LOCATION GUIDE

Hampton Roads, Virginia

Housing, BAH, schools, tunnels and base-by-base notes for Norfolk, Virginia Beach, Portsmouth and the Peninsula.

SERIES
CONUS
PCS

FROM	TO	GUIDE
Your current duty station	Hampton Roads, VA	Area
BRANCHES	**BAH AREAS**	**MAIN HOSPITAL**
All services	Norfolk + Peninsula	NMC Portsmouth

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WELCOME

Hampton Roads at a glance

Hampton Roads is one of the largest military regions in the world, with every service represented. The water that makes it beautiful also shapes your commute — bridges and tunnels decide where you should live.

FACT	DETAIL
Naval Station Norfolk	Norfolk; Atlantic Fleet ships and aviation
NAS Oceana / Dam Neck	Virginia Beach; strike fighter squadrons
JEB Little Creek-Fort Story	Virginia Beach; expeditionary and special warfare forces
Norfolk Naval Shipyard / NMC Portsmouth	Portsmouth; ship repair and the main military hospital
Joint Base Langley-Eustis	Hampton and Newport News; Air Force and Army
NWS Yorktown	York County; munitions support
Coast Guard	Atlantic Area, Base Portsmouth and Training Center Yorktown

Getting here

OPTION	DETAIL
Norfolk International (ORF)	Minutes from NS Norfolk and the south side
Newport News/Williamsburg (PHF)	Closest airport for the Peninsula
By car	I-64 is the main artery; I-264 runs to Virginia Beach

Bridges and tunnels

The Hampton Roads Bridge-Tunnel, Monitor-Merrimac and the Portsmouth tunnels back up at rush hour. Test your commute at 7 AM on a weekday before you sign.

COUNTDOWN

Before you arrive

Navy housing waits in Hampton Roads often run 6–18 months, so most families plan an off-base rental in parallel. Choose your side of the water first.

As soon as you have orders 90+ DAYS OUT

- [ ] Contact the Housing Service Center, even if you'll live off base
- [ ] Request a sponsor from your gaining command
- [ ] In EFMP? Contact EFMP before you house-hunt
- [ ] Request child care on MilitaryChildCare.com
- [ ] Get on the military housing waitlist
- [ ] Ask which base and gate your command uses
- [ ] Look up BAH for your duty station ZIP
- [ ] Compare school zones by address

Book the move 60 DAYS OUT

- [ ] Schedule household goods or plan your PPM
- [ ] Start the off-base rental or home search
- [ ] Check flood zones before choosing a home
- [ ] Reserve Navy Gateway Inns or a Navy Lodge
- [ ] Gather school, shot and IEP/504 records

Final prep 30 DAYS OUT

- [ ] Confirm check-in steps with your command
- [ ] Book a DEERS/ID card appointment if needed
- [ ] Keep registration, insurance and license handy at the gate
- [ ] Set up utilities and internet at the new address

Hurricane and nor'easter season

Low-lying neighborhoods flood in storms and some high tides. Know your evacuation zone and keep a kit ready.

BASE NOTES · SOUTH SIDE

Norfolk, Virginia Beach and Portsmouth

Naval Station Norfolk NAVY

- The world's largest naval station, with 75+ homeported ships
- Gates 2 (Hampton Blvd) and 22 (Granby St) are open 24/7; others have set hours
- Check in at Building N-26, 1530 Gilbert Street; walk-in weekdays 9 AM to 2 PM
- Housing by Liberty Military Housing in 10 rank-based communities

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NAS Oceana and Dam Neck NAVY · VIRGINIA BEACH

- The Navy's East Coast master jet base, home to strike fighter squadrons
- Virginia Beach neighborhoods like Red Mill and Landstown are popular
- Dam Neck Annex sits on the oceanfront nearby
- Expect jet noise in nearby neighborhoods — visit before you sign

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Little Creek-Fort Story and Portsmouth NAVY · ARMY

- Joint Expeditionary Base Little Creek-Fort Story hosts expeditionary and special warfare units
- Naval Medical Center Portsmouth is the region's main military hospital
- Norfolk Naval Shipyard in Portsmouth handles ship repair
- Portsmouth commutes use the Downtown or Midtown tunnels (tolls)

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BASE NOTES · THE PENINSULA

Langley-Eustis, Yorktown and the Coast Guard

Joint Base Langley-Eustis AIR FORCE · ARMY

- Langley in Hampton hosts Air Combat Command headquarters and F-22 fighters
- Uses the Hampton/Newport News BAH area
- Fort Eustis in Newport News hosts Army training and transportation commands
- Ask the JBLE housing office about privatized homes on each side

UNIT / CSS | SPONSOR | HOUSING OFFICE | FAMILY CENTER

Naval Weapons Station Yorktown NAVY · MARINES

- Munitions support for the Atlantic Fleet, plus Cheatham Annex
- Commutes are easier for families living on the Peninsula
- Close to Yorktown, Williamsburg and Newport News
- York County schools are well regarded

COMMAND QUARTERDECK | SPONSOR | FFSC | HOUSING OFFICE

Coast Guard in Hampton Roads COAST GUARD

- Atlantic Area and Base Portsmouth are in Portsmouth
- Coast Guard families can apply for Navy and Air Force privatized housing
- Training Center Yorktown trains much of the Coast Guard's workforce
- CG SUPRT, Work-Life and ombudsmen support Coast Guard families

UNIT ADMIN | SPONSOR | WORK-LIFE | HOUSING OFFICE

WHERE TO LIVE

Housing and the waitlist

Liberty Military Housing manages most Navy family housing on the south side. Langley-Eustis and Coast Guard families have their own options.

Military housing APPLY THE DAY ORDERS ARRIVE

- Navy housing: 10 rank-based communities near NS Norfolk; waits often 6–18 months
- Housing Service Center: (757) 445-2832
- Junior Sailors E-1 to E-3 (and many E-4s) live in unaccompanied housing
- Liberty Military Housing: (757) 802-3390

Off base PICK BY COMMUTE

CITY	RUSH-HOUR COMMUTE TO NS NORFOLK	NOTES
Norfolk	20–35 min	Ghent, Larchmont and East Ocean View
Virginia Beach	45–60 min	Highest-rated schools in the region
Chesapeake	45–55 min	Great Bridge and Hickory are popular
Suffolk	55–70 min	North Suffolk is the strongest area
Portsmouth	40–55 min	Tunnel tolls; close to NMC Portsmouth
Hampton / Newport News	55–80 min	Great for Langley-Eustis; HRBT traffic

THE NUMBERS

2026 BAH and rent vs. buy

Hampton Roads has two BAH areas: Norfolk/Portsmouth for the south side and Hampton/Newport News for the Peninsula. Monthly rates below.

GRADE	NORFOLK WITH	NORFOLK W/O	PENINSULA WITH	PENINSULA W/O
E-1 to E-4	$2,229	$1,707	$2,082	$1,599
E-5	$2,430	$1,908	$2,274	$1,779
E-6	$2,559	$2,043	$2,421	$1,905
E-7	$2,604	$2,235	$2,439	$2,088
E-8	$2,661	$2,463	$2,457	$2,310
E-9	$2,796	$2,487	$2,571	$2,343
W-1	$2,574	$2,166	$2,436	$2,022
W-2	$2,628	$2,460	$2,445	$2,307
W-3	$2,697	$2,496	$2,478	$2,349
O-1	$2,454	$2,022	$2,301	$1,884
O-2	$2,556	$2,367	$2,418	$2,214
O-3	$2,694	$2,505	$2,475	$2,361
O-4	$3,054	$2,601	$2,835	$2,427
O-5	$3,318	$2,625	$3,099	$2,442
O-6	$3,342	$2,673	$3,123	$2,451

Source: DoD 2026 BAH rates via FedRateCalc

Double-check your rate before you budget — BAH changes every January: travel.dod.mil/Allowances/Basic-Allowance-for-Housing/BAH-Rate-Lookup/

Some high-cost areas also pay CONUS COLA: travel.dod.mil/Allowances/CONUS-Cost-of-Living-Allowance/

Rent or buy?

- BAH covers a 3-bedroom rental in most areas for E-5 through O-3 families
- Hampton Roads has a huge military rental market, so homes rent easily when you PCS

KIDS

Schools and child care

There are no DoDEA schools in Hampton Roads. Each city runs its own district, and quality varies by zone — check the school for every address.

DISTRICT OR SCHOOL	SERVES
Virginia Beach City Public Schools	Virginia Beach; highest-rated in the region
Chesapeake Public Schools	Chesapeake; strong overall
Norfolk Public Schools	Norfolk and base housing; varies by zone; Operation Thrive transition support
Suffolk, Hampton and Newport News	Good options in many zones
York County	Yorktown and the Peninsula; well regarded

School Liaison Officers

Each installation has one for enrollment, district help and IEP or 504 transitions.

Military Interstate Compact

Virginia is a member — it helps with placement and graduation rules.

Colleges nearby

Old Dominion, Tidewater Community College, Christopher Newport and more.

Child care

- Request Child Development Center care on MilitaryChildCare.com as soon as you have orders
- Youth programs run on most installations
- Family Child Care homes on base fill gaps
- Fee assistance can help with off-base care

FAMILY LIFE

Spouse, family and Virginia rules

Spouse support

- Fleet and Family Support Centers help with job searches and résumés
- Virginia offers expedited licensing for military spouses
- A large job market in shipbuilding, defense, health care and education
- MyCAA can fund certificates for eligible spouses

Family programs

- Fleet and Family Support Center: (757) 444-2102
- New parent support and family programs through FFSC
- Ombudsman program through your command
- American Red Cross: (757) 440-1111

Virginia rules for military families

TOPIC	WHAT TO KNOW
State income tax	Nonresident service members stationed here aren't taxed by Virginia on military pay
Car property tax	Virginia cities tax vehicles yearly; nonresident military can be exempt with proof — file with your city
Driver's license	Service members and dependents with a valid home-state license can keep it
Vehicle registration	Nonresident service members can keep home-state registration
Tolls	Downtown and Midtown tunnels and I-64 express lanes use E-ZPass

OFF DUTY

Living here

You'll need a car, and an E-ZPass helps. Plan errands and appointments around tunnel and bridge rush hours.

Climate

Hot, humid summers and mild winters, with hurricanes and nor'easters.

Shopping

Huge Navy Exchange and commissaries; Town Center and Lynnhaven Mall in Virginia Beach.

On base

Beaches, marinas, golf and MWR campgrounds at several installations.

Day trips

DESTINATION	DRIVE	WHY GO
Virginia Beach Oceanfront	~30 min	Boardwalk, beaches and festivals
Nauticus and the USS Wisconsin	~15 min	Battleship and maritime museum in Norfolk
First Landing State Park	~30 min	Beach, trails and camping
Colonial Williamsburg / Jamestown / Yorktown	~45 min	Living history
Busch Gardens Williamsburg	~1 hr	Theme park with military discounts
Outer Banks, NC	~1.5 hr	Lighthouses and wide beaches
Richmond	~1.5 hr	Museums and the James River
Shenandoah National Park	~3 hr	Skyline Drive and hiking
Washington, D.C.	~3.5–4 hr	Free Smithsonian museums

KEEP THIS HANDY

Key contacts

Phone numbers change — call ahead to confirm hours before you drive over.

OFFICE	PHONE
NS Norfolk operator (24/7)	(757) 444-0000
Check-in (Building N-26)	(757) 445-6564
Quarterdeck (after hours)	(757) 322-2366
Housing Service Center	(757) 445-2832
Liberty Military Housing	(757) 802-3390
Unaccompanied housing	(757) 322-9500

OFFICE	PHONE
Fleet & Family Support Center	(757) 444-2102
Personal Property (HHG/PPM)	(757) 443-3700
Navy Gateway Inns	(757) 394-9164
NMC Portsmouth	(757) 953-5000
Base police (non-emergency)	(757) 444-2324
TRICARE East	(800) 444-5445

Links

Navy Region Mid-Atlantic · Joint Base Langley-Eustis · NMC Portsmouth · BAH Rate Lookup · Plan My Move

Sources: PCS Pay It Forward Naval Station Norfolk guide; DoD 2026 BAH rates via FedRateCalc.

READY FOR THE FULL PLAYBOOK?

Go step by step with the kits.

Worksheets, trackers and a complete binder setup for every stage of your move.

pcslikeapro.org

hello@pcslikeapro.org

WORKSHEET

Plan your landing

My housing budget

ITEM	AMOUNT
My monthly BAH	$
Rent or mortgage	$
Tolls and commute costs	$
Renter's or homeowner's insurance	$
Left over (BAH minus costs)	$

Neighborhood comparison

AREA / ADDRESS	RENT OR PRICE	RUSH-HOUR COMMUTE	SCHOOL DISTRICT	NOTES

First-week checklist

- [ ] Check in with your command
- [ ] Update DEERS; get dependent IDs
- [ ] Turn in travel and moving paperwork
- [ ] File for the vehicle tax exemption
- [ ] Visit the Housing Service Center
- [ ] Enroll in TRICARE
- [ ] Enroll kids in school
- [ ] Get an E-ZPass