



# ReloFact: Change of Strength vs Report for Duty

This ReloFact explains the difference between Change of Strength vs Report for Duty. For additional information, please refer to article 2.3.01 of the Relocation Directive.

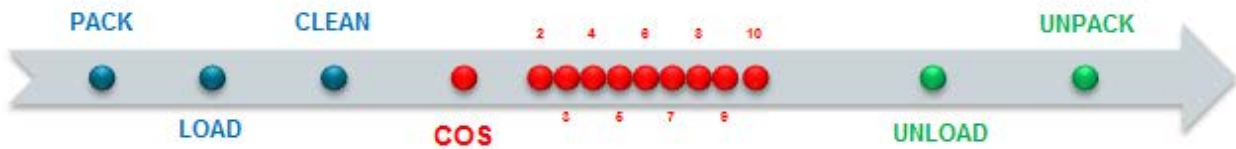
The information provided in this document is made available in the form of a general guide and is to be used for information purposes only. The Relocation Directive remains the authority for the reimbursement of all relocation expenses and you are encouraged to review the directive for eligibility prior to incurring any expenses.

## What is a Change of Strength (COS) date?

Your COS date is issued to you as part of the information found in your posting message and is provided to BGRS by the CAF as a key attribute for your move.

Typically, the COS date is your first day of travel. When planning your move, you should coordinate the disposal and acquisition of your residence to coincide with your COS date in order to facilitate a door to door move.

Example:



**ILM&M at origin place of duty:**  
3 days (pack/load/clean)

**Travel to New Location (TNL):**  
10 days in this example

**ILM&M at destination place of duty:**  
2 days (unload/unpack)

In some scenarios, the COS date may not accommodate the closing date of your home, work requirements, or other personal circumstances. In these instances, you may need to seek written approval, for a new Report for Duty (RFD) date from your gaining and losing Commanding Officers (CO).

## What is a Report for Duty (RFD) date?

Generally, the RFD date should be the first day you report to your new place of duty. As per the example above, the RFD date would be the day following your final travel day, also your "Unload" day.

Failure to request a change in report date may result in limited reimbursement of your Interim Lodgings, Meals, and Miscellaneous (ILM&M) expenses.