

welcome to

PCS Guide 2025–2026

WELCOME TO NATIONAL CAPITAL Region



The National Capital Region

your new home

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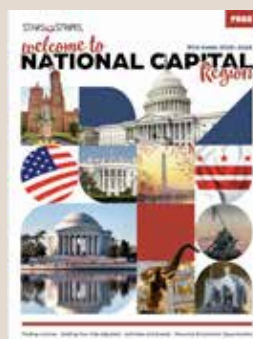
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All information current as of September 2025

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GET TO KNOW YOUR NEW HOME

Congratulations on your transition to the National Capital Region (NCR)! You may have a lot of questions and even feel overwhelmed by your new assignment. Not to worry, this guide is here to help make your transition a smooth one.

The NCR encompasses not only Washington, D.C., but various counties in Maryland and Virginia as well. The NCR houses all three branches of the Federal Government, hundreds of federal departments and agencies, and is also home to more than 2,000 political, social and humanitarian nonprofit organizations. This region sees millions of tourists each year and is home to some of the most important symbols of American democracy.

Individuals from all cultures and walks of life reside in the region. Washington, D.C., especially, is a bustling, melting pot. The area is very diverse and therefore sees plenty of different cultural highlights, most revolving around the arts and cuisine. Living in the NCR exposes you to new, exciting opportunities you won't find elsewhere. Once you get past the initial shock of housing prices and crazy traffic, there are plenty of things to love about living in and around our nation's capital.

Fast facts about the » **National Capital Region**

- ▶ Washington, D.C. has a fairly simple, yet unique layout. North, South, and East Capitol Streets and The National Mall divide Washington, D.C., into four sections or quadrants: Northwest, Northeast, Southwest, and Southeast. The nexus of the four quadrants is the U.S. Capitol Building. The streets in D.C. run three ways: east-west, north-south, and diagonally. Lettered streets run east-west, numbered streets run north-south, and diagonal streets have state names.
- ▶ You might hear people refer to the greater area as the "DMV". This acronym stands for District of Columbia, Maryland and Virginia.
- ▶ Washington, D.C. is a remarkably international city that is home to more than 175 embassies and international cultural centers. Fifteen percent of D.C. residents speak a language other than English.
- ▶ NOVA = Northern Virginia. This expansive area with no hard boundaries is home to cities like Alexandria and Falls Church. Installations like the Quantico and Fort Belvoir are located in this area.
- ▶ The Washington Metrorail, or simply the Metro, is one of the busiest public transportation systems in the country! Its expansive network of tunnels and above ground tracks connect all four quadrants of D.C. with suburban Virginia and Maryland. The network has six lines and 98 stations and is popular among commuters.
Pro Tip: Always walk to the left and STAND TO THE RIGHT.
- ▶ Washington, D.C. averages 39 inches of rainfall per year — that's more than Seattle!
- ▶ You won't find any skyscrapers in D.C. This is due to the 1910 Height of Buildings Act. The act regulates building height based on the width of the street the building faces, generally capped at 130 feet (roughly 11 stories) on commercial streets.
- ▶ You're just a short drive away from plenty of weekend getaway activities and green spaces. Try hiking in Virginia's Shenandoah National Park, river tubing/rafting in Harpers Ferry, WV, or relaxing on one of Maryland's many beaches.

WELCOME TO THE NATIONAL CAPITAL REGION

Installations

D.C.

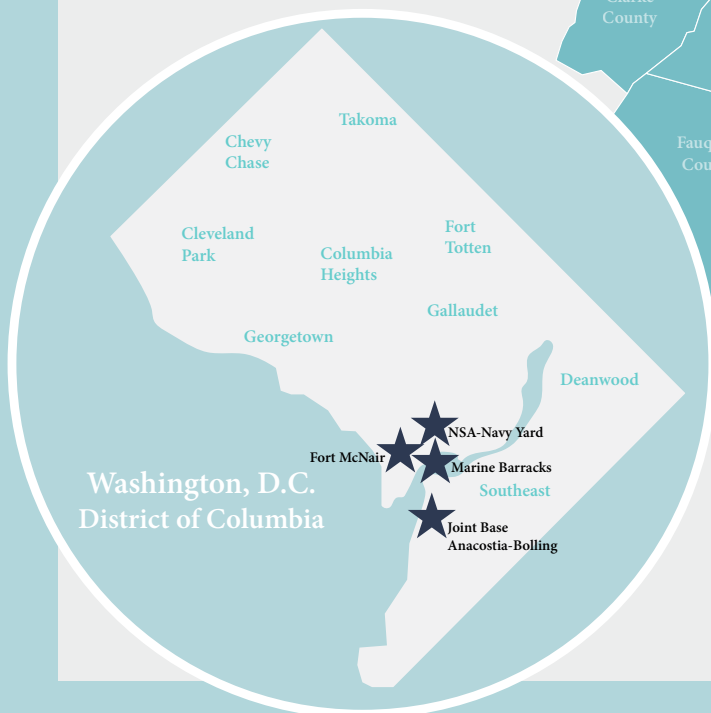
- **Joint Base Anacostia-Bolling**
20 MacDill Boulevard SW,
Washington, D.C. 20032
- **Naval Support Activity (NSA)
Washington Navy Yard**
1411 Parsons Avenue SE,
Washington, D.C. 20374
- **Fort Lesley J. McNair**
1600 2nd Street SW,
Washington, D.C. 20024
- **Marine Barracks (aka 8th and I)**
8th & I Streets SE,
Washington, D.C. 20003

Maryland

- **Fort Detrick**
810 Schreider Street,
Fort Detrick, MD 21702
- **Fort George G. Meade**
4409 Llewellyn Avenue,
Fort Meade, MD 20755
- **Joint Base Andrews**
1500 W Perimeter Road,
Joint Base Andrews, MD 20762
- **Naval Support Activity (NSA)
Bethesda, Walter Reed**
102 Wood Road,
Bethesda, MD 20814

Virginia

- **Fort Belvoir**
9820 Flagler Road,
Fort Belvoir, VA 22060
- **Pentagon**
1400 Defense Pentagon,
Arlington, VA 22202
- **Joint Base Myer-Henderson Hall**
1555 Southgate Road,
Arlington, VA 22214
- **Marine Corps Base Quantico**
250 Catlin Avenue,
Quantico, VA 22134



House Hunting in the NCR



There are many options for housing in the National Capital Region. When choosing where you want to live, you have to determine your priorities. Consider factors such as house size and price, and how far you are willing to commute.

AREAS/NEIGHBORHOODS

Washington, D.C.

- ▶ Washington, D.C. is split into eight wards and within each ward are dozens of neighborhoods. It is also important to note the city is organized in four quadrants: northwest, northeast, southwest and southeast.
- ▶ Common neighborhoods to live in in D.C. include: Adams Morgan, Capitol Hill, Cathedral Heights, Columbia Heights, Georgetown, Glover Park, Logan Circle, Mount Pleasant, Navy Yard, and Petworth.

Northern Virginia

- ▶ Virginia counties & cities in the NCR: Alexandria, Arlington County, Fairfax County, Fairfax, Falls Church, Loudoun County, Manassas, Manassas Park, and Prince William County.
- ▶ Common areas to live in Northern Virginia Include: Ashburn (Loudoun Co.), Chantilly (Fairfax Co.), Clarendon (Arlington Co.), Dumfries (Prince William Co.), Leesburg (Loudoun Co.), Manassas Park, McLean (Fairfax Co.), Tysons (Fairfax Co.), and Woodbridge (Prince William Co.).

Maryland

- ▶ Maryland counties in the NCR: Anne Arundel County, Charles County, Frederick County, Montgomery County, and Prince George's County.
- ▶ Common areas to live in Maryland include: Annapolis (Anne Arundel Co.), Bethesda (Montgomery Co.), Gaithersburg (Montgomery Co.), Potomac (Montgomery Co.), Rockville (Montgomery Co.), Silver Spring (Montgomery Co.), and University Park (Prince George's Co.).



HOUSING MARKET

The housing market in the National Capital Region is fairly competitive. However, prices have fluctuated over the past year.

For example:

- In August 2025, Washington, D.C. home prices were up 4.8% compared to last year at this time, selling for a median price of \$660K.
- In August 2025, Fairfax County home prices were up 1.3% compared to last year at this time, selling for a median price of \$755K.
- In August 2025, Montgomery County home prices were down 1.6% compared to last year at this time, selling for a median price of \$615K.

(Data from Redfin.com)



CITY	AVERAGE SALE PRICE
Washington, D.C.	\$660,000
Boston, MA	\$850,000
New York City, NY	\$870,000
San Francisco, CA	\$1,305,000

Source-Redfin.com

The cost of buying a house in the NCR is higher than the national average, but not as much as houses in cities like Boston, New York and San Francisco. If buying a home doesn't fit into your plan, renting is always an option. Similarly to owning a house in the NCR, rent prices are higher than the national average, but this varies depending on the area you choose to live.

CITY	MEDIAN 1 BR RENT	MEDIAN 2 BR RENT
Alexandria, VA	\$2,047	\$2,515
Arlington, VA	\$2,450	\$2,961
Bethesda, MD	\$1,943	\$2,342
Herndon, VA	\$1,830	\$2,196
Rockville, MD	\$2,174	\$2,644
Silver Spring, MD	\$1,867	\$2,162
Washington D.C.	\$2,170	\$2,228

Source- Apartment List as of September 2025 (<https://www.apartmentlist.com/dc/washington#rent-report>)

(To see if buying or renting is best for you, check out SmartAsset.com's "Rent vs. Buy Comparison tool")

It is recommended you find a realtor to assist you in your journey to secure housing. The process can be overwhelming and often has challenging circumstances. Work with a real estate agent with knowledge of the area you are looking to live. Make sure they have licenses for different states if you're looking across state lines.

Unless PCS'ing from other expensive locations such as California or Hawaii, you'll want to prepare savings accounts to adjust to rental and home buying costs.

COST OF LIVING

When moving to the NCR, you have to consider the cost of utilities, groceries, transportation, and more. Basic utilities for a 915 sq ft apartment in D.C. cost an average of \$190 a month, which is about 8.6% less than the national average. Dining out in the D.C. area can be pricey, especially for dinner. Restaurant meals and takeout are subject to a 10% sales tax. For groceries, expect to pay about 20% than the national average. The monthly minimum recommended amount of money for food per person is about \$500-\$425 per month, according to numbeo.com.

Check out this chart to get a better idea of the cost of living in the National Capital Region.

ITEM	RANGE OF COST
Meal, inexpensive restaurant	\$15 - \$40
Meal for two, mid-range restaurant	\$70 - \$200
Regular coffee, cappuccino, or latte	\$4.50 - \$8
Basic utilities (electricity, heating, cooling, water, garbage)	\$120 - \$300
Internet	\$40 - \$99
Gasoline (1 gallon)	\$3.09 - \$4.00
Fitness club, monthly fee for 1 adult	\$49 - \$200

Source-numeo.com, September 2025 (<https://www.numbeo.com/cost-of-living/in/Washington>)



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NCR » SCHOOLING

The National Capital Region
is home to some of the
greatest schools in the nation.

Northern Virginia is known for its exemplary public schools. Of the top 10 high schools in Virginia, 7 are in the Fairfax County Public Schools district, according to U.S. News. Other school districts in Northern Virginia include: Alexandria City Public Schools, Arlington County Public Schools, Falls Church City Public Schools, Loudoun County Public Schools, Manassas City Public Schools, and Prince William County Public Schools.

Maryland also has exceptional school districts. Montgomery County Public Schools and Howard County Public Schools both are high ranking districts. U.S. News named five out of the top 10 Maryland high schools in these districts. Other school districts in Maryland include: Charles County Public Schools, Frederick County Public Schools and Prince George's County Public Schools.

If you decide to live in within the **Washington, D.C.** limits or if you're PCSing to Joint Base Anacostia-Bolling, Fort McNair, Marine Barracks Washington, D.C. or Washington Navy Yard and are planning to live on your installation, you'll be zoned for District of Columbia Public Schools (DCPS). DCPS has 20 high schools, 25 middle schools, and 80 elementary schools. The district also has various education campuses and alternative schools. (Visit dcps.dc.gov for more details.) Also in D.C. is the independently governed District of Columbia Public Charter Schools (DCPCS). DCPCS provides oversight to 134 public charter schools which are managed by 68 independently-run nonprofit organizations. Visit dcpcsb.org for more information about the district.

A 2025 Wallet Hub study, "States with the Best & Worst School Systems" ranks public schools in D.C. as 24th overall. Virginia comes in at number four and Maryland at number nine. Make sure to research all the D.C. public schools before making your decision. Keep in mind, just because the district has a lower ranking, doesn't mean all of their schools have low rankings. It is important to note that DCPS allows students of military parents to apply to a school of their choice within the district. Meaning as long as you are stationed at and live "within the grounds of" one of the installations in the zone, you can choose which DCPS school to send your child to (admittance depends on space and resources).

Private schools are plentiful in Northern Virginia, Maryland and Washington, D.C., but they are costly. Should you choose to go the homeschooling route, there are plenty of resources available. Whatever you decide to do, it's important to do your research so you can get a feel of what the environment of the school is like and if it's right for your family. Read reviews, take a tour, or reach out to local parents. You're sure to find a good fit.

You might have additional questions about these topics as they specifically relate to Virginia, Maryland and Washington, D.C. State-specific guidance and resources are available to military families at the following websites:

Virginia - www.doe.virginia.gov/programs-services/student-services/military-families

Washington, D.C. - www.osse.dc.gov/service/military-families

Maryland - www.marylandpublicschools.org/programs/Pages/MilitaryFamilies/index.aspx

Additional education resources for military families:

Military Interstate Children's Compact Commission (MIC3)

The Interstate Commission was developed to establish a uniform standard that eases the state-to-state transition of military personnel, their spouses, and primarily their children as these children transfer from one state to another and from one state to another and from one school system to another as a direct result of the military parent's frequent reassignments. The MIC3 website offers numerous resources related to the Interstate Compact including one page reference documents and training modules.

Military OneSource

Military OneSource is a free service provided by the Department of Defense (DoD) to active duty, Guard and Reserve service members, and their families with comprehensive information on every aspect of military life including deployment, reunion, relationships, grief, spouse employment and education, parenting and child care, and much more.

Military Child Education Coalition (MCEC)

MCEC's mission is to ensure inclusive, quality educational experiences for all

military children affected by mobility, family separation, and transition. MCEC offers numerous resources for parents, information about leadership camps and scholarships, and extensive training for educators about the needs of military-connected students.

National Military Family Association

Founded 43 years ago, the National Military Family Association is a non-profit organization focusing on issues important to military families, such as comprehensive child care, accessible health care, spouse employment options, great schools, caring communities, a secure retirement, and support for widows and widowers.

Military Kids Connect

This site helps military kids connect with each other and share common concerns.

School Quest

School Quest is designed for the military child who is moving to a new school district. This site helps a student (and parents) search for information about schools in the new location.

Tutor.com

Tutor.com can connect you to a professional tutor whenever you need one. This service is provided by the Department of Defense at no cost to military families.

Specialized Training of Military Parents (STOMP)

STOMP is a federally funded Parent Training and Information (PTI) Center established to assist military families who have children with special education or health needs.



Interstate Compact on Educational Opportunity for Military Children

The Department of Defense, in collaboration with the National Center for Interstate Compacts and the Council of State Governments has developed an interstate compact that addresses the educational transition issues of children of military families. Currently all 50 States and the District of Columbia participate in the interstate compact.

It is estimated that the average military family moves three times more often than the average non-military family. These frequent moves can cause children to miss out on extracurricular activities and to face challenges in meeting graduation requirements. The Compact will ensure that the children of military families are afforded the same opportunities for educational success as other children and are not penalized or delayed in achieving their educational goals. States participating in the Compact would work to coordinate graduation requirements, transfer of records and course placement and other administrative policies.

Visit the Military Interstate Children's Compact Commission's website at www.mic3.net/ for complete details.

Policy areas:

► Eligibility

The Compact asks school districts to examine their rules for eligibility to allow children of military parents to have the continuity they need.

Enrollment

- Children of deployed service members living with noncustodial parents, relatives or friends outside the school district may continue to attend their own school if the caregiver provides transportation.
- A power of attorney is sufficient for enrollment and other actions requiring parental participation or consent.

Extracurricular participation

- Children may participate in extracurricular activities even if application deadlines and

tryouts have passed.

- Schools must make reasonable accommodations but are not required to hold spaces open for military-related transferees.

► Enrollment

The Compact has provisions to facilitate enrollment in the following areas:

Education records

- Parents may take a set of unofficial records to the new school, which include all the information the new school needs to enroll and place the child until the district receives the official records.
- All sending school districts are required to forward official transcripts within 10 days of a request from the receiving state school district.

Immunizations

- A child needing additional immunizations may enroll and begin school.
- Parents have 30 days to get their child immunized.
- Further immunizations must start within 30 calendar days of enrollment. Tuberculosis testing is not covered since the TB test is not an immunization.

Kindergarten and first grade entrance age

- If the entrance age requirement is different, children may continue in the same grade if they have already started kindergarten or first grade.
- Children are allowed to move up to first or second grade, regardless of age requirements, if they have completed kindergarten or first grade in another state.

► Placement

For student placement in required classes, advance placement and special-needs programs without a delay, the Compact requires cooperation in the following areas:

Course and education program placement

- A receiving school district must initially honor placement based on the student's enrollment in the sending state, provided the new school has a similar or equivalent program.
- The new school may evaluate the student after placement to ensure it is appropriate, but the school may not put children into "holding classes" while they await assessment.
- The receiving school may allow the student to attend similar education courses in other schools within the district if the receiving school does not offer such courses.

Special education services

- Students covered by the Individuals with Disabilities Education Act receive the same services, although not necessarily identical programs, identified in the individualized education program from the sending state. This is a parallel requirement under federal law.

Placement flexibility

- School districts are encouraged to determine if course or program prerequisites can be waived for students completing similar coursework in the sending school district.

Absence related to deployment activities

- Students may request additional, excused absences to visit with their parent or legal guardian immediately before, during and after deployment.
- Schools have flexibility in approving absences if there are competing circumstances, such as state testing or if the student already has excessive absences.

► Graduation

The Compact requires school districts to make the following accommodations to facilitate on-time graduation:

Course waivers

- School districts may waive courses required for graduation if similar coursework has been completed in another school.
- Such waivers are not mandatory under the Compact, but a school district must show reasonable justification to deny a waiver.

Exit exams

- A school district may accept the sending state's exit exams, achievement tests or other tests required for graduation instead of requiring the student to meet the testing requirements of the receiving state.
- States have flexibility to determine what tests they will accept or require the student to take.

Transfers during the senior year

- If a student moves during the senior year and the receiving state is unable to make the necessary accommodations for required courses and exit exams, the two school districts must work together to obtain a diploma from the sending school so the student can graduate on time.



Transportation

» COMMUTING AND MORE

The D.C. Region has one of the largest average commutes in the country and your commute time will look different based on where you live. According to the latest NCR Transportation Planning Board survey, the average D.C.-area worker spends 43 minutes getting to and from work. There are various options when it comes to commuting, find what works best for you.

DRIVING

If driving, many factors will impact your commute like volume, roadwork, accidents and more. Familiarize yourself with high-occupancy vehicle (HOV) lanes and express lanes. Carpool if you're able! There are ridesharing and ride matching services available online.

► **Slug Lines:** An interesting side effect of HOV and express lanes in the Washington, D.C. area has been the establishment of unofficial carpool-formation areas called "slug lines." Commuters catch free rides with drivers who need additional riders to be able to use the HOV lanes along their route to and from work. Check out slug-lines.com or sameride.com for more information.

PUBLIC TRANSPORTATION

Public transportation is huge in this area and you'll use the Washington Metro at some point! Many even choose where they live based on the closest Metro stop. If you plan on using public

transportation regularly, it would be smart to get a SmarTrip card. These can be used to pay for fare on all Metrorail stations in D.C., Maryland and Virginia, Metro parking garages and lots, Metrobus routes, MTA, and partner regional bus providers.

COMMUTER RAILS

The D.C. area also has two commuter rail services – Virginia Railway Express (VRE) and Maryland Area Regional Commuter (MARC). VRE operates Monday through Friday between Union Station in Washington, D.C. and stations in Virginia, along two lines, the Manassas Line and the Fredericksburg Line. MARC provides service between Union Station in Washington, D.C. and stations in Maryland, along three lines, the Penn, Camden, and Brunswick lines. All three lines operate Monday through Friday; the Penn Line also provides service on weekends.

BIKING

Many use a bike for transportation and commuting. Biking is a healthy, fun, and

environmentally-friendly way of getting around. The area has hundreds of miles of interconnected off-street trails and on-street bike routes.

DOD SHUTTLE PROGRAM

Note: DoD policy ensures that agency-provided shuttle transportation is available to all personnel, including those with special accessibility needs. See individual bus routes for current availability of accessible transportation, or call the Shuttle Bus Program number at 571-372-7124.

The DoD Shuttle Bus Program transports personnel between the Pentagon and other locations throughout the NCR, including the United States Department of State, the New and Old Executive Office Buildings, the Office of Personnel Management, Capitol Hill, Washington Navy Yard, Joint Base Myer-Henderson Hall, Joint Base Anacostia-Bolling, the Defense Health Headquarters, and the Mark Center. For DoD Shuttle Bus routes and other information, please visit www.whs.mil/Services-and-Information/DoD-Transportation-Services/.

AIR TRAVEL

Three large airports are located in the NCR – Washington Reagan National (DCA), Dulles International (IAD) and Baltimore Washington International (BWI). Metro lines run to both DCA and IAD ■

Mass Transportation Benefit Program (MTBP) The Mass Transportation Benefit Program (MTBP) is available to Federal employees and military service members who choose to use public transportation for their daily commute. Commuting costs are subsidized, to the extent authorized by law and regulation, to reduce pollution and traffic congestion, preserve the environment, and expand transportation alternatives. You may not possess a Pentagon Reservation parking permit and receive mass transportation benefits. This program distributes transportation subsidies to each participant's WMATA-registered SmarTrip card or mobile account subsidizing all or a portion of their eligible commuting costs. The available subsidy is capped at the current Federal maximum allowed statutory limit (\$315 in 2024). Benefits can be used on Metrorail, Metrobus, Virginia Railway Express, Maryland Area Regional Commuter Rail, Maryland Transit Administration Commute Bus, Vanpools, PRTC, OmniRide, and many other providers. Eligible costs covered by the program are limited to home-to-work (and back) commutes. Parking costs, as well as local travel between offices for meetings, do not qualify for the MTBP transit subsidy. Only one SmarTrip card or account may be registered in the DoD MTBP and usage is restricted to the enrolled DoD participant. More information, including eligibility criteria, application deadlines, contact information and the application link, can be found on the WHS website at www.whs.mil/Mass-Transportation-Benefit-Program/.

M System Map

wmata.com
Information: 202-GO-METRO | TTY: 202-962-2033
Metro Transit Police: 202-962-2121 | Text: MYMTDP (696873)

Terminal stations

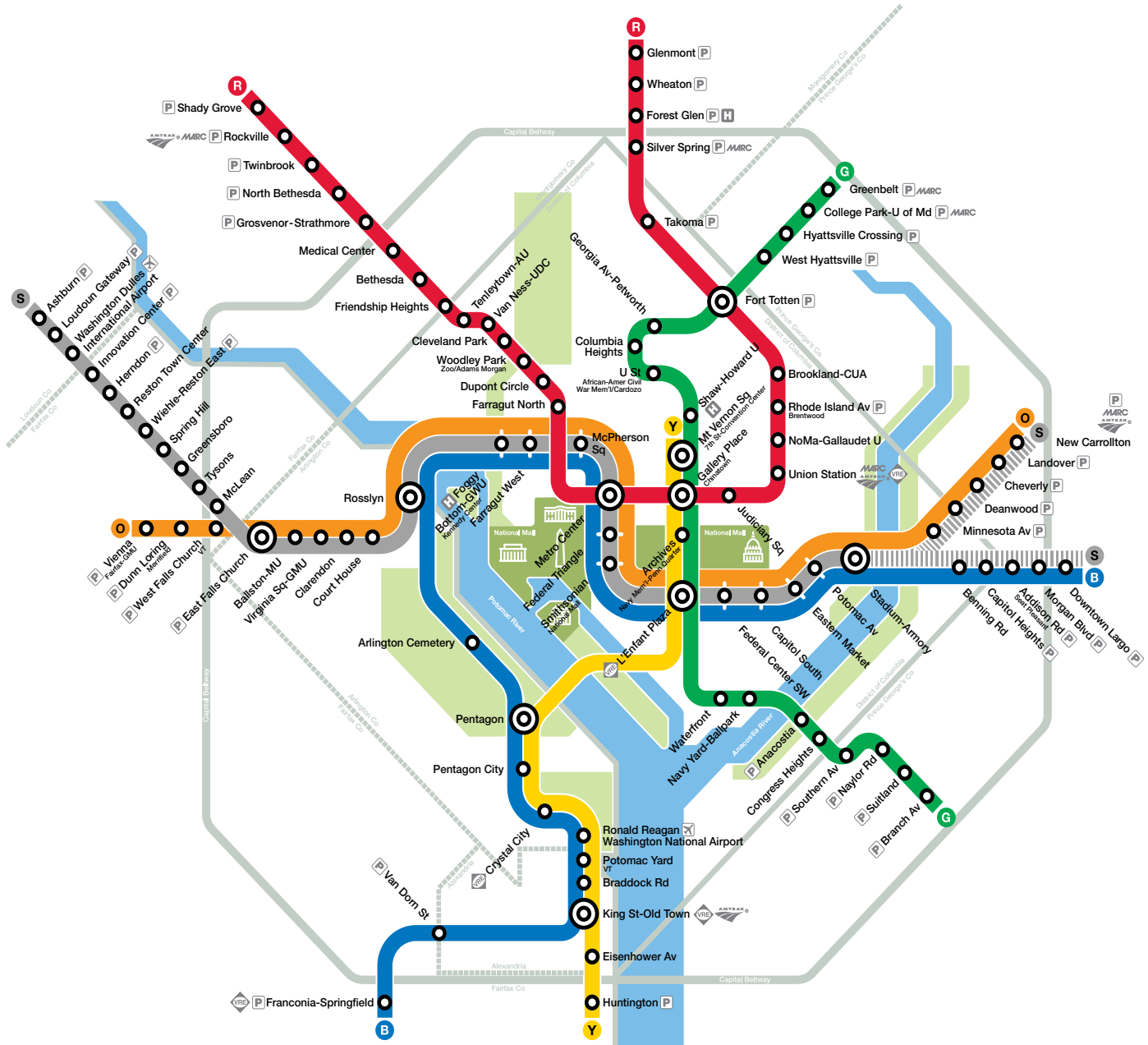
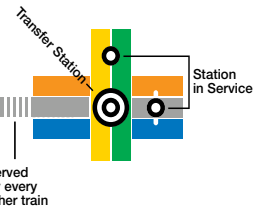
- R** Red Line • Glenmont / Shady Grove
- O** Orange Line • New Carrollton / Vienna
- B** Blue Line • Franconia-Springfield / Downtown Largo
- G** Green Line • Branch Av / Greenbelt
- Y** Yellow Line • Huntington / Mt Vernon Sq
- S** Silver Line • Ashburn / Downtown Largo & New Carrollton

Station Features

- P** Parking
- H** Hospital
- A** Airport

Connecting Rail Systems

AMTRAK • VRE • MARC



Metro is accessible.

WASHINGTON METROPOLITAN AREA TRANSIT AUTHORITY © 2022

Map courtesy of Washington Metropolitan Area Transit Authority

Map is not to scale

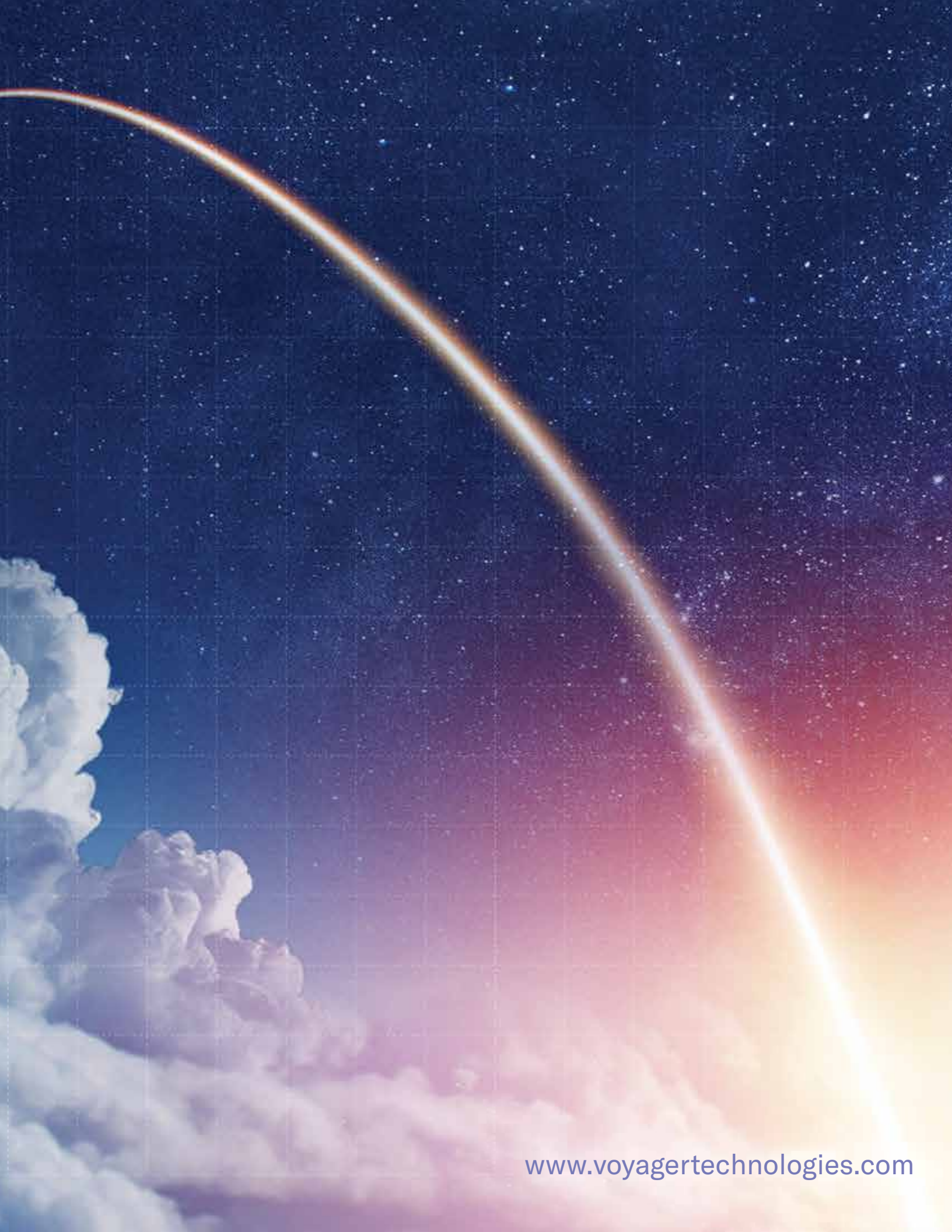
► **Metrobus:** Is the area's regional bus service and is the 5th busiest bus agency in the United States. Metrobus has a fleet of more than 1,500 buses operating on hundreds of routes. Local jurisdictions also have their own local bus systems that connect to Metrobus routes (i.e. Fairfax Connector, RideOn Montgomery, Dash Alexandria, ART Arlington Transit, DC Circular, DC Streetcar).

► **Metrorail:** Is the regional subway system, often referred to simply as "Metro." The Metrorail system comprises six color-coded lines: blue, green, orange, red, yellow and silver. The lines intersect at various points, making it possible for passengers to change trains and travel anywhere on the system. Service frequency varies according to day and time from a low of 15 minutes between trains on weekend evenings to a high of three minutes between trains in the peak of the rush hour period.



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HEALTH

The Defense Health Network – National Capital Region (DHN-NCR) is proud to serve you as one of our many TRICARE-eligible beneficiaries, which include active-duty service members, retirees, and their families across the region. Your health care team includes over 12,000 care team members across 34 medical and 11 dental facilities. As a TRICARE member, we want you to know that we are committed to providing you high-quality, high value health care that is responsive and respectful of your needs and choices. Whether you need to set an appointment, receive post-procedure follow-up, or provide feedback, our skilled professionals are here to assist you every step of the way. At DHN-NCR, we understand that maintaining your health can be challenging. That's why our integrated health care delivery system is designed to make it smooth for you to access the care you need. We offer a wide range of health care services, which you'll see detailed throughout this guide. Our skilled professionals are dedicated to working with you to develop a personalized care plan that meets your unique needs and goals. In this guide, we will provide you with the information you need to confidently navigate our health care system. From refilling medication to receiving emergency care, our dedicated and skilled professionals look forward to serving you. So, whether you are new to DHN-NCR or have been a member for years, we encourage you to take advantage of all the resources available to you. We welcome your feedback anytime to understand better and respond to your needs. Get in touch with us via JOES, TRISS, or ICE surveys.

WE ARE HERE TO CARE FOR YOU!

KEEPING YOUR DEERS UP-TO-DATE

Your DEERS account is where you need to update all of your personal information to ensure your TRICARE eligibility stays up to date for you and your family! Keep your information updated as your life changes to maintain your TRICARE benefits. Your address and contact information in DEERS is what goes into your electronic health record. Please ensure your address and phone number are correct in DEERS so we can contact you.

DELIVERING CARE ANYWHERE

TRICARE benefits are the same regardless of where you live, but there are two U.S. regional contractors. Health Net Federal Services, LLC administers the benefit in the West Region; and Humana Military, administers the benefit in the East Region. Explore health plan options online today to decide which is right for you.

NAVIGATE YOUR HEALTHCARE JOURNEY

As you navigate your journey as a military health beneficiary, a great first step as a TRICARE-eligible patient is to enroll to a Primary Care Medical Home (PCMH) before making your first medical appointment within the DHN-NCR! Call TRICARE to enroll with one of our facilities conveniently located across the DHN-NCR.

LOCATING A FACILITY

DHN-NCR is in the TRICARE East Region managed by Humana. For further assistance, use the Military Treatment Facility (MTF) Locator Tool. Not sure what location to visit? Head to pages 40-43 to see which medical facilities are closest to your home – but don't forget the entire DHN-NCR Network is available to you. DHN-NCR is in the TRICARE East Region managed by Humana.

For additional TRICARE assistance, contact your Beneficiary Counseling and Assistance Coordinators (BCACs) at a military hospital or clinic.

DHN-NCR NETWORK CLINICS

ANDREWS MEDICAL GROUP (MDG) CLINICS

Andrews Medical Group - Malcom Grow

West Perimeter Road
Building 1060
Joint Base Andrews, MD 20762
240-612-1152
888-999-1212 (AF appointments)
Patient Relations: 240-612-2048

Banholtz Clinic

1051 West Perimeter Road
Joint Base Andrews, MD 20762
240-612-1143
Bolling Medical Squadron
238 Brookley Avenue
Building 1300
Washington, DC 20032
202-767-1051

ALEXANDER T. AUGUSTA CLINICS

Alexander T. Augusta Medical Military Center
9300 DeWitt Loop
Fort Belvoir, VA 22060
571-231-3224
Patient Relations: 571-231-4141

DiLorenzo Pentagon Health Clinic

The Pentagon, Corridor 8
Washington, DC 20310
703-692-8810

A.T. Augusta Ambulatory Care Center - Dumfries

3700 Fetter Park Drive
Dumfries, VA 22025
703-441-7500

A.T. Augusta Ambulatory Care Center - Fairfax

4375 Fair Lakes Court
Fairfax, VA 22033
571-432-2600

NHC PATUXET RIVER CLINICS

NBHC Dahlgren

17457 Caffe Road, Suite 204
Dahlgren, VA 22448
540-653-0282

NBHC Indian Head

4141 W Wilson Road, Building 1600
Indian Head, MD 20640
301-744-4604

NBHC Joint Base Andrews

1060 W Perimeter Road
Joint Base Andrews, MD 20762
240-612-7772

NHC Patuxent River

47149 Buse Road, Building 1370
Patuxent River, MD 20670
301-342-1506

NHC QUANTICO CLINICS

David R. Ray Branch Health Clinic

MCB2 Building 24008
Quantico, VA 22134
703-784-5541

John H. Bradley Branch Health Clinic

2189 Elrod Road
Quantico, VA 22134
703-784-2062

NBHC Washington Navy Yard

915 N Street SE, Building 175
Washington, DC 20374
202-433-3757

NHC Quantico

3259 Catlin Ave.
Quantico, VA 22134
703-784-1725 (opt. 2)

NHC ANNAPOLIS CLINICS

NBHC Bancroft Hall

6th Wing - Bancroft Hall
101 Buchanan Road
Naval Academy, MD 21402
410-293-1758

NHC Annapolis

695 Kinkaid Road
Annapolis, MD 21402
410-293-2273

MEADE MEDDAC

Andrew Rader Army Health Clinic (AHC)

401 Carpenter Road
Joint Base Myer-Henderson Hall, VA 22211
833-853-1392
Barquist AHC
1434 Porter Street
Fort Detrick, MD 21702
301-619-7175

Kimbrough Ambulatory Care Center

2480 Llewellyn Ave
Fort Meade, MD 20755
301-677-8800

Kirk AHC

6455 Machine Street
Building 2501
Aberdeen Proving Ground, MD 21005
410-278-5475

McNair AHC

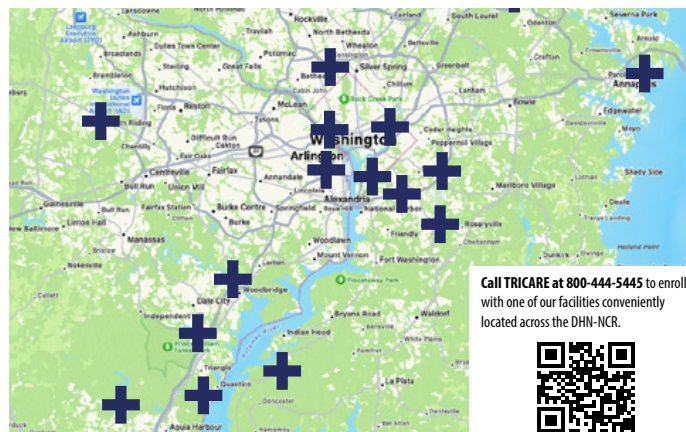
114 1st Avenue SW
Building 58
Washington, DC 20319
202-685-3100

WALTER REED CLINICS

Walter Reed National Military Medical Center

8901 Rockville Pike,
Bethesda, MD 20889
301-295-4000
National Intrepid Center of Excellence (NICoE)
4860 South Palmer Road, Bldg. 51
Bethesda, MD 20889
301-319-3600

WHEREVER YOU LIVE IN THE NCR, WE HAVE A LOCATION TO SERVE YOU






EMERGENCY CARE 24/7 EMERGENT AND URGENT CARE LOCATIONS



PATIENT SERVICES

Our patient services are here to help you. The DHN-NCR has varying patient administration services that can assist as your patient advocate, for TRICARE related services, and questions surrounding your patient journey. Below you will find a breakdown of who can help with what.

		
TRICARE SERVICES	BENEFICIARY COUNSELOR (BCAC)	PATIENT ADVOCATE
<ul style="list-style-type: none">• Enrollments• DEERS Inquiries• Personnel Movement - PCS, ETS, Retirement• Deferred Dependents	<ul style="list-style-type: none">• Claims/Insurance Questions• Network Referrals• TRICARE Benefits – Prime, Select, For Life, Remote, Plus• Transitional Assistance	<ul style="list-style-type: none">• Patient Care Concerns• Suggestions/ Compliments• Network Health Care Feedback• Health System Questions
<p>We operate in an integrated Military Health System for active duty service members, retirees, and their families that combines the resources of the military's direct medical care system and our managed care support of purchased health care.</p>		<p>For those medical records you can't access via MHS Genesis, please see your MTF's Patient Administration Department (PAD) or Medical to include your teenager's medical records.</p>

SIMPLIFY YOUR PHARMACY EXPERIENCE

ACTIVATE A NEW PRESCRIPTION

Skip the line before coming to the pharmacy with Q-Anywhere*.

Otherwise, to activate a new prescription, you can call your local pharmacy or pull a ticket inside the pharmacy.

REFILL YOUR PRESCRIPTION

You can request a prescription refill within your MHS GENESIS Patient Portal or by calling the DHN-NCR Prescription Refill Phone Line at 800-377-1723.

Make sure to have the patient's DoD ID number and the refill prescription number available when calling.

PICK-UP MEDICATIONS

You will be notified when your prescription is ready for pick-up. Once received, check in at the kiosk located inside your pharmacy.

The DHN-NCR Network has a network of pharmacies that are honored to serve you. To learn more, scan the QR code to the right or visit the [TRICARE MTF Locator site](#).





Washington D.C. FUN FACTS

- ▶ The cherry blossom trees that line the Tidal Basin and have beautiful pink blooms every spring were a gift from the mayor of Tokyo in 1912.
- ▶ You can look at the original Declaration of Independence, U.S. Constitution and Bill of Rights at the National Archives.
- ▶ The seventh inning stretch was started when President William Howard Taft visited a game in Washington, D.C. and decided to stretch his legs in the seventh inning. Everybody assumed the president was getting up to leave so fans throughout the ballpark stood up as well out of respect, thus beginning the tradition of the seventh inning stretch.
- ▶ The Friendship Archway over H St. and 7th St. in Chinatown was built in 1986 to celebrate the friendship between Washington and its sister city, Beijing, China.
- ▶ The Library of Congress is the largest library in the world with more than 162 million objects in its collection. This number is constantly growing with approximately 12,000 items added to the collections daily.
- ▶ Georgetown is the oldest part of the city, dating back to 1751 — 40 years before Washington, D.C. was founded.
- ▶ Go-Go is the official music of Washington, D.C. A fusion of funk, soul, blues, and salsa, Go-Go music was born in the District during the mid-1960s to late 1970s and remains a vital part of the city's cultural identity today. The late Chuck Brown, the "Godfather of Go-Go", helped shape this homegrown genre.

2026 Open Season: November 10 – December 8

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has you covered.

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- Comprehensive worldwide medical coverage
- In and out-of-network benefits
- Wellness incentives

Check your
eligibility now!
afspa.org/eligibility



FEHB High Option Plan open to eligible Federal Civilian employees.

All benefits are subject to the definitions, limitations, and exclusions set forth in the Foreign Service Benefit Plan's Federal brochure (RI 72-001)

@afspaCares



ACTIVITIES & LANDMARKS



FAMILY-FRIENDLY ATTRACTIONS

- City parks and gardens (e.g. the National Arboretum, Kenilworth Park and Aquatic Gardens)
- Georgetown Waterfront Park & shops
- National Mall, Memorials and Tidal Basin (e.g. Lincoln Memorial, JFK Memorial, etc.)
- Old Town Alexandria
- International Spy Museum
- George Washington's Mount Vernon
- U.S. Botanic Gardens
- National Zoo
- Any of the Smithsonian Museums (e.g. National Museum of Natural History, National Air and Space Museum, National Museum of American History)
- National Children's Museum
- White House Visitor's Center
- Holocaust Museum
- Planet Word Museum
- Frederick Douglass National Historic Site
- Clara Barton Missing Soldiers Office Museum

FESTIVALS/EVENTS

- National Cherry Blossom Festival (late March-early April)
- Passport DC (May)
- Memorial Day Parade (May)
- Capital Pride Parade (June)

- Giant National Capital Barbecue Battle (June)
- Smithsonian Folklife Festival (late June-early July)
- Broccoli City Festival (July)
- Fourth of July Fireworks (July)
- Citi Open (late July-early August)
- DC Bike Ride (September)
- H Street Festival (September)
- DC Jazz Festival (September)
- Adams Morgan Day (September)
- Marine Corps Marathon (October)
- National Christmas Tree Lighting (December)
- Metropolitan Washington Restaurant Week (bi-annual)

SPORTS

- Washington Commanders (NFL)
Venue: Northwest Stadium in Greater Landover, MD
- Washington Capitals (NHL)*
Venue: Capital One Arena in Washington, D.C.
- Washington Nationals (MLB)*
Venue: Nationals Park in Washington, D.C.
- Washington Wizards (NBA)*
Venue: Capital One Arena in Washington, D.C.
- Washington Mystics (WNBA)*
Venue: Capital One Arena in Washington, D.C.
- DC Defenders (XFL)
Venue: Audi Field in Washington, D.C.

- D.C. United (MLS)*
Venue: Audi Field in Washington, D.C.
- Washington Spirit (NWSL)*
Venue: Audi Field in Washington, D.C.
- Baltimore Orioles (MLB)*
Venue: Camden Yards
- Baltimore Ravens (NFL)
Venue: M&T Bank Stadium in Baltimore, MD

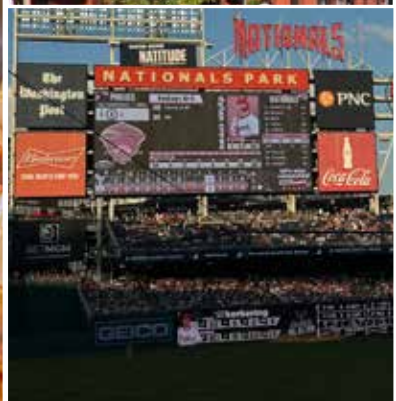
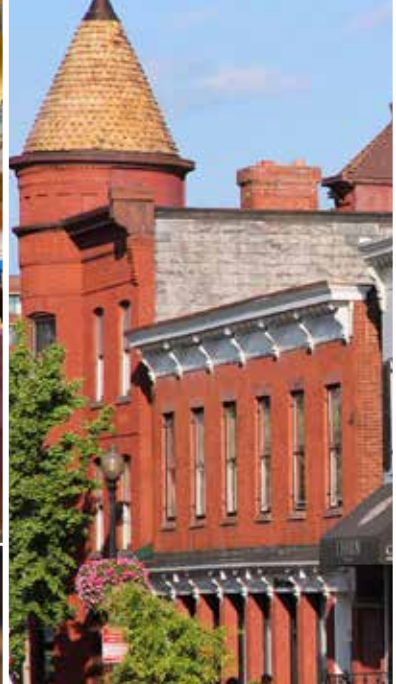


THE ULTIMATE WASHINGTON, D.C. BUCKET LIST:

UNFORGETTABLE EXPERIENCES IN THE NATION'S CAPITAL

By Alyssa McBeth

Filled with an abundance of history, a melting pot of culture and a never-ending list of things to do, calling the D.C. area home promises nothing short of an exciting tour. While this bucket list will kick start your D.C. adventures beyond the touristy items, don't be surprised if your own personal bucket list continues to grow as you immerse yourself in everything this area has to offer.



1

TAKE A TOUR OF THE MONUMENTS AND NATIONAL MALL

Try a double-decker bus tour, segway tour, or walking tour. There are so many fun ways to enjoy D.C.'s rich history!

2

CHECK OUT SOME OF THE CITY'S DIVERSE CUISINE

From hidden gems to acclaimed eateries, the city's culinary scene is a feast for the senses.

3

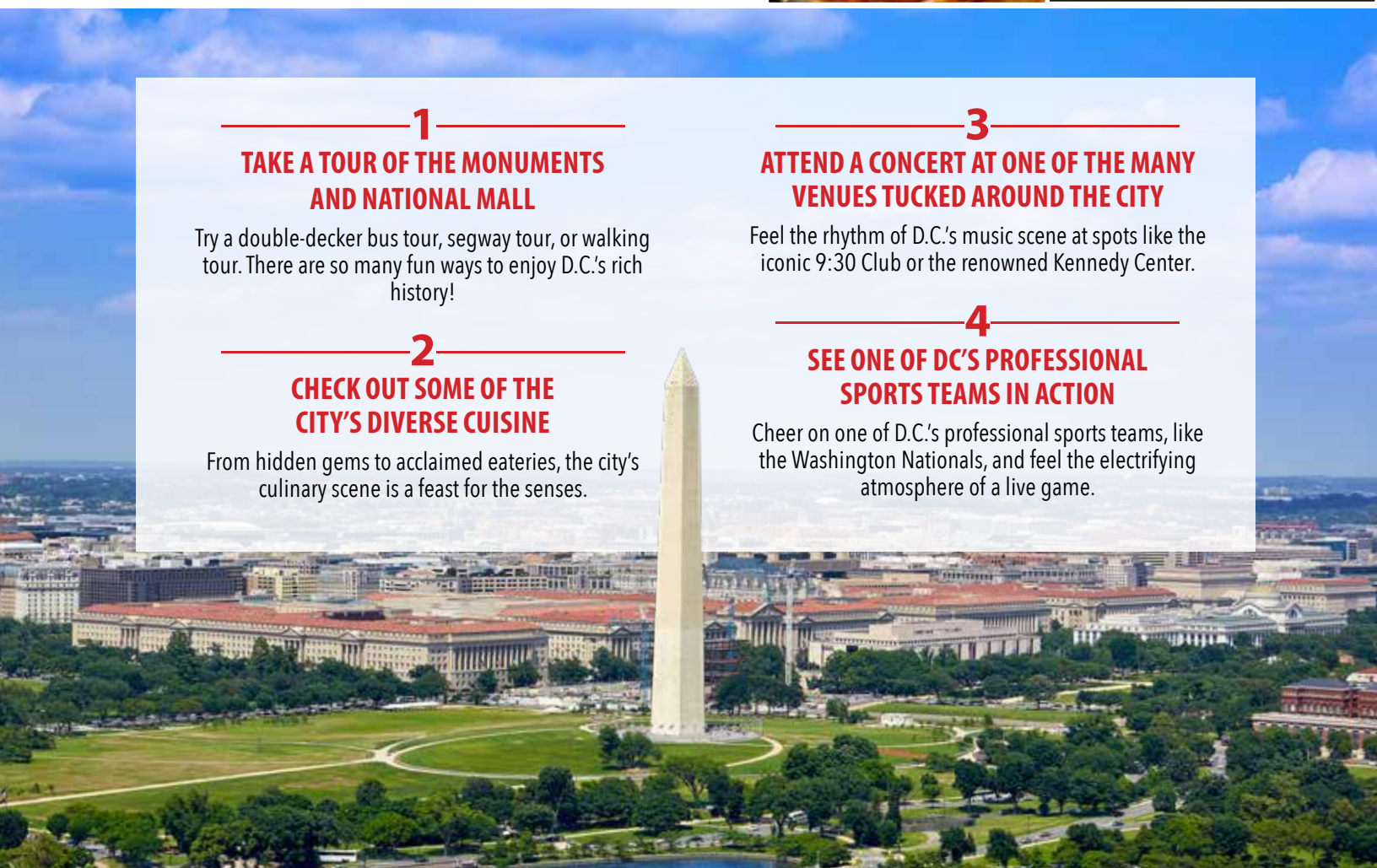
ATTEND A CONCERT AT ONE OF THE MANY VENUES TUCKED AROUND THE CITY

Feel the rhythm of D.C.'s music scene at spots like the iconic 9:30 Club or the renowned Kennedy Center.

4

SEE ONE OF DC'S PROFESSIONAL SPORTS TEAMS IN ACTION

Cheer on one of D.C.'s professional sports teams, like the Washington Nationals, and feel the electrifying atmosphere of a live game.





5

SPEND A DAY AT THE SMITHSONIAN MUSEUMS AND BRUSH UP ON YOUR HISTORY

Embark on an enriching journey through time, culture and discovery at the world-renowned museums.

6

RIDE TO THE TOP OF THE WASHINGTON MONUMENT

An elevator will take you to the top of this iconic landmark where you can marvel at the stunning skyline and panoramic views.

7

EXPLORE THE LIBRARY OF CONGRESS

Take in the gorgeous architecture and discover the vast collection of books, manuscripts and treasures that tell the story of America's past.



8

TAKE A MORNING STROLL THROUGH HISTORIC GEORGETOWN

Admire the architecture and charm of one of the District's oldest neighborhoods.

9

GET ACTIVE AT ONE OF DC'S MANY GREEN SPACES

Escape the hustle by exploring the natural beauty of spots like Teddy Roosevelt Island, Rock Creek Park, Meridian Hill Park, and more.

10

SEE DC FROM A DIFFERENT PERSPECTIVE

Try a sunset boat cruise or even kayak on the Potomac River and experience the breathtaking views from the water.

Additional RESOURCES



*for the NCR
military community*

Air Force Support Squadron (FSS)

Joint Base Andrews:

www.andrewsfss.com/

Joint Base Anacostia-Bolling:

www.jbabfss.com/

"Some people still call it MWR (Morale, Welfare, and Recreation), but it's much more than that..." Force Support Squadrons (FSS) enhance the quality of life for service members, DoD civilians, retirees, and families through golf, bowling, arts and crafts, outdoor recreation, and special events. FSS personnel also provide childcare and youth programs for military families worldwide.

Army Family and Morale, Welfare and Recreation (MWR)

Fort Belvoir: www.belvoir.armymwr.com/

Fort Detrick: www.detrack.armymwr.com/

Fort Meade: www.meade.armymwr.com/

Fort Myer (JB Myer-Henderson Hall):

www.jbmhh.armymwr.com/

Family and MWR is a network of support and leisure services designed to serve the needs, interests, and responsibilities of each individual in the Army community, as well as enhance the quality of their lives. Services are unique and exciting, ranging from family, child and youth programs to recreation, sports, entertainment, travel and leisure activities.

Blue Star Families National Capital Region Chapter

www.bluestarfam.org/chapters/ncr/

Blue Star Families was founded by military spouses in 2009 to empower military families to thrive as they serve. The organization is committed to

strengthening military families by connecting them with their neighbors to create vibrant communities of mutual support. From Capitol Hill, to Disney events, to the White House, Blue Star Families gets involved to take care of our military families!

Coast Guard Work-Life Program

www.dcms.uscg.mil/worklife/

The Coast Guard Work-Life Program supports personnel and their families by providing programs and services that help them to manage the challenges of both work and personal life. This includes the CG SPURT Program, Ombudsman Program, Special Needs Program and more.

Dog Tag Inc.

www.dogtaginc.org/

Dog Tag Inc. seeks to build a bridge to employment and a productive civilian life for veterans and military families that have served our country so well. The organization provides a transformative opportunity for veterans with service-connected disabilities, military spouses, and caregivers through a five-month fellowship, offering educational opportunities at Georgetown University and real life work experience in its small business, Dog Tag Bakery.

Easterseals DC MD VA

www.dcmdva.easterseals.com

Easterseals provides disability services, with additional support areas serving veterans and military families, seniors, and caregivers. Since 1945, Easterseals DC MD VA has worked to enhance quality of life and expand access to mental health care, employment, education, and respite opportunities for people with military backgrounds and their families.

HOMES.mil

www.homes.mil

HOMES.mil is a service designed to connect service members and their families with community housing rental listings located near U.S. military bases. Whether you are looking for housing at your current installation, or are PCSing across the world, HOMES.mil can help.

Marine Corps Community Services (MCCS)

Henderson Hall (JB Myer-Henderson Hall):

www.hendersonhall.usmc-mccs.org/

Quantico: www.quantico.usmc-mccs.org/

Marine Barracks (8th & I):

www.8thandi.usmc-mccs.org/

Marine Corps Community Services (MCCS) is a comprehensive set of programs that support and enhance the operational readiness, war fighting capabilities, and life quality of Marines, their families, retirees and civilians. Programming includes employment, personal financial management, education and transition assistance; fitness and recreation, deployment support and family team building, childcare and youth activities, prevention, counseling and victim support; golf courses; dining and entertainment; and shopping.

MilitaryByOwner

www.militarybyowner.com/

MilitaryByOwner provides advertising for homes located near military bases as well as resources related to real estate, homeownership, and military life.



Military OneSource

www.militaryonesource.mil/

Military OneSource is a free service provided by the Department of Defense to active duty, Guard and Reserve service members, and their families with comprehensive information on every aspect of military life including deployment, reunion, relationships, grief, spouse employment and education, parenting and child care, and much more.

► Military and Family Life Counseling

www.militaryonesource.mil/programs/military-family-life-counseling

The Military and Family Life Counseling Program supports service members, their families and survivors with non-medical counseling worldwide.

National Military Family Association

www.militaryfamily.org/

The National Military Family Association is the leading nonprofit organization committed to strengthening and protecting the families of the men and women currently serving, retired, wounded or fallen. Some of their programs include Military Spouse Scholarships as well as Operation Purple Camp, a summer camp for military kids.

Navy Morale, Welfare and Recreation (MWR)

Naval Support Activity, Bethesda:

www.navymwrbethesda.com/

Naval Support Activity, Washington:

www.navymwrwashington.com/

Navy MWR conducts activities and events, and delivers high-quality, innovative recreation programs

in state-of-the-art facilities worldwide. At these websites, individuals can find more information about support programs, Fleet and Family Readiness Support and more.

ServingTogether

www.servingtogetherproject.org/

ServingTogether, affiliated with AmericaServes, is a coordinated network of public, private and nonprofit organizations serving veterans, service members and their families in the Greater National Capital Region. ServingTogether offers access to a top-tier network of providers including: mental health services, housing assistance, educational opportunities, employment resources, fitness programs and more.

The Army Spouses' Club of the Greater Washington Area

www.aoscgwasecure.wildapricot.org/

The Army Spouses' Club of the Greater Washington Area (ASCGWA) strives to provide and promote socio-economic and educational outreach to the soldiers, family members, and Department of the Army civilians assigned to, attached to, or with duty in the National Capital Region.

The Oakleaf Club of Greater Washington D.C.

www.oakleafdc.org/

The Oakleaf Club of Greater Washington D.C. supports the military and civilian employees and families of the Walter Reed National Military Medical Center and command medical and dental departments in the greater D.C. area through social and benevolent activities and events. The club is open to active, retired, reserve officers and their spouses or significant others, as well as GS 7 and

above, affiliated with Military Health Services.

United Service Organizations (USO)

www.uso.org

The USO strengthens America's military service members by keeping them connected to family, home and country, throughout their service to the nation. The organization operates USO centers at or near military installations across the United States and throughout the world. It also operates USO airport centers which offer around-the-clock hospitality for traveling service members and their families.





Celebrate America's 250th in the National Capital Region!

In 2026, there's no better place to honor the nation's big birthday than where history comes alive—D.C., Maryland, and Virginia.

WASHINGTON, D.C.

View America's founding documents up close, including the Declaration of Independence and Constitution.

See the original **Star-Spangled Banner** at the National Museum of American History.

Pay tribute at the **Jefferson Memorial** and visit the America's Presidents Gallery at the National Portrait Gallery.

Don't miss the **grand finale**—a spectacular July 4th fireworks display on the National Mall!

MARYLAND

Discover Maryland's rich legacy, from the Star-Spangled Banner to the nation's first railroad.

Tour the **U.S. Naval Academy** in Annapolis, where generations of leaders have trained.

Celebrate the anthem's birthplace, and visit the places that inspired America's most enduring symbols

VIRGINIA

Tour **Mount Vernon**, the beloved home of George Washington.

Stand on hallowed ground at Virginia's many historic battlefields that shaped the nation's future.

Explore **Revolutionary-era homes** in charming Old Town Alexandria.

Step into the past in Virginia's Historic Triangle—Colonial Williamsburg, Jamestown, and Yorktown.

A man in a grey suit and blue shirt is speaking into a microphone, gesturing with his right hand. He is identified as Matt Caldwell, a former Army Captain and CEO of the Minnesota Timberwolves and WNBA Minnesota Lynx.

From military mind to
MARKET LEADER

Northwestern
Kellogg

Executive MBA
Evening + Weekend MBA
Full-time MBA

Matt Caldwell '10 JD, MBA
Former Army Captain
CEO, NBA Minnesota Timberwolves and WNBA Minnesota Lynx



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andrewsfcu.org/joinnow

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Military-focused hospitality near the heart of the capital

At IHG Army Hotels, we understand the unique demands of military travel because many of our team members have experienced it too. Across the National Capital Region and beyond, our hotels in 40 installations nationwide deliver more than just a place to stay. They provide comfort, understanding, and care to help make every visit and transition feel easier.



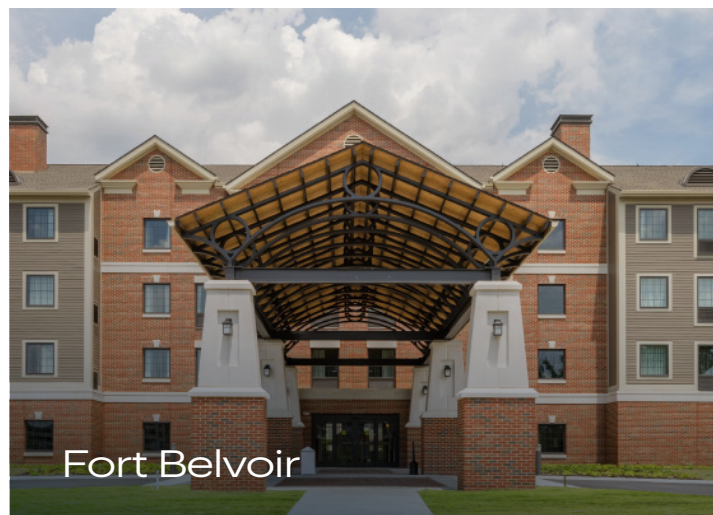
Fort Meade



Aberdeen Proving Ground



Joint Base Myer Henderson Hall



Fort Belvoir

Amenities Included:

- ★ Complimentary hot breakfast
- ★ Free high-speed internet
- ★ Fitness centers
- ★ Business centers
- ★ Guest laundry facilities
- ★ Pet-friendly accommodations
- ★ Members earn IHG One Rewards points



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Interested in joining our team? Visit
<https://careers.ihg.com/en/veterans>