

THE USAWC STUDENT POCKET GUIDE  
POST SERVICES & USAWC ACTIVITIES OPEN TO ALL PROGRAM PARTICIPANTS

[See all base services: http://carlislebarracks.carlisle.army.mil/Services/Services.cfm](http://carlislebarracks.carlisle.army.mil/Services/Services.cfm)

LODGING

- [IHG Army Hotel on Carlisle Barracks](#) with 45 rooms (microwaves, refrigerators, internet, business center, laundry, continental breakfast, some rooms with kitchens) 36 Garrison Lane, 717.245.54245

BUS, REGIONAL: Bus service: Route 81 - Shippensburg - Newville - Carlisle - Harrisburg Express  
Route C - Carlisle Local and Commuter Express Carlisle Circulator

FOOD

- Commissary, full-service with deli, bakery, sushi: Tu – Sa 9 a.m. to 6 pm, Su 11 a.m. to 4 p.m. (closed Mondays)
- Subway, co-located with the Exchange
- Food operations of Family, Morale, Welfare & Recreation services (proceeds to Soldiers & Families)
  - Bowling Center, near Collins Hall, address, hours
  - Café Cumberland, at AHEC
  - Root Hall Joint Deli in Root Hall, Mon-Fri breakfast & lunch
  - Golf Course 19<sup>th</sup> Hole Snack Bar
  - Pershing Pub @ Letort View Community Center, open Wed-Thurs, 5-9 pm for dinner

MEDICAL/DENTAL

- EMERGENCY service: call 911 or go to closest Emergency Room at Carlisle Regional Medical Center, 361 Alexander Spring Road, 717.249.1212
- DUNHAM ARMY HEALTH CLINIC: outpatient services, optometry, pharmacy, laboratory, radiology, immunizations. Open weekdays except Thursday afternoon, 450 Gibner Road, 717.245.3400
- Tricare: <https://www.tricareonline.com/portal/page/portal/TricareOnline/Portal>
- ARMY WELLNESS CENTER: Health/wellness assessments and individualized education plans, available to all DoD ID-card holders: military (Active/Reserve components), family members, retirees and DOD civilians), 315 Lovell Avenue, call for appointments 717.245.4004
- DENTAL: Military only; copy of orders needed in dental emergencies. Sick Call: 7:30 – 8:30 a.m.; 450 Gibner Road, call 245-4542, emergencies call 245-4115

RELIGIOUS SERVICES

- MEMORIAL CHAPEL, 452 Mara Circle
- Catholic Mass: Mo-Fr at noon; Sa 5:30 pm, Su 9:15 am (reconciliation Sa 4:30 pm)
- Protestant Worship: Su 11 am
- Muslim Prayer Room: Upton Hall Room 21
- For more on Memorial Chapel and area religious referrals: [carlislebarracks.carlisle.army.mil/chapel](http://carlislebarracks.carlisle.army.mil/chapel)

EDUCATIONAL OPTIONS

- **Army War College Library** – one collection/ two locations. Academic library is in Root Hall basement with full library assistance, open daily to USAWC students; Army Heritage & Education Center houses the military archives collection with expert assistance in accessing historical documents, open Mo-Sa, 10 am to 5 pm and Su noon to 5 pm .... One search engine puts the collection at your fingertips: <https://usawc.libguides.com/current>
- **Army Heritage & Education Center, 950 Soldiers Drive**
  - One-mile circular Outdoor Museum, open daylight hours, with equipment, weapons, fortifications, buildings evoking the span of American military history
  - Perspectives in Military History, monthly, and Kleber Readings, occasional: military history authors share insights with public audiences in free events: see schedule at [www.carlisle.army.mil/ahec/events.cfm](http://www.carlisle.army.mil/ahec/events.cfm)
  - Visit The Soldiers Experience Gallery and rotating photo exhibits (extraordinary Civil War imagery) and museum displays, e.g., Treasures of the USAHEC (must go: you won't believe the unique holdings) open Mo-Sa, 10 am to 5 pm and Su noon to 5 pm
- **USAWC Strategic Art Film program**
  - August – May, the local AUSA chapter sponsors Snacks 'n' a Movie 'n' a Faculty guide to share the 'rest of the story' behind classic stories in A Bridge Too Far, Pentagon Wars and SGT York, Tuesday nights 4:30 p.m., in Root Hall's Wil Washcoe Auditorium

## FITNESS

- Thorpe Hall Fitness Center – TRX and MMA Fitness, Spinning, boot camp classes, a cardio room, indoor track. 245-3418 , 23 Lovell Avenue
- Indian Field Fitness Center –treadmills, elliptical machines, stationary cycles, strength equipment and free weights. 119 Forbes Avenue.
 

Hours of Operation  
 Mon - Fri 5 a.m. - 8:30 p.m.  
 Sat 7 a.m. - 5 p.m.  
 Sun 8 a.m. - 5 p.m.  
 Holidays 10 a.m. - 3 p.m.
- Root Hall Gym – basketball, volleyball, racquetball/handball; lockers; 120 Forbes Avenue , 245-4343
 

Mon - Fri: 5:30 a.m. - 8:30 p.m.  
 Sat & Sun: Closed  
 Holidays: Closed  
 Racquetball/Handball Court  
 Mon - Fri: 5:30 a.m. - 8:30 p.m.
- Bowling Center, 686 Letort Lane, 245-4109
  - (Summer Hours) Memorial Day - Labor Day
  - Mon-Tue-Wed 8:30 a.m. – 8 p.m.
  - Thur-Fri 8:30 a.m. – 9 p.m.
  - Sat 1 – 9 p.m. and Sun CLOSED

- (Winter Hours) Labor Day - Memorial Day
- Mon - Fri 8:30 a.m. – 9 p.m.
- Sat 1-8pm (except during Youth Bowling Nov-Mar 9am-9pm)
- Sun 1 – 8 p.m.
- Golf Course, 901 Jim Thorpe Road, 243-3262
  - Mon - Fri 7 a.m. - dusk
  - Sat & Sun 6 a.m. - dusk
- Indian Field running track – oval track ¼ mile, behind fitness center
- Golf Course running track – distance, location
- Tennis Courts, next to Thorpe Hall

#### SERVICES/ SHOPPING

- Barber: Root Hall Room B6, weekdays walk-in or by appointments, 245-3277, and at the Exchange, 249-4958
  - Mon - Fri 9 a.m. – 5 p.m.
  - Sat 9 a.m. – 4 p.m.
- US POST OFFICE: 46 Ashburn Drive, Mo-Fri, 10 am to 2 pm
- [ID CARD OFFICE: DEERS/ CAC/ ID cards](#), 46 Ashburn Drive, 717.245.3533. call ahead to confirm schedule
- LEGAL OFFICE: legal assistance, claims, etc. 22 Ashburn Drive, 717.245.4940.
- EXCHANGE: on base, the Exchange inventory includes some clothing, home products, televisions & associated goods, **Class VI** and convenience items, Bldg 844 Sumner Rd
  - Mon - Sat 8 a.m. – 6 p.m.
  - Sun 11 a.m. – 5 p.m.
- MILITARY CLOTHING SALES: Military Clothing and Sales located on Fort Indiantown Gap, Building 9-120. Mon-Sat, 9 a.m. to 6 p.m. 717.861.2490. [http://www.mybaseguide.com/army/83-1848/fort\\_indiantown\\_gap\\_facilities\\_services](http://www.mybaseguide.com/army/83-1848/fort_indiantown_gap_facilities_services)
- CLEANERS/ALTERATIONS: 842 Sumner, next to Commissary, Mo-Fr 9 am to 5:30 pm, Sa 9 am to 3 pm
- AUTO CENTER: 870 Jim Thorpe Road, 245-3156
  - Monday-Friday (space available): 8:00 a.m.-5 p.m.
  - Thursday: 4 p.m. -8 p.m.
  - Saturday: 9 a.m. - 4 p.m.
- ENGRAVING STUDIO: gifts, trophies, custom-design or ready-to-go, 870 Jim Thorpe Road ,245-3319
  - Custom Service: 245-3319
  - Tues/Wed/Friday: 10 a.m. - 5 p.m.
  - Thursday: 10 a.m. - 8 p.m.
  - Saturday: 9 a.m. - 4 p.m.
  - Closed Sat. prior to a Monday Holi

#### SOCIAL, RECREATION, OUTDOOR RECREATION

- GEO/BACHELOR DINNER: On 2<sup>nd</sup> Wednesday of each month, starting at 6 pm, open to ALL students, at Chapel Annex, 452 Mara Circle, 245 - 3400 sponsored by chapel community, non-denominational, RSVP **not** required
- Planning GROUP SOCIALS: try [LVCC Catering](#), your place on post or theirs: pool, Tiki Bar, outdoor pavilion, indoor banquet space, Pershing Pub
- OUTDOOR RECREATION SERVICES: mountain biking, camping equipment rental, banquet rentals and other adventure activities such as: skiing, hiking, and fishing trips.
- On your own in Carlisle
  - Cumberland County Historical society
  - [Carlisle Events Car Shows](#): most weekends in summer months
  - [Carlisle: tourism](#) options
- On your own in Harrisburg:
  - National Civil War Museum
  - Harrisburg Senators Baseball at City Island (affiliate of Washington Nationals)
  - [Hershey Bear Hockey](#) at Hershey (farm team to Washington Capitals)
- On a rollercoaster: [Hershey Park](#), with 13 coasters, 20+ rides for kids, live entertainment, and nine water-play attractions, WHEN TO WHEN (MEMORIAL DAY TO LABOR DAY???)
- On the trail:
  - [Appalachian Trail](#)
  - [Central Pa hikers](#)
  - [Harry Happy Hikers](#)
  - [Road Bikes](#)
  - [Mountain Bikes](#)
- On the slopes, and close by:
  - [Ski Roundtop](#)
  - [Ski Whitetail](#)
  - [Ski Liberty](#)
  - [Tussey](#)
- Steeped in history:
  - [Gettysburg](#): 30 miles southeast of Carlisle Barracks. Consider Battlefield tours on your own, on a bus, or with a Licensed Battlefield Guide (arranged at the Center: 8 a.m. to 5 pm – 8 am to 6 pm from APR 1 to SEP 30)
  - [Antietam](#): [www.nps.gov/anti/index.htm](http://www.nps.gov/anti/index.htm): 67 miles south of Carlisle Barracks. Consider 8 1/2 mile auto tour on your own, with an audio CD, or with a Park Ranger ( arranged at the Center: 9 am to 5 pm daily.)
- [Pennsylvania tourism](#)