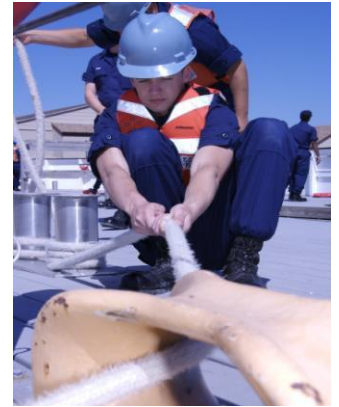


TRAINING CENTER CAPE MAY VISITOR'S GUIDE



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 Coast Guard's enlisted workforce. This is why we consider the training center the birthplace of the enlisted corps and Cape May County, the Coast Guard's Hometown.

Training Center Cape May's mission is to transform the recruits of today into the Coast Guardsmen of tomorrow while providing superior mission support to our tenant commands. While our primary mission is to develop the enlisted workforce for the U.S. Coast Guard, we really see our mission as having four parts:

- Deliver dynamic training that sets the foundation for our professional culture and develops job ready skills to build our workforce for generations to come.
- Proactively maintain our current facilities and create a culture of sustainability to strategically modernize and update facilities to meet our evolving workforce needs.
- Provide timely customer centered services that are transparent, compliant and tied to operational requirements.
- Make Cape May County feel like the Coast Guard's hometown.

Training Center Cape May (TRACEN)

<https://www.forcecom.uscg.mil/Our-Organization/FORCECOM-UNITS/TraCen-Cape-May/>
(Public Internet Site)

<https://cg.portal.uscg.mil/Pages/TRACEN-Cape-May.aspx>
(Overview of TRACEN Cape May)

<https://cg.portal.uscg.mil/units/tracencapemay/SitePages/Home.aspx>
(Main TRACEN Site)

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 13 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) as well as the Recruiter and Company Commander Schools.



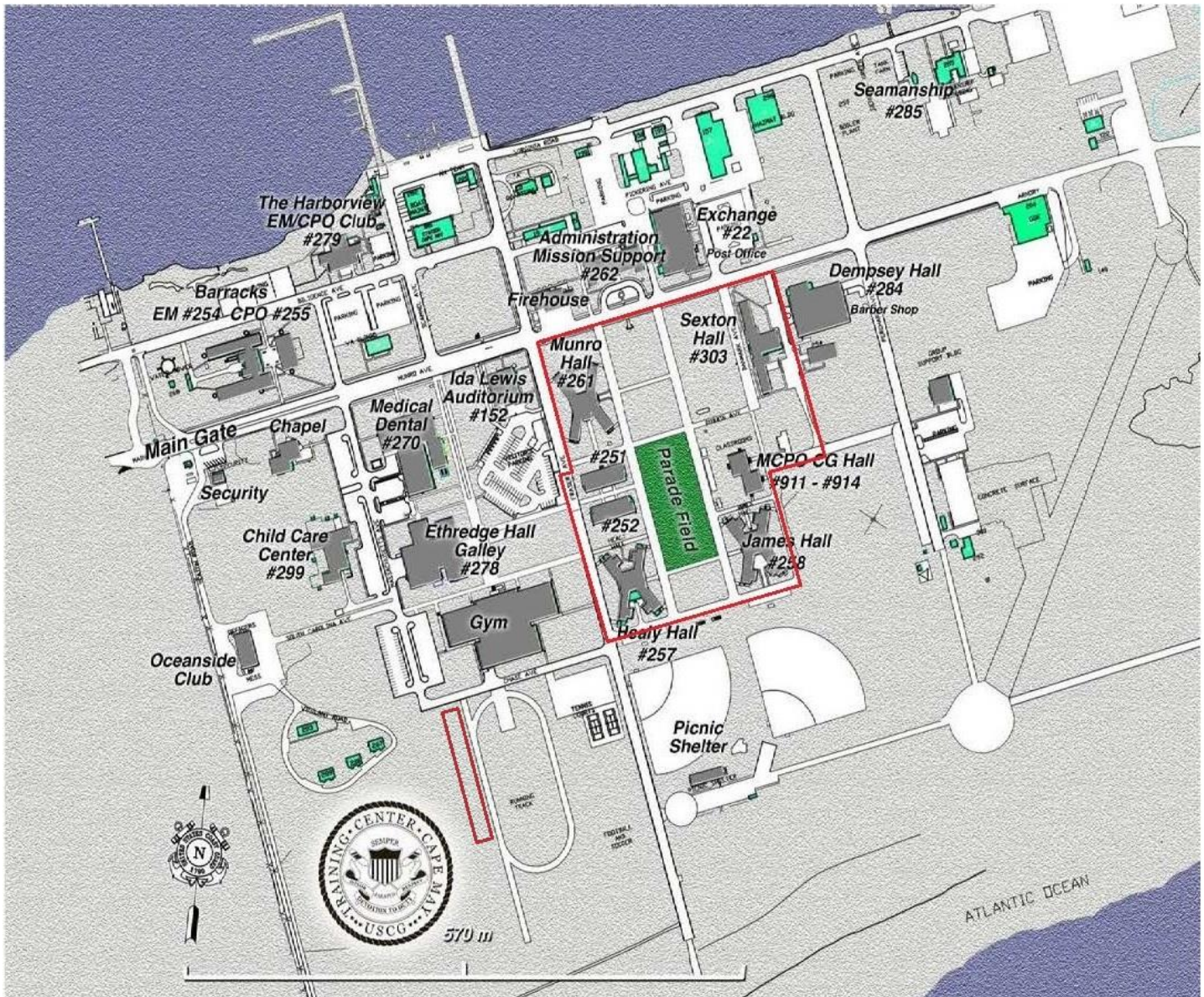
Frequently Called Numbers

**For an EMERGENCY dial 609-898-6911 from a cell phone or
911 from any land-line on base.**

All Numbers are (609) 898-XXXX

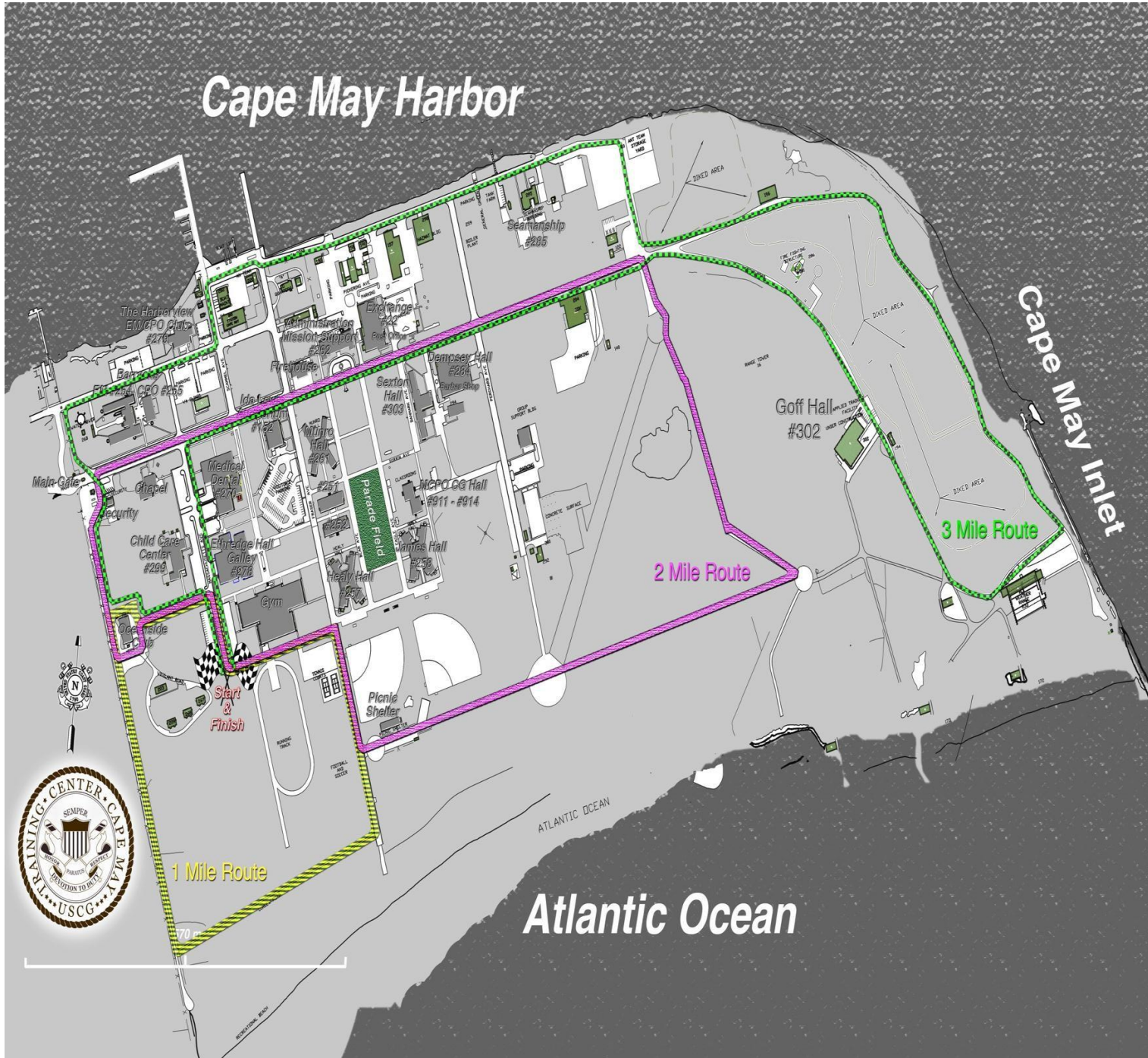
Aids To Navigation Team	6987
Barber/Beauty Shop	6939
Command Master Chief	6923
Chapel	6974
Child Development Center	6921
Clinic	
Administrator	6860
Front Desk/Appointments	6610
Patient Affairs/Referrals	6966/6965
CPO Club	6250
Commanding Officer	6901
CGC ANGELA MCSHAN	6587
CGC CROCODILE	6208
CGC HAMMERHEAD	6870
CGC LAWRENCE LAWSON	6800
CGC ROLLIN FITCH	215-776-5665
CGC SHEARWATER	6972
Emergency	6911
Emergency Information: base closings, etc.	6700
Exchange	6940
Gym	6973
Harborview Community Club (call 6359 for takeout)	6937/6359
Lucky Bag Locker	6227
Morale, Well-Being and Recreation (MWR)	6922
Oceanside Club (Kitchen)	6935
OOD TRACEN (before 1530)	6915
OOD TRACEN (after 1530)	609-780-1346
Security	6915
Station Cape May	6996
UDC (recruits only)	6744
UPH/Barracks	6220
Work-Life	6882

TRACEN Cape May Map



The areas enclosed in red are used for Recruit Training only. Do not “cut through” or otherwise enter these areas without an authorized purpose (e.g., attending a class) or the express permission of the command.

TRACEN Cape May Exercise Loops





TRACEN Gym and Pool

Gym: (609) 898-6973

Monday - Friday:	0530 – 2100
Saturday - Sunday:	0800 – 1800
Holidays:	As published

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 Active Duty	Lap Swim All	Open Swim
Monday - Friday:		0645 - 0745	1800 - 2030
Monday - Friday:	1130 - 1300	1245-1300	
Saturday:			1230 - 1730
Sunday (Pool Closed)	-	-	-

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 every Thursday from 1000-1300 for active duty (and reserves) and from 1200-1300 for auxiliaries. It is also open (for everyone) on the 2nd and 4th Friday of every month from 0900-1100. Cash, Visa or MasterCard.

Base Theater (Ida Lewis Auditorium)

Free movies are shown once per month from September to May. Children under 12 must be accompanied by an adult. See the MWR Weekly Email for upcoming shows.

Harborview and Oceanside Food and Beverage Facilities (609) 898-6937 (6359 for Takeout)

MWR operates two food and beverage facilities, the Harborview and Oceanside. The Harborview is open Tuesday 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

<u>Days</u>	<u>Bar</u>	<u>Kitchen</u>
Tuesday – Friday:	1630 – 2200	1700 – 2100
Tuesday Burger Day:	–	1100 – 1300
Wednesday Lunch:	–	1100 – 1300
Saturday:	1830 – 2300	1830 – 2200
Sunday and Monday:	Closed	Closed



Starters

Santa Fe Chicken Rolls (2)	\$6.50
Philly Cheesesteak Rolls (2)	\$6.50
Mozzarella Cheese Sticks	\$5.50
Fried Pickles	\$5.50
Loaded Beer Cheese Fries	\$5.50
French Fries	\$3.50
Add seasoning for .50¢ more (Ranch, Old Bay, Lemon Pepper, or Blackened)	
Curly Fries	\$3.50
Sweet Potato Fries	\$3.50
Onion Rings	\$4.00
Boneless Wings (10)	\$7.50
Traditional Wings (10)	\$7.50
Sauces – House Mild, Medium, Hot, BBQ, Honey BBQ, Garlic Parmesan, Honey Hot, Mango Habanero, & Monthly Special	
Rubs – Ranch, Blackened, Old Bay, & Lemon Pepper	
Pretzel Bites & Beer Cheese	\$5.50
Chips & Salsa	\$4.00
Beer Cheese Nachos	\$8.00
Add shredded chicken for \$2.00 more	
Add shredded steak for \$2.00 more	

Salads

House Salad	\$5.50
Caesar Salad	\$5.50
Add (grilled or fried) chicken for \$3.00 more	
Buffalo Chicken Salad	\$8.50
Blue Buffalo Chicken Salad	\$8.50
BBQ Chicken Salad	\$8.50

HARBORVIEW

All Basket, Burgers, Wraps, & Sandwiches come with Chips

Baskets

Upgrade to fries for \$1.50 (Additional .50¢ for specialty, or \$3.00 for onion rings)

Chicken Tenders (4)	\$5.00
Popcorn Shrimp	\$6.50
Beer Battered Cod (3)	\$6.50

Burgers

Upgrade to fries for \$1.50 (Additional .50¢ for specialty, or \$3.00 for onion rings)
Add bacon for \$1.00 more

Jax Daddy Burger	\$6.50
Cowboy Burger	\$6.50
Black & Blue	\$5.00
Hawaiian Burger	\$5.00
Traditional Burger	\$4.00
Turkey Burger	\$4.50

Add cheese for .50¢ more
(American, Pepper Jack, Provolone, or Swiss)

Wraps

Upgrade to fries for \$1.50 (Additional .50¢ for specialty, or \$3.00 for onion rings)

Caesar Wrap	\$7.50
Veggie Wrap	\$5.00
Buffalo Chicken Wrap	\$7.50
Blue Buffalo Chicken Wrap	\$7.75

Coastie Kids

Served with fries and a drink

Chicken Tenders (2)	\$4.50
Hot Dog	\$3.50
Junior Cheeseburger	\$5.00
Junior Grilled Cheese	\$3.00
Pancakes (3)	\$3.00



Sandwiches

Upgrade to fries for \$1.50
(Additional .50¢ for specialty, or \$3.00 for onion rings)

For all Cheese Steaks –

Loaded add \$1.00 (onions, peppers, & mushrooms)

Hoagie add \$1.00 (lettuce, tomato, & onion)

Philly Cheese Steak	\$7.00
Chicken Cheese Steak	\$6.00
Buffalo Chicken Cheese Steak	\$7.00
Grilled Chicken Sandwich	\$5.50

Add cheese for .50¢ more

(American, Pepper Jack, Provolone, or Swiss)

Fried Chicken Sandwich	\$3.50
Add a specialty sauce or rub for .50 cents more	
B.L.T.	\$5.00
Fried Cod Sandwich	\$8.00
Smoked Pulled Pork	\$5.75

Pizza

Toppings

Pepperoni, Sausage Crumbles, Ham, Bacon, Onion, Green Peppers, Mushrooms, Black Olives, Pineapple

7" Personal Cheese Pizza	\$4.50
Add toppings for .50¢ each	
16" Large Pizza	\$10.00
Add toppings for \$1.00 each	
16" Hawaiian	\$12.00
16" Supreme	\$13.00
16" Meat lovers	\$14.00

Desserts

Ice Cream Sandwich	\$1.50
Ice Cream Drumstick	\$3.00

Consuming raw or undercooked meats may increase your risk to a food-borne illness

Chapel (609) 898-6974

Monday, Wednesday, Thursday: 0800 – 1600

Tuesday and Friday 0800 – 1200

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

Protestant Services: 0815 Sunday

Catholic Mass: 1000 Sunday

Coast Guard Exchange (609) 898-6346

Monday - Friday: 0900 - 1730

Saturday: 0900 - 1700

Sunday: 0900 - 1600

Please call for Holiday hours.

<https://shopcgx.com/>

POST OFFICE (located at CGX entrance)

Monday - Friday: 1100 - 1230

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

Tuesday - Friday: 0800 - 1600

(i.e., you can walk in until 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 - Saturday

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

Sunday

Brunch	0900 - 1300
Dinner	1630 - 1730

Active Duty and CG Federal Civilians: Breakfast \$2.55, Lunch/Brunch/Dinner \$4.65
All Others: Breakfast \$4.10, Lunch/Brunch/Dinner \$7.70

The entrance at the front of the building (towards the parade field) is for recruits only. Please use the north entrance, across from the clinic.