



**DEFENSE TRAVEL MANAGEMENT OFFICE**  
THE DOD CENTER FOR TRAVEL EXCELLENCE

# COLA



**Overseas Cost of Living Allowance**

Find answers to questions,  
View the video,  
Calculate your COLA, at:

[www.defensetravel.dod.mil](http://www.defensetravel.dod.mil)



## Overseas Cost of Living Allowance (COLA)

To find out more about  
COLA visit:

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### Did you know that COLA is...

- A supplemental pay allowance designed to offset overseas prices of non-housing goods and services
- Intended to equalize purchasing power
- Based on a Service member's income
- Directly impacted by prices in the United States
- Based on data and exchange rates that fluctuate
- Impacted by your participation in a Living Pattern Survey (LPS)



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