



OVERSEAS COST OF LIVING ALLOWANCE (COLA)

The overseas COLA is a supplement designed to equalize purchasing power between Service members overseas and their CONUS-based counterparts. The basic measurement is a comparison of CONUS shopping behavior and the aggregate shopping behavior at each overseas location. It is paid to over 250,000 members at approximately 600 locations overseas, including Alaska and Hawaii.

[*Hawaii COLA and Per Diem Brief June 2009*](#)

[Overseas COLA rates](#)