

Canadian Forces Base (CFB) Esquimalt Welcome Package

Dear Member,

Welcome to CFB Esquimalt!

I know that conducting a military move across the country can be a daunting task, so it is my hope that the information in this welcome package will assist you with getting to know our base and the local communities. If you have any questions, feel free to contact your new Chain of Command or the Base Orderly Room at 250-363-4288 or ESQBADMBOReception@forces.gc.ca. The Base Orderly Room is open Monday to Friday, 0930-1200hrs and 1300-1500hrs (Pacific Standard Time).

If you are new to the area, please find some helpful information at the following links:

[CFMWS | MFRC | Esquimalt | Greater Victoria](#)
[CFMWS | MFRC | Esquimalt | Welcome to Esquimalt](#)
[CFB Esquimalt Maps - Pacific Navy News](#)
[Live Here - Victoria Rising](#)
[Military housing in Esquimalt - Canada.ca](#)
[Nos activités – La Société francophone de Victoria](#)

We very much look forward to having you join the team!

Kind regards,

*Base Commander
CFB Esquimalt*

Where is CFB Esquimalt?

If you search “CFB Esquimalt” in an online map, you will be shown the south-western area of the Township of Esquimalt. This area is generally what most people understand to be CFB Esquimalt and is divided into three main sections: Naden, Signal Hill, and Dockyard. However, the Royal Canadian Navy has an area called Work Point to the south-eastern part of Esquimalt where junior Naval Warfare Officers (NWO) will initially reside and conduct their training. In addition, there is an area around the eastern shore of the city of Colwood where sailors conduct Damage Control training. Finally, there is an area called Albert Head within the eastern district of Metchosin, where the 4th Canadian Ranger Patrol Group is located and non-commissioned members (NCMs) at the rank of Master Sailor conduct Primary Leadership Qualification (PLQ) / Primary Leadership Program (PLP). For more information, please refer to the maps in this link (<https://lookoutnewspaper.com/cfb-esquimalt-maps/>) as well as the descriptions below.

CFB Esquimalt Overview

Naden: This area is open to the public and is where junior NCMs posted to Naval Fleet School Pacific (NFS(P)) will reside and conduct their training. The base perimeter is noted by a red line on the map. The eastern perimeter runs alongside Admirals Road down to Naden Gate where most people and taxis enter and exit the base from.

Naden Gate is stationed by Commissionaire staff between 1800-0600 on weekdays and 24/7 on the weekends. ID is required when the gate is staffed but as the area is open to the public, any official government identification will suffice.

To the north past the Military Police station is a Limited Access Gate (aka Ornamental Gate) which is a turnstile gate that allows for personnel and bicycles to exit at any time. There is a gate that is open to cyclists and pedestrians to enter between 0630-0830hrs Monday to Friday.

Dockyard: Formally referred to as His Majesty's Canadian dockyard, this area can be accessed through Dockyard Main Gate, the Canteen Road Gate off Canteen and Esquimalt Road as well as Y Jetty Gate, which connects Dockyard and Naden. Military ID is required, and only authorized automobiles may enter (you can travel into Dockyard by bicycle). Guests and visitors must sign in at the Dockyard Main Gate and this is the only gate that is operated 24/7.

Base Logistics (DY211): Located within dockyard, you can contact them to book an appointment for military kit, issue, exchange, and return as well as to order name tags and access tailoring services for your Distinctive Environmental Uniform (DEU).

For issues related to your military kit (including reporting missing kit) and name tags, email esqblogclothing@forces.gc.ca or call 250-363-4947.

For tailoring enquiries please call 250-363-2491.

When leaving a message either by email or telephone, please provide the following information: name, rank, service number, services you require, and a non-work telephone number that you can be reached at.

Work Point: The eastern part of Work Point mainly supports junior officer training and is a self-contained area with a limited access gate to the north and south, as well as the main gate to the west. The north and south gates are open during the weekday between 0600-1700hrs Monday to Friday, and the main gate is open 24/7 but stationed by a Commissionaire from Monday to Thursday between 1800-0600hrs and 24 hours from 1800hrs Friday to 0600hrs Monday.

Buildings of note include the accommodation buildings Kingsmill (WP1372), Oakville (WP1092), and Rainbow (WP1091), as well as Venture HQ in Haida building (WP1020), NTG HQ in Nixon building—in which the Gunroom Junior Officers' Mess is co-located (WP1367)—the main classrooms in Collier building (WP 1094), and Venture Galley (WP1373).

Colwood Facilities: Military locations in Colwood, such as the Damage Control Training Facility, Fleet Diving Unit Pacific, as well as F and D Jetty can only be accessed through the Main Gate on Wilfert Road by Burger King and Serious Coffee. Personnel must show their military ID. Note that the Esquimalt Military Family Resource Centre (MFRC) / Colwood Pacific Activity Centre (CPAC) is nearby but can only be accessed through Ocean Boulevard further south.

Signal Hill: The most notable buildings in this area are the Wardroom (Officer's Mess), Chiefs and Petty Officers' Mess and the Lookout Newspaper building. These buildings are located outside the perimeter of the base. The Lookout is the base's newspaper and a great source of pacific navy news. Be sure to check out their website: <https://www.lookoutnewspaper.com>.

Travelling Around the Base: If you have to travel from one area of the base to another for personal administration, such as going to Clothing Stores to exchange your military kit or to Base Hospital for a medical appointment, you may use the Base Taxi service by calling 250-363-2384. Their operating hours are Monday to Friday from 0730-1530hrs.

Messes

Pacific Fleet Club (NAD040): Also known as the Junior Ranks Mess, information on events as well as the In-Routine process can be found here: <https://cfmws.ca/esquimalt/facilities/messes/junior-ranks-mess-pacific-fleet-club>

Please note that the current map indicates that the Pacific Fleet Club is at Signal Hill (SH571), but the mess was relocated to Naden in 2023.

Chief and Petty Officers' Mess (SH585): Upcoming events and In-Routine process can be found here: <https://cfmws.ca/esquimalt/facilities/messes/chief-and-petty-officers-mess>

Officers' Mess (Wardroom and Gun Room): The officer's mess is located at two different locations: the Wardroom at Signal hill (SH586) and the Gun Room at Work Point (WP1367). The Gun Room was established to increase accessibility of mess activities for members who work and reside at Work Point. Members of the officer's mess are welcome to attend any activity or event at either location. More information can be found here: <https://www.wardroom.ca>. The In-Routine process can be found here: <https://cfmws.ca/esquimalt/facilities/messes/officers-mess-the-wardroom>.

Galleys

Nelles Block (NAD034): This is the main galley which is frequented by most junior NCMs posted in Esquimalt for training, and it also welcomes Defence Team members who work around Naden. It is also utilized to prepare any dispersed meals for the base.

Wardroom Galley (SH586): The Wardroom has a galley that welcomes all ranks and members of the Defence Team. However, this galley is closed on weekends and holidays*.

Venture Galley (WP1373): This Galley serves meals mainly for Venture students but is also welcomes all Defence Team members. They operate the same meal hours as Nelles Galley, as follows:

Monday to Friday	Breakfast Lunch Supper	0600 to 0800 1100 to 1300 1630 to 1815
Weekends and Stat Holidays <i>*not the Wardroom</i>	Breakfast Lunch Supper	0630 to 0900 1100 to 1300 1630 to 1815

Note that the Galley hours are subject to change. The most up to date hours can be found by each Galley entrances or you can contact p-esq.badm-foodsvcs@forces.gc.ca. For paying customers who are not drawing rations, note that all Galleys only accept debit or credit cards for payment.

Emergency Services

Military Police Unit Esquimalt (NAD002): For non-emergencies, the MP dispatch can be contacted at 250-363-4032. For all other emergencies, contact 911.

Base Fire Hall (NAD141): Although the Base operates a Fire Hall, you should still call 911 in a fire emergency. Fire dispatch can be contacted for non-emergencies, such as reporting potential fire hazards at 250-363-1990 or 250-363-1991.

Real Property Operations Unit (Pacific): The emergency work desk may be contacted for broken water pipes, electrical hazards, or any emergency related to a building's infrastructure at 250-363-2009.

Administrative and Financial Support

Base Orderly Room (NAD030): The BOR is located on the first floor and provides numerous services including in and out routines, pay and personnel records, releases, maternity/paternity benefits, as well as furniture and effects for those posted to/from the area. They can be contacted at ESQBADMBOReception@forces.gc.ca or 250-363-4288.

Base Claims Section (NAD030): Also located on the first floor of NAD030, this section provides support for finalizing Temporary Duty and individual claims. They can be contacted at esqbcomptclaimsSection@forces.gc.ca or 250-363-4350.

Service Income Security Insurance Plan (SISIP) Financial: Co-located with the CANEX, you can book an appointment with a local SISIP advisor for financial planning advice. They provide several services including financial education and counselling as well as offer a variety of investment and insurance products. It's never too early to plan your financial future. More information can be found here: <https://cfmws.ca/insurance-finance>

Fitness

Naden Athletic Centre (NAD088): Visit their website to see the sports and fitness programs they provide, their hours of operation, as well as the facilities available for your workout routine. Don't forget to bring your military ID. The NAC is free to military members and provides discount gym memberships for military families and former CAF members, with membership pricing as follows: <https://cfmws.ca/esquimalt/facilities/naden-athletic-centre>.

Wurtele Arena (NAD100): This is an ice rink just across from the Naden Athletic Centre. Visit their website to see their skating and ice hockey schedule: <https://cfmws.ca/esquimalt/facilities/wurtele-arena>.

Dockyard Fitness Centre (DY022): This facility is mainly for personnel who work at Dockyard. Their hours of operation can be found in the link below: <https://cfmws.ca/esquimalt/facilities/dockyard-fitness-centre>.

Note that Dockyard has a playing field and tennis courts while the NAC has an outdoor volleyball court. Sports equipment may be borrowed at Dockyard gym or the NAC to play team sports.

Parks and Recreation: For more information on local parks, beaches, and recreation facilities, visit the Greater Victoria Chamber of Commerce website and search for your local municipality: <https://victoriachamber.ca/about-us/about-victoria/>.

Community Resources and Activities

Military Family Resource Centre (MFRC) Esquimalt: The MFRC is an independent, non-profit organization providing programs & services to military members, and military families in the local area. MFRC Esquimalt is located in Colwood at 2610 Rosebank Rd, Victoria, BC V9A 7N2. If you reach out to them by email or phone, they can provide you information on housing options in the Greater Victoria Area, childcare, and family medical services. However, whether you are posted here by yourself or with a family, MFRC Esquimalt is a great organization to contact for more information about the local areas and communities.

Email: info@emfrc.com

Website: [https://cfmws.ca/esquimalt/esquimalt-military-family-resource-centre-\(wmfrc\)](https://cfmws.ca/esquimalt/esquimalt-military-family-resource-centre-(wmfrc))

24-hour information line at 250-363-2640 or 1-800-353-3329

Greater Victoria Chamber of Commerce: Their website contains links to all Greater Victoria municipalities which will provide you with all the information you need to live in one of the local communities. This includes information on city council, bylaws, community centres, parks, recreation and cultural centres, public transportation, and First Nation relations: <https://victoriachamber.ca/about-us/about-victoria>.

La Société francophone de Victoria: This society represents and advocates for the Francophone culture in the Greater Victoria Area, bringing the community together and providing various services. Visit their website to find out more: <https://www.sfvictoria.ca/nos-activites/>.

CANEX (NAD098): The CANEX is located near the Naden Main Gate, and they provide a variety of merchandise, furniture, hygiene, and food items. You can also buy some of their items online: <https://www.canex.ca/en/military/base-merchandise/esquimalt>.

Don't forget to sign up for a CF One Card to collect CANEX CF One reward points on your purchases. This card also allows you and your family to receive discounts at hundreds of businesses and retailers across the country: <https://cfmws.ca/about-us/cfone-registration>.

CFB Esquimalt Naval and Military Museum (NAD036 - NAD038): This museum is open to the public and information can be found here: <https://navalandmilitarymuseum.org>.

Housing Support

CAF members can receive assistance finding a home from the Esquimalt Military Family Resource Centre at housingsupport@emfrc.com.

For those posted to NFS(P) or HMCS Venture on training, you will normally reside in military accommodations at Naden or Work Point respectively until the completion of your training.

Residential Housing Unit (RHU): Formerly referred to as PMQs and sometimes called military housing, RHUs are 2-, 3-, or 4-bedroom detached and semi-detached houses and multiplexes

across Esquimalt, Colwood, and Metchosin. Due to high demand and limited availability, the wait time can be over a year, depending on your housing preferences and family requirements. Information and application process can be found here: <https://www.canada.ca/en/departement-national-defence/services/benefits-military/military-housing.html>.

Those who decide to rent or purchase a property in one of the local communities may be entitled to Canadian Forces Housing Differential (CFHD). The purpose of CFHD is to assist military members in adjusting to housing costs in different locations within Canada. The Base Orderly Room will be able to provide more information on how to apply. Information on CFHD and monetary rates can be found here: <https://www.canada.ca/en/departement-national-defence/services/benefits-military/pay-pension-benefits/benefits/canadian-forces-housing-differential.html>

The CFHD rates table can be difficult to read. Therefore, the table below may serve as a quick reference guide for those at pay level 1 to 7 (based of effective date 1 July 2025, rates may change from year to year):

If your base pre-tax monthly salary is:	Less than \$3773	\$3774 - \$5609	\$5610 - \$6629	\$6630 - \$7037	\$7038 - \$7241	\$7242 - \$7445	\$7446-\$7649
You may be entitled to a monthly CFHD of:	\$2200	\$1900	\$1400	\$1150	\$1050	\$1000	\$950

Given a fluctuating vacancy rate in Base Accommodations, it is not possible for trained personnel to remain living on Base long term. When temporary on-Base living is possible for temporary periods, trained personnel may be required to reside in any building, including at Albert Head. The principal mandate for Base Accommodations is to lodge trainees and those on temporary duty. Thus, all are highly encouraged speak with their orderly rooms, SISIP, and chains of command, about the benefits of CFHD and how affordable living off base can be with this market-tailored support.

Health, Mental Health, and Spiritual Services

Base Hospital: Located outside the base (Naden) near Admirals Road and Colville Road, members can come here for sick parade or for their medical appointments. This hospital is operated by Canadian Forces Health Services Centre (Pacific). Contact 250-363-4122 if you would like to access non-emergency health care services. In-person sick parade occurs Monday to Friday 0730-0900hrs. Call 911 immediately if emergency care is required.

1 Dental Detachment: Dental services are located at the Base Hospital and building DY109 for those who work in Dockyard. They can be contacted at 250-363-4149 (Base Hospital) or 250-363-2310 (Dockyard).

Family Physician: For CAF families looking for a family physician or primary care provider, please contact the MFRC Esquimalt for assistance.

CF Member Assistance Program: The CFMAP offers confidential, voluntary, short-term counselling to assist with resolving many of today's stresses at home and in the workplace. More information can be found here: <https://www.canada.ca/en/department-national-defence/programs/member-assistance.html>.

To get a referral for a mental health professional:

- 1) By phone at 1-800-268-7708 (TTY: 1-800-567-5803 for persons who are deaf or hard of hearing), 24 hours a day, 365 days a year; or
- 2) By online chat at [Employee Assistance Program \(EAP\) Chat](#) using any device with an internet connection (password: canada), available Monday to Friday, from 8 a.m. to 7:30 p.m. (Eastern time), excluding statutory holidays.

Chaplaincy: For those who would like to seek spiritual or moral support through the Chaplaincy, please contact 250-363-4106 during work hours. Outside work hours, call 250-363-4032 and provide your name and contact information for a referral so that the Duty Chaplain can call you back.