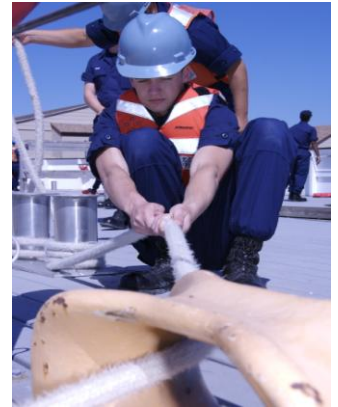


TRAINING CENTER CAPE MAY VISITOR'S GUIDE



The Birthplace of the U.S. Coast Guard Enlisted Corps





Welcome Aboard from the Commanding Officer

We are excited to have you aboard Training Center Cape May, the fifth largest base in the Coast Guard and the sole accession point for the entire enlisted workforce. The crewmembers on board Training Center Cape May work to transform America's civilian volunteers into the shipmates of tomorrow serving side by side with us in the Coast Guard. While our primary mission is to develop the enlisted workforce for the U.S. Coast Guard we really see our mission having four parts:

The Men and Women of Training Center Cape May will:

- Develop America's Enlisted Coast Guard Workforce in a manner that secures the trust and confidence of our Service and the families who entrust us with the care of their loved ones.
- Provide the highest level of support to TRACEN Cape May and our tenant commands to ensure they have the proper environment to successfully execute their mission.
- Honor our profession as Coast Guard members through ensuring our crew is developed both professionally and personally to assume all duties and responsibilities.
- Respect our Shipmates by providing the best possible place to live and work in the Coast Guard.

We are working together to ensure we accomplish each and every one of these missions day in and day out.

Training Center Cape May (TRACEN)

<http://www.uscg.mil/hq/capemay/>

<http://www.uscgbootcamp.com/go/doc/763/476815>

<https://cgportal.uscg.mil/delivery/Satellite/TRACENCAPEMAY/HOME>
(Intranet)

United States Coast Guard Training Center Cape May, N.J., is the Nation's only Coast Guard Recruit Training Center. It sits on over 350 acres and is responsible for 86 buildings, 91 barracks rooms, and 174 owned housing units. Along with training our future enlisted force, TRACEN Cape May is also home to 14 tenant commands. On average, over 1,160 active duty, reserve, auxiliary, civilians, contractors, and recruits are here on a daily basis.

Access to the regiment (behind the Spencer's Mast to the softball field) is normally restricted to authorized personnel. Exceptions are made for special events (i.e. graduations, sunset parades). The confidence course located next to the running track is for regimental use only.

Recruit training is not the only training conducted. TRACEN also hosts the Direct Entry Petty Officer Training Program (DEPOT), Recruiter School and Company Commander School.



Frequently Called Numbers

Emergency Number is 911 (on or off base)

Base Emergency Information Line (base closings, evacuations, etc.) is (609) 898-6700

All Numbers are (609) 898-XXXX

Aids To Navigation Team	6427
Barber/Beauty Shop	6939
Command Master Chief	6923
Chapel	6974
Child Development Center	6921/6920
Clinic	
Administrator	6860
After Hours	6610/6366
Medical Appointments/Front Desk	6610/6366
Patient Affairs/Referral Mgmt	6966/6965
Chief Petty Officers' Club	6250
Commanding Officer	6901
CGC DEPENDABLE	6293
CGC FINBACK	6208/6993
CGC IBIS	6870
CGC MAKO	6772/6972
CGC VIGOROUS	6990
Exchange	6940
Gym	6973
Harborview Community Club	6937/6396
Lucky Bag Locker	6227
Morale, Well-Being and Recreation (MWR)	6922
Oceanside Community Club	6935
OOD TRACEN	6915
Post Office	6573
Security	6915
Station Cape May	6995
TRACEN Emergency Information Line	6700
UDC	6796
UPH/Barracks	6220
Work-Life	6882

TRACEN Cape May Map



TRACEN Cape May Exercise Loops





TRACEN Gym and Pool

Gym (609) 898-6973

Monday - Friday: 0530 - 2100
Saturday - Sunday: 0900 - 1800
Holidays: 0900 - 1800

Recruits may be using the facilities at certain times. Please check with the gym for availability.

Open to all active duty, civilian employees, dependents, retirees, auxiliary, active duty reservist, local police, and guests (must be with sponsor at all times).

Dependents, guests, and children under the age of 14 are not allowed in the weight room and must be accompanied and supervised by someone 17 years or older in all other areas.

Locker rooms with showers are provided.

Proper attire must be worn at all times. No excessively revealing style of clothing, or clothing and accessories that are sexually explicit, drug, alcohol, tobacco, or gang related are allowed. Ear piercings are not permitted to be worn by male patrons.

All patrons are subject to random ID checks.

Multi-Purpose Basketball Gym

There are six basketball hoops which include one full size court or two half court play areas. See MWR for equipment.

Racquetball Courts

Two courts with one of the courts equipped to be set up for Wallyball. Equipment available from the MWR Office includes racquets, eye protection, and balls. No advance reservations.

Weight Gym

There is a full array of free weights, CYBEX equipment, and cardio equipment. A Cardio Theater room located in the main entrance area of the gym is also available for use.

Pool (609) 898-6973

	Lap Swim Only	Open Swim
Monday - Friday:	0645 - 0745 1130 - 1300	1800 - 2030
Saturday:		1230 - 1745
Sunday:		0900 - 1300 1600 - 1745

Morale, Well-Being and Recreation (MWR)

MWR office (located in the Exchange)

(609) 898-6922

Monday - Friday: 0800 - 1600

MWR is a comprehensive network of support in which leisure programs and services are provided to improve the quality of life of Service members, their families, and other eligible patrons. MWR strives to create a home community feel and promote a fun and healthy environment at TRACEN Cape May. Some of the programs offered are listed below.

Rental Equipment

There are various items such as camping equipment, coolers, fishing rods, golf clubs, bikes, rotor-tillers, power washers, and trailers available for a small fee. Contact MWR for more information.

Guest Quarters

Guest quarters consist of six fully furnished two-bedroom units. Each unit has a living room, kitchen, and full bathroom and is equipped with essential housing items for everyday living needs. To keep the daily rental rate at a minimum, maid service is not provided. Contact MWR for regulations, rates, and eligibility requirements.

Picnic Pavilion and Jetty Fishing

A covered picnic pavilion is offered on a first come first served basis. It is located adjacent to the softball fields.

TRACEN's jetty area is known for its outstanding fishing opportunities. Passes can be obtained from the TRACEN's Main Gate. There are restrictions and requirements.

Lucky Bag Locker (located across from GSK) (609) 898-6227

The Lucky Bag Locker contains slightly used uniforms for pennies on the dollar. It is open for active duty members on Thursdays from 1000-1300 and for Coast Guard Auxiliaries every 2nd and 4th Friday. Cash only.

Base Theater (Ida Lewis Auditorium) (609) 898-6510

October – May free movies are shown on Fridays at 1900 and Saturdays at 1830. Children under 12 must be accompanied by an adult. See the enclosed MWR Weekly for a list of showings.

Harborview and Oceanside Food and Beverage Facilities (609) 898-6937

MWR operates two food and beverage facilities, the Harborview and Oceanside. The Harborview is open Monday through Saturday, while the Oceanside is only open for special

events. Both facilities are available to rent for special events. Please contact MWR for rates and availability.

Harborview

Monday:	Bar 1630 – 2200	Kitchen: 1700 – 2100
Tuesday:	Bar 1630 – 2200	Kitchen: 1700 – 2100
Wednesday:	Bar 1630 – 2200	Kitchen 1100 - 1300 & 1700 - 2100
Thursday:	Bar 1630 – 2200	Recruits only food 1630 - 1830) Kitchen 1830 - 2100
Friday:	Bar 1630 - 2200	Kitchen: 1700 - 2200
Saturday:	Recruits ONLY All Hands	1530 – 1900 Bar 1900 – 2300 Kitchen 1900 – 2200



Appetizers

Loded Fries	\$4.50
Chips & Salsa	\$3.50
Philly Cheesesteak Roll	\$5.25
Santa Fe Chicken Roll	\$5.25
Crispy Shrimp Wraps	\$5.50
Mozzarella Sticks	\$4.50
Cheddar Popover	\$4.50

Sides

Potato Chips	\$1.00
Fries	\$2.25
Old Bay Fries	\$2.25
Cash Fries	\$2.50
Onion Rings	\$3.00

Salads

House Salad	\$4.50
Catrina Salad	\$4.50
Chicken Catrina Salad	\$6.25

Tacos

Chicken Tacos	\$7.00
Fish Tacos	\$7.00

Burgers & Steaks

All burgers & steaks are served with lettuce, tomato & onions

Add Bacon or Mushrooms .50¢

Add Cheese .25¢

Hamburger	\$3.50
Cheeseburger	\$3.75
Cheddar Burger	\$4.00
Blue Burger w/ blue cheese dressing	\$4.25
Hawaiian Burger w/ pineapple & sauce	\$4.50
Bacon Burger	\$5.50
Steak Sandwich	\$4.50
Cheese Steak	\$4.75
Chicken Cheese Steak	\$5.25
Buffalo Chicken Cheese Steak	\$5.75
<i>Add Loaded</i>	
<i>Fries, onion, mushrooms & green peppers</i>	\$1.00

Wraps & Sandwiches

Chicken Catrina Wrap	\$4.50
Veggie Wrap	\$4.00
Grilled Cheese	\$2.25
BLT Sandwich	\$3.75
Chicken Sandwich	\$5.25
Crab Cake Sandwich	\$8.00

Platters

Chicken Tender Platter	\$6.50
Buffalo Nugget Platter	\$7.00
Cash Crab Platter	\$5.00
Popcorn Shrimp Platter	\$6.50
Fish & Chips Platter	\$6.25
Cash Crab Platter	\$6.00
Seafood Combo Platter	\$8.50
<i>2oz. Cash Fries, add .15¢</i>	
<i>2oz. Onion Rings, add .15¢</i>	

Pizza & Wings

7" Personal Pizza	\$3.50
<i>Add Toppings .15¢ each</i>	
10" Pizza	\$8.00
<i>Add Toppings .15¢ each</i>	
<i>Toppings: Mushroom, Peppers, Onion, Eggplant, Sausage, Pineapple, Ham</i>	
10 Wings	\$5.50
<i>Hot, Medium, Mild, or BBQ</i>	

Children's Menu

Chicken Tender	\$4.00
Hot Dog	\$3.50
Cheese Burger	\$4.00
Grilled Cheese	\$3.50

Chapel (609) 898-6974

Monday - Friday: 0730 - 1600

The Chapel is staffed by both Catholic and Protestant Chaplains and has services every Sunday.

ON BASE Protestant Services 0815 Sundays
ON BASE Catholic Mass 1000 Sundays

Coast Guard Exchange (609) 898-6346

Monday - Thursday: 0900 - 1800
Friday: 0900 - 1800
Saturday: 0900 - 1600
Sunday: 1000 - 1700

Please call for Holiday hours.

www.cg-exchange.com

POST OFFICE (located at CGX entrance) (609) 898-6573

Monday - Friday: 1100 - 1330

BARBER SHOP (located in Dempsey Hall) (609) 898-6939

Monday - Friday: 0800 - 1600

Galley (609) 898-6235

The galley provides an array of meal items along with a grill to order, soup, salads, sandwiches and desserts. Cost varies with the most current government meal rate.

Monday - Friday

Breakfast	0630 - 0745
Lunch	1130 - 1300
Dinner	1630 - 1730

Saturday and Holidays

Breakfast	0630 - 0800
Lunch	1130 - 1300
Dinner	1630 - 1730

Sunday

Brunch	0900 - 1300
Dinner	1630 - 1730

Entrance from the front of the building is only for recruits. Please use the north entrance adjacent to the clinic.