airline upgrades to business class are the individual's responsibility. When the airport-area hotels are full, Raytheon Travel Office will book departing members in downtown hotels. Passengers returning to the states are responsible for their own transportation arrangements to the airport. Most hotels offer airport shuttle service.

Short notice changes to your return travel itinerary create extra work for the Raytheon Travel Office. In addition, seats may not be available on a short notice. Review your itinerary before you deploy to McMurdo Station and advise your supervisor as soon as possible if you need to change your departure date. Raytheon Travel Office will not change your return trip itinerary unless coordinated through your Officer in Charge (OIC) or Mission Commander

New Zealand Departure Tax

Everyone departing New Zealand from Auckland will be required to pay a NZ\$25.00 New Zealand Departure tax. Personnel must pay the fee at one of the banks in the airport prior to entering the international departure terminal at Auckland airport. This fee is reimbursable on the travel voucher.

Remain Overnight Periods (RON) Policy

Because of the duration of en route travel, the Joint Federal Travel Regulation (JFTR) allows for a rest period for members returning from McMurdo to the United States. The primary RON locations are Christchurch and Los Angeles. Members choosing RON elsewhere may incur additional costs and will be cost constructed based on Los Angeles for per diem and hotels.

Airline scheduling or delays may result in individual arriving to Home of Record (HOR) after 2400 hours on last day of orders. Members are entitled to another military day but an amendment to the member's orders should be accomplished. Travelers should fill out their travel vouchers according to actual travel accomplished.

LEAVE WHILE DEPLOYED

Personnel wishing to take leave in New Zealand must have a passport valid for six months from the date of entry into New Zealand. Refer to the DOD Foreign Clearance Guide for additional information.

If you plan to leave New Zealand and visit another country (i.e. Australia) then return to New Zealand, you **MUST** have a valid civilian (blue) passport, a Visa and return tickets to the United States for entry into New Zealand (not applicable to Antarctica).

An individual on en route leave will be responsible for reimbursement government travel expenses if their military orders are cancelled prior to their start date. Members on leave in a foreign country must comply with foreign government procedures as stated in the DoD foreign clearance guide. Due to travel restrictions in certain areas, ANG DET 13/CC will ensure individuals are informed of international conditions and procedures for overseas travel and leave. Billeting while on leave will be made and paid for by the member. There is no entitlement to a paid rest stop en route to home station if the member takes leave en route or request a break in the orders. Military members must be on annual leave if they leave the South Island of New Zealand for personal travel.

MCMURDO STATION



TRAVEL TO MCMURDO STATION – ANTARCTICA

Pre-Departure From Christchurch

Deploying members need to check for updated information via postings or voice messages. If a flight is cancelled, billeting will be made automatically for you. Do not book your own rooms.

Members deploying to McMurdo Station as passengers are required to check in at the USAP Air Passenger Terminal (APT) 2½ hours before the scheduled departure time. Contact Christchurch Travel if you are unsure of reporting time at 358-1469.

Transportation to the Air Passenger Terminal is normally provided by the hotel shuttle service. Check with the Hotel Front Desk the night prior for departure times.



Anti-Hijacking procedures will be part of the passenger processing procedures from Christchurch to McMurdo Station. Aviation security and

equipment has been installed at the APT. All deploying members will be asked security questions similar to commercial check-in and may be requested proof of identification. Carry-on bags will be X-rayed. Deploying members will go through a metal detection device prior to board the bus heading out to the aircraft.

Deploying members will be required to attend a Mission Commander and Passenger Pre-departure briefing. The briefings will be conducted at the Air Passenger Terminal. Briefing times will be posted.

Baggage

Carry-on Baggage should include clothing and toiletry items for a 48-hour period. Cold weather gear must be part of your carry-on baggage. Be advised if your flight is cancelled your bags may not be returned to you.



You will be expected to hand carry or wear the following extreme cold weather (ECW) gear: ECW boots or mukluks, gloves and mittens, ECW trousers, ECW parka, and knit cap. This applies to all passengers.

Checked Baggage/Equipment will travel on the same aircraft as you but will not be available to you until you arrive at McMurdo Station. Clothing Distribution Center (CDC) hours are 0800-1700 Monday thru Friday and for all returning flights.

If the baggage you are taking to McMurdo Station exceeds 75 lbs you have excess baggage. You must get prior authorization to take excess baggage with you to McMurdo Station from ANG DET 13. CDC has a secured storage area for items you want to store in Christchurch while deployed to McMurdo.

Dangerous Goods on Aircraft must be declared before boarding the military aircraft.

ARRIVING AT MCMURDO STATION

Arrival Procedures

Aircrew, passengers, and baggage will be picked up at the aircraft and transported by shuttle to the McMurdo Station Dining Facility, Building 155, or the NSF Administrative Facility (the Chalet), where you will receive the station briefing, room assignment, and room key. A member of the SFA staff will meet you upon your arrival. Facility maps, a telephone directory, and operational hours listings are available upon request to members as they pick up their key. Baggage can be picked up at the Movement Control Center (MCC), Building 140 after the station briefing.



MCMURDO ZERO TOLERANCE POLICY

McMurdo Station falls under the authority of Federal Law and does have a Federal Marshall on Station at all times. A zero tolerance policy for misconduct subject to Federal prosecution is in place. Fighting, thefts, disorderly conduct, or other forms of misconduct and violations to the Antarctic Conservation Act will be strictly enforced. Military personnel will be subject to charges under the UCMJ. Civilian personnel will be flown back to Christchurch on the next available flight. Should a military member be involved in an incident under UCMJ, the Commander, Support Forces Antarctica has the authority to detain the individual and extend a member's orders until administrative action is completed.

ANTARCTIC ENVIRONMENTAL CONSERVATION

Antarctic Conservation Act

The Antarctic Conservation Act of 1978 (ACA), Public Law 95-451, a printed copy of which is available on all stations, conserves and protects the native mammals, birds, and plants of Antarctica and the ecosystems of which they are part. It is unlawful to, without special permits:



- Take or harmfully interfere with native mammals or birds.

- Enter Specially Protected Areas (SPAs) sites of Special Scientific Interest (SSSI), or Antarctic's Specially Managed Areas (ASMAs).
- Introduce non-indigenous species.
- Import into and export from the United States
- Bring in banned substances, pesticides, PCS, non-sterile soil, polystyrene beads, and plastic chips.
- Bring in designated pollutants
- Damage or disturb historic sites
- Violators are subject to a US \$25,000 fine

MCMURDO BILLETING INFORMATION

Most military personnel will be billeted in building 202, 206 or 207. Rooms are double occupancy, dormitory style with a shared bath between two rooms. Private rooms are provided to aircrew, senior officers and senior enlisted personnel when available, however, all rooms are subject to double occupancy during unusual circumstances. All rooms have refrigerators, and most have TV. The Armed Forces Radio and Television Service (AFRTS) broadcasts programming via satellite. In addition, McMurdo broadcasts its own radio and television programming. A large screen TV is located in each day room. Smoking is prohibited in all dormitories; however, smoking is permitted in the 2nd floor lounge in building 207 and the 1st floor lounge in building 155. Each dorm has an ice machine and microwave oven. Cooking is not permitted in the dorm rooms. Saunas are available in buildings 206 and 207.

- Room cleaning is the responsibility of occupants. You will need to bring your own towels and alarm clocks. Linen is issued upon your arrival, however, you will be required to wash your own linen, clean and vacuum your own room during your stay. McMurdo Housing Office maintains all common areas. Rooms will be inspected for cleanliness prior to your departure. Dirty linen should be placed in a pillowcase and dropped at the designated location in each dormitory on your departure day. Please leave your room key with the first sergeant or SFA Services representative when you depart.

All military dormitories have personnel that work second shift. Quiet hours are posted at the building entrance and are strictly enforced. Report noise complaints to your First Sergeant or the Fire Department.

During the season, all rooms will be inventoried. A military representative will accompany the person conducting the inventory. Inventories will be properly coordinated through the First Sergeant and

SFA Services Representative. The purpose of the inventory is to ensure occupants are provided with sufficient number of room accessories and that these are maintained in good order. Items such as bed linens, curtains, mattresses, and room furniture will be inventoried. If items are broken or in disrepair in the room you are assigned to, contact the 1st Sergeant or SFA Services representative.

The National Science Foundation (NSF) and McMurdo Station are adopting the national trend of non-smoking environments in facilities and workplaces. The first floor lounge of Building 155 and the 2nd floor lounge of dorm number 207 have been established as designated indoor smoking areas to provide smokers with a location protected against inclement weather.

MCMURDO MEALS

Meals at McMurdo Station will be provided at no charge to the member by contract services in Building 155. The dining facility offers cafeteria-style dining and a lunch-deli. Vegetarian selections are available during most meals. With the exception of occasional specialty foods (lobster for example), portions are not supervised. The following hours apply:

Monday - Saturday

Mid-Rats	0000-0130
Breakfast	0530-0730
Lunch	1100-1300
Dinner	1700-1930

Sunday and Holidays

Mid-Rats	0000-0130
Continental	0630-0800
Brunch	1000-1300
Dinner	1700-1900 (1930 if no lecture)

Note 1 - Check times posted upon arrival. Look outside dining facility, on the TV scroll, and in material provided by billeting

Note 2 - Early chow is 30 minutes prior to regular meal times. This is limited to personnel having a need due to their duty schedule.

Note 3 - Extra curricular events (science lectures, slide shows, other presentations) in the McMurdo Station dining facility will begin at 2015 hours on Sunday evenings. Please clear the dining facility by 2000 hours.

Ice Runway/Williams Field – This dining facility will be open 7 days a

week to provide a limited menu to personnel on duty at the Ice Runway or Williams Field. The following hours apply:

Mid-Rats	0000-0100
Breakfast	0530-0730
Lunch	1130-1300
Dinner	1700-1830

MCMURDO TRANSPORTATION

Ice Runway Shuttle

Shuttle Van service to the Ice Runway begins 20 Oct each season and runs until the airfield is moved to Williams Field. A Shuttle Van departs from Derelict Junction (a sheltered shuttle stop located between the dormitories and Building 155 every 30 minutes on the hour and half hour).

Williams Field Shuttle

Shuttle service to Williams Field begins when the airfield is shifted off the ice runway. Shuttle vans will depart every 30 minutes (at the top and bottom of the hour) from Derelict Junction and Williams Field. Check scroll on TV for schedule.

Duty Vehicles

It is the responsibility of the driver to know the procedures for safe driving on and between facilities. All personnel must attend McMurdo Station Driver's Training before driving. Here are some items to be conscious of when driving at McMurdo Station.

Fuel – Put the right kind of fuel in your vehicle

Plug-ins – Know how to use them (don't idle vehicle when it's plugged in) and be sure and unplug them before you drive off.

Use wheel chocks every time you park the vehicle. There are no level surfaces at McMurdo Station.

Don't leave your vehicle idling unattended. NSF may pull the keys and you will lose driving privileges.

- Watch for pedestrians. They are wearing hoods, which partially block their vision.
- Micro-brakes – Know how to use them.
- Vehicle operator is responsible for maintaining fluid levels of the vehicle they are using.
- Speeding violations are reported to the CODF. McMurdo Station is a small station; there is no need to hurry from one place to another.

Weather conditions at McMurdo Station make the dangers of speeding even greater due to limited visibility and poor road conditions. Maximum speed in town is 15 mph and outside of town is 25 mph. Long stretches of road (to Williams Field) or the absence of other vehicles on the road are no excuse for speeding. Bottom Line: we don't want you to hurt yourself or others.

- Weather conditions may cause travel restrictions between McMurdo, Williams Field, Scott Base, and the ice runway. Please adhere to current radio check in and checkout procedures and obey them.
- MAC center's instructions during foul weather conditions. Radio check in and checkout to MAC center are required for all vehicular travel to locations outside McMurdo Station other than on roads directly to the runway facilities or to Scott Base and Williams Field. The MAC supervisor can provide full radio procedures.

MCMURDO MEDICAL CARE

Medical Facilities

Personnel will utilize the McMurdo Station Clinic, Building 142. Sick call and emergency services are available during posted hours. For emergencies and during off hours, dial 911. A Flight Surgeon will be available, on call, during non-duty hours if needed.

Notification

Members will notify their immediate supervisor of the need to utilize the clinic and duty status after services are rendered. Member should insure military medical support person at McMurdo Station clinic has been made aware of any medical treatment rendered.

MCMURDO CONTRACTOR SERVICES

General Services

Most USAP participants arrive at MCM during the busy austral summer. A good source of information on activities and services available is the "scroll" a televised message system. The scroll provides info about hours of service special events, opening and closing of temporary roads on the sea ice, water supply changes, health and safety issues, move schedules, and other activities. Bulletin boards outside the dining hall also provide community information, as do boards located in the living areas. The McMurdo Station phone book has an up to date listing of local facilities and work centers. Personnel should make a habit of becoming familiar with these.

Retail Store

The contractor operates a small retail store at McMurdo Station in Building 155 (1st floor). U.S. currency or credit cards is required. Items sold

include toiletries, stationary, soda, food, tobacco, candy, film, alcohol, and souvenirs. Stocks are limited and items such as film may not always be available. It is a good idea to bring your own personal supplies. Video checkout is also available there. Operational hours are posted outside the store and are subject to change. There is a fax machine and color printer for personal use.

ATM Machine

There are two ATM machines in Building 155 (1st Floor) which dispense US currency.

Liquor Sales

Deployed members may purchase liquor, wine, and beer at the store in Building 155. Limitations on daily purchases apply to everyone at McMurdo. No drinking is allowed in the workplace or during duty hours. Alcohol consumption is prohibited to personnel under the age of 21.

Post Office

The US Post Office is available for the receipt and posting of personal mail, purchase of money orders, and the purchase of stamps. It normally takes three to four hours to sort mail from incoming mail flights. Mail for the civilian population is further sorted in the mailroom located on the 1st floor of Building 140. The mail flag will be flown from the top of Building 140 when mail is ready for distribution. While letter mail has a high priority and is therefore allotted aircraft space on a routine basis, package mail does not have priority. Because delivery times can be excessive, USAP participants should bring all critical personal items in their baggage when they deploy. Packages may take 30-45 days to arrive or be shipped.

The Barber Shop

Haircut service is free at McMurdo Station. For an appointment sign the schedule posted on the barbershop door in Building 155 next to the store.

Gym

A small gym is located in Building 75 where basketball, racquetball, and volleyball games may be held. Aerobics training takes place several times a week, usually in the gym at announced times. The gym also contains a climbing wall and additional exercise equipment.

Library

The Library in Building 155 contains a collection of polar books, some technical books, and a great number of hardcover and paperback books. The Crary Science and Engineering Center Library are also available to all personnel participating in the US Antarctic Program.

Financial Services

The contractor provides check-cashing services at a cashier's window in Building 155 next to the ATM located at the western side of the building. Check cashing services not to exceed US\$200.00 per month.

Laundry Service

Washing machines and dryers are located in the living quarters. Laundry detergent is provided in each location. In times of water shortage the washing machines may be placed out of service. Wool and other shrinkable materials and those with dyes that run should be hand-washed. Please launder your own bed linen, which is assigned to you for the duration of your stay. Complete procedures will be posted in each building.

MCMURDO RELIGIOUS SERVICES



Church Services

Various services and activities are held according to schedules posted at the chapel and published on the scroll. A Chaplain and Priest are available for consultations.

MCMURDO UTILITIES CONSERVATION

Water

McMurdo Station has the only large-production reverse osmosis plant in Antarctica. Seawater is converted at about 60,000 gallons per day. Still, demand can easily outstrip supply during the busy summer season. Mechanical problems and other unforeseen difficulties may curtail water production significantly. Therefore, all McMurdo Station deploying members must conserve water rigorously. Showers consist of no more

than two minutes of running water. Water faucets should not be left running while washing hands and brushing teeth. Should a shortage occur, washing machines may be placed out of service and showers may be restricted. It is in everyone's interest to practice water conservation.

Fuel

Fuel conservation is of primary importance. Fuels, which must be shipped to McMurdo Station and stored at significant cost to the program are used to generate electricity, heat buildings, fly aircraft, and operate automotive equipment of all types. A scarcity of this product and increased costs can have a major impact on the operational program. Your compliance with published Antarctic energy conservation measures is required. Keep room and building temperatures at a comfortable level (65F or lower) and turn off all unnecessary lights. Ensure your windows are closed when you leave and that you do not turn off equipment needed to maintain sufficient heat.

Waste Management and Recycling

All deployed members will comply with applicable environmental and safety guidelines. This includes participation in the waste management and recycling program. McMurdo Station separates all wastes including cardboard, scrap metal, aluminum, glass, white paper, and plastic for return to the US. Appropriately labeled receptacles and dumpsters are located throughout McMurdo Station to assist personnel in proper segregation.

ANTARCTICA SERVICE METAL

The US Antarctica Service Medal is awarded to those members that have met the criteria as described in AFI 36-2803, *Awards and Decorations*, Table 6.1 and DOD 1348.33M, *Manual of Military Decorations & Awards*. Members must have spent a total of 30 days in Antarctica in support of the United States Antarctic Program. Aircrew members may be awarded the medal after having flown a minimum of 10 flights as a crewmember.



MCMURDO CLIMATE

Expect extreme cold temperatures, severe wind chill, and unpredictable weather changes. Potential dangers include;

- Slip and falling hazards (icy surfaces, flight line roads/steps/stairs/ aircraft surfaces)

- Poor visibility during snow, especially when wearing hoods, hats, parkas, goggles, etc.
- During periods of poor visibility, wear reflective material (i.e. vests, belts, gloves)

The following weather alert conditions apply while deployed to Antarctica.

Condition 1 – Most Severe

Severe weather in progress
Winds over 55knots
Wind Chill lower than –100F
Visibility less than 100 feet
All pedestrian/vehicle travel restricted, remain inside

Condition 2 – Severe

Wind 48-55 knots
Restricted visibility
Wind Chill –75 to –100F
Stay on marked paths/roads
Two-way radio communication required

Condition 3 - Least Severe

Wind to 48 knots
Wind chill to –75
Unrestricted Travel

MCMURDO GENERAL SAFETY INFORMATION



Safety Planning

Review areas of responsibility and develop a safe operating plan that meets both the needs of the mission and you!

Mishap Reporting

All mishaps/injuries must be reported directly to SFA Safety NCO and to your supervisor. All safety reports/forms must be completed by the affected unit/individual (unless unable to do so then the immediate supervisor must complete). Copies of all incident/mishap reports must be forwarded to the on-duty safety representative and/or deployment commander ASAP. Ensure a copy is sent to your home unit.

Leaving The McMurdo Area

Special safety rules have been established for personnel wishing to leave the McMurdo area for recreation, exercise, tours, etc. Members are required to stay on main roads or marked trails unless they attend a special outdoor safety lecture. Buddy systems, radio communication requirements and check out/in procedures have been established for personnel protection. The USAP outdoor travel policy is posted on the McMurdo home page (www.mcmurdo.govT).

Safety Personnel

The SFA Safety NCO is available for assistance for any safety related problems. Ensure you know who the respective safety representative is during your deployment period, and the location / phone extension of the

Safety office. After normal duty hours, ensure you know the appropriate person/office to contact in the event a potential safety hazard arises and/or mishaps/injury occurs.

Operations Tempo

Most work centers will be under conditions requiring quick-turn operations and other timely activities (i.e. increased operational tempo). Consideration must be given to the inherent safety hazards associated with increased OPSTEMPO. Ensure that the use of technical data (checklists, OIs) is adhered to. Ensure all hazardous operations are adequately supervised and if safety practices are being violated, consideration must be given to stopping the operation.

Area Familiarization

Conduct a thorough survey of your work area upon arriving on site. Become familiar with the location of exits, safety equipment (fire extinguishers, alarm pull-stations) emergency response telephone numbers and the proper procedures to summon help in an emergency.

Smoking Hazards

Be familiar with designated smoking areas; ensure appropriate canisters for disposal of smoking materials.

Personal Safety Equipment

Ensure required industrial safety equipment is readily available and used at all work locations. Eye protection, hearing protection, safety shoes, etc. will be used without exception.

Hazard Survey

Prior to the start of operations, a hazard survey must be conducted to identify possible problems with equipment, facilities, and the layout of the operating area. If immediate corrective action is not possible, the hazard must be brought to the attention of your supervisor, who must ensure corrective action is initiated. Consider the use of AF Form 457 (USAF Hazard Report) if corrective action cannot be initiated through formal channels. Whatever method is used, ensure the hazard is reported and immediate action is taken to reduce the accident potential.

Foreign Object Damage (FOD)

Particular attention must be paid to reducing the potential for FOD. All ramp areas should be policed daily and all personnel should be alert for FOD. The high levels of activity and field conditions will contribute to the potential for FOD problems.

Living Areas

One item often overlooked is the living area. Quarters should be surveyed for possible hazards and the proper availability of fire-fighting equipment, exit locations, etc. Latrine areas should be kept orderly and particular attention given to the hazards associated with wet floors.

Traffic Hazards To Pedestrians

McMurdo Station and Christchurch have frequent pedestrian/vehicle confrontations due to increased operations tempo. When walking stay alert for vehicle (and aircraft) traffic. Practice a SEE and RE-SEE policy.

McMurdo Station Parked Vehicles Procedures

- Turn ignition off and leave key in ignition.
- Place transmission in part (automatic) or reverse (standard)
- Set the micro brake
- Turn on parking lights and/or emergency flashers during inclement weather and at night.
- Install chocks (if inside the circle of safety)
- Use seatbelts on and off the flight line.
- Personnel riding in the bed of pickups must be seated on the floor and must not be leaning against the tailgate or sitting on the wheel wells.
- Open the tailgate to enter/exit.

MCMURDO COMMUNICATION

Telephone

Procedures can be found on the McMurdo Station intranet site. Personal calls to the US require a calling card and are billed from Seattle, Washington. See the attachments at the end of this guide for procedures.

MCMURDO STATION PHONE SERVICE AND FEATURES

All service problems or required changes to existing telephone equipment should be reported to extension 3526. For changes to the phone book call 2600 or email the Telco general account: telco@mcmurdo.goc

NEW ZEALAND TELECOM DIALING INSTRUCTIONS - To reach a New Zealand Telecom operator or directory assistance from McMurdo, dial one of the numbers below. No access code required. After dialing you must wait approximately 30 seconds to be connected.

International Directory Assistance	0172
International Operator	0170
National Directory Assistance	018
National Operator	010
N.Z. Telecom Calling Card	0125

If you have a New Zealand Telecom calling card or wish to charge to a credit card, you may dial 0 + numbers the same as you would from a Telecom phone in New Zealand. Contact the operator for more information.

MCMURDO STATION BUSINESS DIALING TO AND FROM NEW ZEALAND - Instructions for dialing business calls to and from New Zealand check: Telephone Long Distance Business Calls

MAKING PERSONAL CALLS TO THE US - There are 10 lines dedicated to personal telephone calls. Personal calls to the US are allowed by using your calling card or calling collect. All telephones in McMurdo are allowed to access the public lines. To call out dial the access code 792, receive dial tone, and dial your 1-800 number (for calling cards) or 0 + area code + number (for collect calls).

SPEED DIAL - Several numbers have been programmed with speed dial access numbers. To use speed dial, only dial the speed dial number. It is not necessary to dial an access number such as 792.

Speed Dial Number	Number Dialed
81	792-1-800-225-5288 (ATT)
82	792-1-800-888-8000 (MCI)
84	792-1-800-366-2255 (Sprint)
85	792-1-800-688-8606 (RPSC Denver HQ)

TELEPHONE FEATURES

CALL HOLD

1. To put party on hold, briefly press the switch hook once.
2. You will hear broken dial tone. Holding party will hear music.
3. To reconnect with holding party, press the switch hook once.

CALL BACK

Upon encountering a busy extension

1. Press the switch hook once and receive broken dial tone.
2. Dial *4 to receive tone and then replace handset.

When calling extension becomes idle

1. Your phone rings, lift handset.
2. Previous number dialed is ringing.

To Cancel - pick up handset, dial #4, listen for continuous tone, hang up.

CONFERENCE CALLING

1. Ask the original party to hold, briefly press the switch hook once.
2. Receive broken dial tone. Dial the desired number.
3. When the party answers announce conference.
4. Briefly press the switch hook once. Original party is included in the conference.

FORWARD CALLS

1. Ask the original party to hold, briefly press the switch hook.
2. Receive broken dial tone. Dial the desired number.
3. When the party answers announce the call or simply hang up.

TO SET "CALL FORWARD ALL CALLS"

1. Pick up handset and listen for dial tone.
2. Dial *1 and listen for broken dial tone.
3. Dial number to be forwarded to and listen for continuous tone.
4. Hang up.

To Cancel - pick up handset, dial #1, listen for continuous tone, hang up.

TO SET "CALL FORWARD WHEN BUSY"

1. Pick up handset and listen for dial tone.
2. Dial *2 and listen for broken dial tone.
3. Dial number to be forwarded to and listen for continuous tone.
4. Hang up.

To Cancel - pick up handset, dial #2, listen for continuous tone, hang up.

TO SET "CALL FORWARD NO ANSWER"

1. Pick up handset and listen for dial tone.
2. Dial *3 and listen for broken dial tone.
3. Dial number to be forwarded to and listen for continuous tone.
4. Hang up.

To cancel - pick up handset, dial #3, listen for continuous tone, hang up.

TO PAGE

1. Dial 1, wait for voice prompt.
2. Enter pager #, follow voice prompt to leave a message or enter a number.