



Welcome to Pacific Missile Range Facility, Barking Sands *Kauai, Hawaii*





WELCOME ABOARD!

Our mission is to facilitate training, tactics development, and test and evaluation for subsurface, surface, air and space weapons systems and advanced capabilities. We provide the full spectrum of instrument range support. This includes radar, underwater instrumentation, telemetry, electronic warfare, target remote command and control, communications, data display, data processing and target/weapon launching, and recovery facilities.

PMRF takes incredible pride in being the world's best training, testing, and evaluation range.

PMRF sustains the fleet and enables our warfighters with the largest instrumented training range in the world and boasts a full complement of test and training targets, from subsurface to space. PMRF is the most capable test and evaluation facility for Ballistic Missile Defense programs, currently supporting the U.S. Navy's Aegis BMD. The energy and construction initiatives, MWR programs, and education and

personal development programs that PMRF provides to our Sailors, family members, and government service personnel are the absolute best in the fleet. Although we are a small base, our goal is to provide our Sailors with the best quality of life.

What we do at PMRF is of tremendous strategic importance to the U.S. and its allies. We strengthen our nation's defense and make America, and the world, a better place. We're proud of our facility, our mission, and our personnel.



WELCOME! From Commanding Officer Capt. Robert Prince

Congratulations on your orders to Pacific Missile Range Facility, Barking Sands, located on the Hawaiian island of Kauai.

We proudly support the warfighter as the world's premier testing and training range, and are grateful for the opportunity to call the beautiful Garden Island home.

We are a small and unique installation with an important mission! Integral to that success is the care for our people who serve here, and protection of the natural resources on the installation and beyond. We are proud to be excellent stewards and good neighbors in the community.

I am extraordinarily proud of the exceptional community at PMRF. Our Sailors report a high level of satisfaction in their jobs and quality of life. Many civilian employees have served for decades here, a testament to the wonderful Ohana that is indeed Pacific Missile Range Facility, Barking Sands!

I encourage you to learn about the many great aspects of this installation and the island, take advantage of MWR recreation programs, and enjoy the spectacular natural wonders and cultural treasures, as you make your tour here a successful and rewarding one.



Mahalo and Welcome Aboard!

Sponsorship

All personnel, married or single, receiving orders to PMRF Barking Sands should have an assigned sponsor to assist them. If you have not received notification of your sponsor, contact the sponsorship coordinator via email at pmrf-sponsorship.mil@us.navy.mil. Your sponsor is there to help make your move as smooth as possible. However, it is your duty to communicate with your sponsor to let him or her know of your needs and arrival date.

Housing

Accompanied personnel have the option to reside in Public-Private Venture (PPV) family housing or in the local community. The Housing Service Center staff will assist with all of your home-finding needs. PMRF Barking Sands has partnered with Hunt Military Communities to offer military families outstanding housing choices. Contact the PMRF Barking Sands HSC to get the most current projection of housing availability and wait list information. For additional contact information, floor plans, pet policies, full resident guidelines and other neighborhood specific information regarding PPV housing, visit <https://www.ohananavycommunities.com/>. Most Hunt Military Community homes are located less than 50 yards from the beach. The units are equipped with a range, refrigerator, dishwasher, central air conditioning, blinds, and a garbage disposal. Washers and dryers are not included with the home. The duplex homes consist of two, three and four bedroom units with a one car garage. Yards are maintained by the occupants of each unit. Household goods shipments usually take about 40 days. For the interim, you may contact the housing office to have some loaner furniture delivered to your unit. The government does not insure personal property in family housing, so renter's insurance is highly recommended.

Overseas Screening (OSS)

The OSS reviews the medical, dental, education, and potential duty limiting conditions or requirements of both service members and their families. This is done due to the limited healthcare services available on Kauai. The OSS needs to be completed within 30 days from the date of receipt of the PCS orders for service members and 60 days for family members. Contact your military treatment facility (MTF) immediately after receipt of your orders and schedule your required appointments. If the requirements cannot be met within the allotted time, an extension can be submitted through your command's administrative department.

Depending on pay grade, unaccompanied housing (UH) options include dorms and housing in the local community. Most personnel, E1-E3 and E4 < 4, are required to live in UH; E4s may be required to live on-base, space permitting. More senior personnel may be eligible to live in UH. Accommodations are two bedroom units with one service member per bedroom. Linens are provided at check-in. UH units are equipped with televisions, washers and dryers, dishwasher, refrigerator, charcoal pedestal grills and a covered carport. There are also recreational, fitness, dining, NEX, and other amenities, all located within walking distance of UH.

For specific instructions on how to complete your medical screening forms, please see your MTF representative or a Personnel Specialist of your transferring command. Additionally, all Sailors who check into PMRF, will conduct a Body Composition Assessment (BCA) and Urinalysis with 72 hours after checking into the command.

PMRF Housing Management..... (808) 335-4400
Hunt Housing..... (808) 784-7800

Medical/Dental

PMRF has limited routine medical care for active duty personnel provided by the Independent Duty Corpsman. There are no military treatment facilities on Kauai. If you require any type of medical specialist, please plan ahead and inquire if a specialist exists on Kauai. You and your family will be covered by Tricare Prime Remote West Region. For more information visit <https://www.tricare-west.com>.



There are a variety of pharmacies located on the island. **The closest pharmacy to base is Kawaiola Pharmacy in Waimea (808) 338-2450.** For a full list of pharmacies, visit <https://www.tricare.mil/networkpharmacy> and use ZIP code 96752.

There are multiple dentists on Kauai, mostly in Lihue. Refer to the Tricare list of dentists, or ask your fellow service members for suggestions.

Base housing residents share the P.O. Box number below for regular United States Postal Service mail. Mail is collected from the local post office and is sorted at PMRF into separate family mailboxes. For UPS, FEDEX, and DHL use your physical home address. For USPS use:

P.O. Box 1320
Kekaha, HI 96752-1320

Rec & Temporary Lodging

PMRF has beach cottages and hotel rooms available.

Active Duty military can book PMRF Beach Cottages up to 12 months ahead of time.

For more information visit: www.greatlifeohawaii.com or contact the PMRF Community Recreation Center at **(808) 335-4195**. To reserve a hotel room at PMRF Navy Gateways call **(808) 335-4697**.



Hospitals	Locations	Phone
Kauai Veterans Memorial Hospital	Waimea	(808) 338-9431
Wilcox Memorial Hospital	Lihue	(808) 245-1100
Samuel Mahelona Memorial Hospital	Kapaa	(808) 822-4961

Cable/Internet

All cable and internet is through Spectrum. It is recommended that you call to set up your appointment as soon as you know your move-in date. New customers could wait up to three weeks to get a scheduled appointment for new services. To schedule an appointment call **(808) 406-7063**.

Inter-Island Travel

Hop on a short flight at the Lihue Airport to visit the other Hawaiian islands. Air travel costs approximately \$150-\$200 per person for round trip fares. Watch for special deals and reduced rates throughout the year, including \$39-\$69 one-way fares! Search online and check the airlines' websites for more details.



Shipping your Car

Your orders should authorize you to ship one vehicle at no cost to you. Prepare your vehicle according to the Vehicle's Processing Center's (VPC) shipping guidelines; this can be obtained from the Personal Property Office. Shipping time will vary by point of origin. Visit your Personal Property Office for the most current information. For more information visit: <https://www.pcsmypov.com>.

If you are having your POV shipped, in order to avoid a possible three-to-four week delay in receiving it, ensure your vehicle is shipped to Nawiliwili, Kauai (Code XF2). **If your vehicle is shipped to Honolulu, you may be stuck with the bill to get it to Kauai!** Visually verify on your PCS paperwork with your departing command that this code was correctly entered. Be advised that the salt air is very corrosive to cars and other metal items. Those who wish maximum protection for their vehicles should consider undercoating.

Car Registration/Driver's License

When your car arrives in Kauai, you will have 30 days to register with the State of Hawaii. Even if you decide to keep your home of residence license plates, you will still need to register the vehicle and get a Hawaiian State Safety Inspection. Prior to registering the vehicle, be sure to stop by the Admin Office to get what is called a "U.S. Military Non-Resident Certificate," which is a form that you must present to the Department of Motor Vehicles to ensure you are eligible for a reduced fee as a uniformed member.

Your vehicle safety inspection can be done at the PMRF Auto Hobby Shop (Mana Motors). You must do this before you can get a valid Hawaiian registration. You will fail the first safety check due to not having a current Hawaiian registration. Take the failed safety check to the DMV to get the vehicle registered. Once you have a valid registration, Mana Motors will re-inspect your vehicle at no additional cost.

Active duty military members can initially register their vehicles for \$5.50. Subsequent registration fees will be \$0.50 per vehicle, per year. In order to receive the \$0.50 registration benefit you must have the "U.S. Military Non-Resident Certificate" from admin. The DMV only accepts cash or checks.

A Hawaiian driver's license or Hawaiian state ID can be used for local discounts. Many tourist attractions offer Kama'aina (local resident) discounts (ranging from 10%-50% off) and you will receive free entrance to Waimea Canyon State Park and Kokee State Park. To obtain a Hawaiian driver's license, make an appointment at the DMV.

Information on the Kauai Department of Motor Vehicles can be found at <https://www.kauai.gov/DMV>.



Pets and Plants

If you are bringing your pet to Hawaii, you must review Hawaii's pet quarantine laws. To avoid a lengthy and expensive quarantine on Hawaii, you must follow and provide the required information.

For current requirements visit: http://www.hawaiiag.org/hdoa/ai_aqs_infor.htm

To avoid having your pet quarantined entirely, apply for direct airport release (DAR). This process needs to be started several months prior to your arrival at PMRF. If you are flying direct to Kauai, you will need to obtain a Neighbor Island Inspection Permit so your pet doesn't have to go through Honolulu.

For more information visit: <https://hdoa.hawaii.gov>

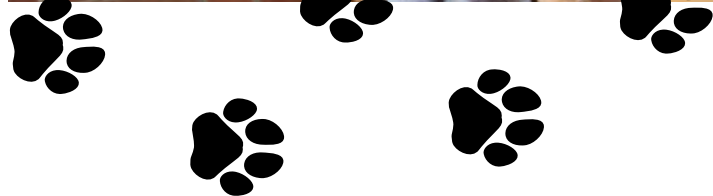
Each airline has different regulations for pet travel. Make sure to review each airline's policy before getting your ticket issued for PCS travel. It is a complex process to bring a pet to Hawaii, but you can be successful if you do your research and make sure you meet the requirements for bringing your best friend with you.

Most household birds may be brought into the state, but a permit must be obtained prior to shipment. There are restrictions on other pets, such as hamsters, so check with state authorities before making arrangements for your pet's transportation.

Beware of the Bufo! Be careful that your dog or cat does not try to eat one of the common tropical toads called "Bufo Marinus." They secrete a toxin from a gland behind the head that can be fatal.

Don't leave your pet's water dish out overnight because a toad could hop into the dish, leaving toxic secretion in the water.

Children should not wipe their eyes if they have handled a "bufo." Bufos can be seen hopping about starting at dusk and are beneficial in that they consume large quantities of mosquitoes, centipedes and other insects.



Hawaii has regulations controlling the entrance of live plants into the state, so check with authorities before you attempt to ship plants. Most fruits and vegetables must be fumigated by the Department of Agriculture before they can be taken from the airport. For more information visit: <https://hdoa.hawaii.gov/pi/pq/import-program/plant-guidelines/> or <https://hdoa.hawaii.gov/ai/aqs/aqs-info/>



Veterinarians/Animal Boarding

Veterinarians	Location	Phone
Paradise Animal Clinic	Kalaheo	(808) 332-7315
Kauai Veterinary Clinic	Lihue	(808) 245-4748
Lihue Veterinary Hospital	Lihue	(808) 245-4961
Pet Boarding		
Bark! Bark! Backyard	Lihue	(808) 320-3091



Shopping

Most typical mainland products are available on Kauai, although a concerted effort may be required to find the desired item. Each town has at least one small market offering groceries and sundries. The closest stores to PMRF are in Waimea (nine miles). Lihue (30 miles, one hour drive) has the largest shopping areas. **Prices are much higher on Kauai than on the mainland.**

Below are lists of some of the major stores on Kauai. Most are located in Lihue.

Retail	Grocery	Hardware/Craft
Costco	Safeway	Home Depot
Walmart	Big Save	Ace Hardware
Ross	Times Supermarket	NAPA Auto Parts
Target	Longs Drugs/CVS	O'Reilly's Auto Parts
Macy's		
Petco		
Kukui Grove Mall		

Education

As an Active Duty service member, you are entitled to send your children to any school regardless of resident district. Hawaiian schools generally go from 0745-1430, except Wednesdays when school releases at 1230. If you choose a school out of your district, you will not have bus access for your child (public schools only). Private schools on Kauai do not have bus service.

Preschools	Location	Phone	Public Middle Schools	Location	Phone
Child Development Center	PMRF	(808) 335-4453	Waimea Canyon Middle School	Waimea	(808) 338-6830
St. Theresa's	Kekaha	(808) 337-1351	Chiefess Kamakahelei	Lihue	(808) 241-3200
Kalaheo Missionary Church	Kalaheo	(808) 332-9916	Kapaa Middle School	Kapaa	(808) 821-4460
Island School	Lihue	(808) 246-0233	Public High Schools		
Kekaha Elementary School	Kekaha	(808) 337-7655	Waimea High School	Waimea	(808) 338-6800
Kapaa Missionary Church	Kapaa	(808) 822-5594	Kapaa High School	Kapaa	(808) 821-4400
Public Elementary Schools			Kauai High School	Lihue	(808) 274-3160
Kekaha Elementary School	Kekaha	(808) 337-7655	Private Schools		
Eleele School	Eleele	(808) 335-2111	St. Theresa's PK-8	Kekaha	(808) 337-1351
Kalaheo School	Kalaheo	(808) 332-6801	Island School PK-12	Lihue	(808) 246-0233
Kapaa Elementary School	Kapaa	(808) 821-4424	Kauai Independent Daycare		(808) 822-0262
Koloa Elementary	Koloa	(808) 742-8460			
Wilcox Elementary	Lihue	(808) 274-3150			

Child Development Center

The Child Development Center (CDC) represents a command commitment to fill a major need of the base workforce. The CDC is open Monday through Friday all year excluding holidays. Eligible PMRF personnel can enroll their six-week to five-year-olds on a full-time or part time basis (subject to availability of space). It is very important to contact the PMRF CDC as soon as you get your orders. It is a small facility and they need advance notice to prepare for families when they arrive. The Youth Center offers after school programs for kids in K-12 as well as Seasonal Day Camps for a fee. For your convenience, you will want to be sure your child is up to date on vaccinations and has a current TB test before you arrive. Your child will not be allowed to attend the CDC without these requirements being met. To obtain more information and learn how to enroll for the CDC or Youth Center please call the CDC at **(808) 335-4453** or Youth Center at **(808) 335-4419**.



Vehicles & Household Goods

Contact PMRF Household Goods office at **808-335-4642** for current instructions regarding your move.

In the past, PMRF personal property shipments were subject to below-normal weight restrictions. This is no longer true; you may now ship your personal effects according to normal weight regulations for your paygrade.

Should your PCS orders show a limitation on the personal property shipment allowed, it is recommended you have your orders amended to allow full shipment of personal property for your paygrade.

Your advance shipment should contain items that will enable you to sustain basic living requirements for 21 to 28 days prior to arrival of your full shipment.

Some kitchen items and linens may be obtained for temporary use from MWR's Aloha Kits. The PMRF Housing Office will loan "basic necessities" furniture for up to 90 days to new arrivals awaiting household goods. If you have already been assigned quarters, at your request, your sponsor may arrange to have these items placed in your housing unit prior to your arrival.

Weapons

Weapons (firearms, bow and arrows, martial arts items, paintball guns, etc.) must be registered with the local police department prior to registering them with security during your check-in. Weapons may be secured in family quarters but not in Unaccompanied Housing.

For UA Housing residents, arrangements should be made to store weapons with off-base civilian storage facilities or the PMRF security department. Weapons may only be secured at the PMRF security department upon approval by the Installation Security Officer.



The Legend of Barking Sands

There was an old Hawaiian fisherman named Nohili who lived in a hut near the beach with his nine dogs. During his fishing trips he would tie his dogs to stakes in the sand, three to each of the three stakes. He would then get into his canoe and go fishing.

One day while he was at sea and the dogs were tied as usual, he was caught in a very bad storm. For hours he battled the heavy seas until he was finally able to return to land. He was so exhausted that he crawled to his hut, forgetting to untie his dogs.

When he awoke the next morning and went outside, the dogs were nowhere in sight. All he saw were three small mounds of sand where the dogs had been tied. As he stepped on one of the mounds, he heard a low bark. Still he couldn't find the dogs. Believing the dogs had been buried in the sand because of the storm the day before, the fisherman began to dig. As each shovelful was removed, more sand took its place. He finally gave up, and every day after that when he crossed the beach he could hear the low barking. The dogs were never found, and to this day the sands of Mana have been known as Barking Sands.

The scientific explanation of this phenomenon is that the grains of Mana sand are tiny, hollow spheres. When rubbed together, they give off a popping sound similar to the barking of dogs. This only occurs when the sand is very dry. Wet sand gives off almost no sound.

Cultural/ Environmental

Situated on a narrow coastal strip in western, rural Kauai, all of Pacific Missile Range Facility is considered a wahi pana, a sacred area, in Native Hawaiian culture.

We serve as trusted caretakers of important cultural, historical and natural resources across these seven miles of coastline. PMRF adheres to stringent regulations regarding the care and protection of these resources, recognizing the importance of these duties in this unique sanctuary.

There are areas where training is not allowed or is limited due to the presence of cultural or environmental sensitivities.

Significant cultural sites include historic properties, artifacts, structures/buildings, fire pits, burial sites, foundations, stones or stone alignments, and munitons. This includes ancestral Native Hawaiian burial grounds, Cold War and World War II structures, and a Japanese cemetery dating back to the sugar plantation days.

All personnel must comply with environmental regulations, and observe training constraints and protective measures for cultural and natural resources.

PMRF's northern coastline is the most culturally sensitive area of Barking Sands. Storm surge, erosion and climate change may alter the landscape and reveal iwi kupuna, ancestral Native Hawaiian remains, or Native Hawaiian



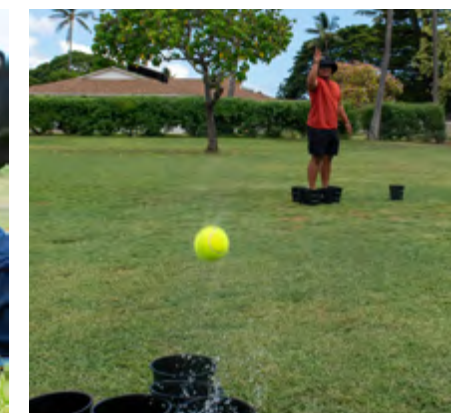
artifacts. The area includes the Nohili Dunes, an ancient gathering spot and burial ground.

The Ka Lua Kupapau o Nohili crypt was built in 2019 to preserve and protect the iwi kupuna found on the installation. The crypt is next to the veterans monument that honors all those who have served the nation in the armed forces.

In addition to the cultural treasures, a variety of wildlife can be found at PMRF, to include the endangered or threatened wildlife – green sea turtle, Hawaiian monk seal, the Nene Hawaiian goose, and Wedge-tailed shearwater birds. Marine life, to include humpback whales during season and spinner dolphins, is abundant in the waters off PMRF.

Keep your distance and do not disturb any sea turtles, Hawaiian Monk seals, Nene, Wedge-tailed shearwater. Use caution when driving as well, as animals nest and congregate around the roadways, notably the Nene.

If you spot a sea turtle or monk seal, see an injured animal or something that strays from normal, or have any cultural or environmental concerns, call the PMRF Natural Resources Hotline at **(808) 208-4416**.



Morale, Welfare, and Recreation

MWR provides a myriad of programs and facilities for active duty, reservists, retired military, DOD civilians and contractor employees. The recreation sites include one tennis court, a golf-driving range with practice putting green and bunker, softball field, as well as a multi-purpose outdoor turf field. A Morale, Welfare and Recreation swimming pool is conveniently located near family housing with kiddie pool and splash pad. MWR's Mana Motors is equipped with the necessary tools required for the repair of your automobile or motorcycle. An ASE certified mechanic on duty can issue tools and provide expert assistance in solving your automotive problems. It is also a state certified vehicle, motorcycle and trailer safety inspection station. Make it a movie night at PMRF! Movies are shown Fridays through Sundays at the outdoor theater, which is convenient to the housing area and has its own refreshment stand.

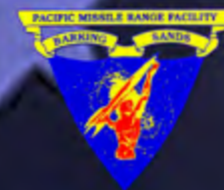
The Community Recreation Center located near housing features outdoor and recreational equipment for rent to include beach chairs, surfboards, kayaks, backpacks, stand up boards, beach umbrellas, snorkeling gear, and lots more. Programs include scheduled trips to local outdoor areas for kayaking, hiking, sightseeing, whale watching, cultural tours and more. The center is open to all authorized personnel. Information Tickets and Tours (ITT) is located in the Community Recreation Center, this service provides reservations for local and off island tours and destinations, and sign-ups for all MWR sponsored trips. At Shenanigans Restaurant, enjoy a spectacular view while dining. Shenanigans is open for lunch and dinner most days. Shenanigans is the place to be for various special events to include the spring Luau, 4th of July picnic, social hours, Halloween party, Christmas Party, and lots more.



NEX Services

A small Navy Exchange is located near the family housing area and is open Monday through Friday 0700-1800 and Saturday through Sunday 1000-1700. Limited uniform supplies are on hand, but orders can be placed with the Pearl Harbor Uniform Shop. As a branch of the Pearl Harbor Navy Exchange, PMRF's exchange offers "Shop Pearl Harbor Program", which allows you to place a special request/order for merchandise that is carried at Pearl Harbor. Please note, there is no commissary or banking institution on PMRF, but there is a There are no commissaries or banking institutions on PMRF. There is a Navy Federal Credit Union ATM outside the NEX. The gas station, located directly across the street from the Navy Exchange, is open 24 hours a day. The barber shop is located next to the gas station; appointments are required. To make an appointment, call **(808) 335-4450**.

Pacific Missile Range Facility Barking Sands



In 1928, the first runway, a grass strip, was constructed by local residents to enable Australian aviator, Charles Kingsford Smith, to make what would be a historic first trans-Pacific flight from Barking Sands to Australia in a Fokker tri-motored monoplane.



Charles Kingsford Smith's plane the Southern Cross.



Passengers arrive from a Hawaiian Airlines flight in 1946.

The Army then acquired 549 acres of this land in 1940, and named the airfield Mana Airport. The nearby village of Mana evolved to a sugar plantation town. Today, Mana refers to the area of the island which encompasses PMRF.

The Army paved the runway and acquired 1,509 additional acres. The airfield saw heavy use by the military during World War II, and between 1941 and 1948 it was also used by Hawaiian Airlines and Pan Am American Clippers traveling westward.

In 1954 the installation was officially established as Bonham Auxiliary Landing Field under Air Force jurisdiction. Four years later the first Navy instrumentation vans were positioned near the airstrip and made operational to support submarine launches of Regulus missiles. In 1964, Bonham Auxiliary Landing Field, encompassing 1,885 acres, was transferred from the USAF to the Navy.



Curtiss C-46 Commandos taxi on PMRF's runway.



USS Grayback (SSG-574) transits the Pacific Ocean with a Regulus missile. (insert) Today, a Regulus missile sits on display at PMRF.

In 1966 following year Bonham Airfield was transferred within the Navy Department from the Commanding Officer, Naval Air Station Barbers Point to the Commander, Pacific Missile Range at Pt. Magu, Calif., and renamed the Pacific Missile Range Facility, Barking Sands. Today, PMRF is the largest instrumented multi-environment test range in the world, from space to the ocean floor.

Read more about PMRF at www.cnic.navy.mil/PMRF

PMRF POINTS OF CONTACT

*To report on-base emergencies call (808) 335-4333; or 911 from an on-base landline.
In case of landline outage, call backup cell (808) 722-5128*

Admin Officer(808) 335-4500	Household Goods(808) 335-4642
Admin Customer Service (808) 335-4245	Housing Office (808) 335-4400
Assistant Command Duty Officer(808) 635-9461	Hunt Housing(808) 784-7800
Base Information Line(808) 335-4111	Independent Duty Corpsman (808) 335-4203
Barber Shop(808) 335-4450	Military Fleet & Family Support (808) 474-1999
Beach Cottage Rentals(808) 335-4752	MWR Admin Office (808) 335-4446
Career Counselor(808) 335-4235	Ombudsman(808) 346-1932
Child Development Center (808) 335-4453	PMRF Navy Gateways(808) 335-4697
Command Duty Officer (808) 651-6402	PMRF Pass and ID Office(808) 335-4221
Command Senior Enlisted Leader(808) 335-4247	Public Affairs Officer(808) 335-4740
Commanding Officer(808) 335-4255	Security Watch Officer(808) 651-3185
Community Recreation Center(808) 335-4195	SAPR Duty Phone (808) 551-1452
Environmental Hotline (808) 208-4416	Sponsorship Coordinator (808) 335-4235
Equal Opportunity (800) 253-0921	Unaccompanied Housing (808) 335-4383
Executive Officer(808) 335-4252	Youth Center (808) 335-4419

Website..... <https://www.cnic.navy.mil/pmrf>

PMRF Facebook..... <https://www.facebook.com/PacificMissileRangeFacility>

MWR Facebook..... <https://www.facebook.com/PmrfMoraleWelfare>