

Middle East Situation

Information Cut-Off: 1730h (BST), 29 March 2026

Executive Summary

The Iranian parliamentary speaker has warned the United States not to invade Iran, saying that the Iranian army will be ready for US soldiers.

Two Israeli chemical plants have been attacked by Iranian missiles today, raising fears of the leak of poisonous materials, including industrial fertiliser.

Having been instructed to expand its "security strip" in Lebanon, the Israeli Defence Force (IDF) has reportedly been advancing north throughout southern Lebanon.

Regional foreign ministers have been meeting in Islamabad to discuss the ongoing situation.

Iran

The speaker of the Iranian parliament has accused the United States of planning a ground invasion of Iran at the same time as discussing negotiations. He has warned Washington not to invade, saying that the Iranian army is ready for US soldiers.

A strike on Tehran has destroyed the offices of an Arabic news agency. Explosions have also been reported in Shiraz this afternoon.

Security forces have reportedly arrested 35 people in Lorestan province for illegal filming, spreading "false information" and "collaborating" with international media.

Israel

Hezbollah launched a barrage of rockets at an industrial site near Acre. Iranian missile attacks have targeted northern Israel, triggering sirens in more than 100 towns. Missile debris fell over Haifa, damaging the bay, after a projectile was intercepted this morning.

The Neot Hovav chemical plant, 9km south of Beersheba, was hit by an Iranian missile this afternoon, with warnings issued about the possibility of a hazardous leak, and one local motorway closed. Shortly afterwards, the ADAMA Makhteshim chemical plant was also hit, with damage currently unclear.

Regional

Syria

Qasrak, one of the last US military bases in Syria, was attacked this morning by drones launched from Iraq; the drones were intercepted without casualties.

Lebanon

This afternoon, Prime Minister Netanyahu instructed the IDF to expand its “existing security strip” in south Lebanon, to ultimately remove Hezbollah’s capability to launch rockets at Israel. IDF ground units have reportedly been advancing throughout southern Lebanon towards the Litani river today, and were establishing positions in al-Bayada.

The IDF has claimed that Hezbollah is using ambulances for “military purposes”, an accusation that remains unverified. The IDF has destroyed ambulances and healthcare infrastructure in recent days, killing several paramedics.

The IDF has said that it has been launching ground operations into Lebanon from sites within Syria, ie with troops crossing from the Syrian side of Mount Hermon to the Mount Dov area in southern Lebanon.

Hezbollah has said its militants successfully attacked an Israeli tank near the town of Beit Lif with a rocket.

Kuwait

10 Kuwaiti soldiers were injured this afternoon in an Iranian missile attack on an unspecified military camp. Four drones were intercepted earlier this morning.

United Arab Emirates

This afternoon, the UAE Ministry of Defence said that it had intercepted 16 missiles and 42 drones launched from Iran today. More attacks were reported this afternoon.

Saudi Arabia

10 drones were intercepted successfully this morning, according to the Ministry of Defence.

Jordan

Iranian drones have been launched at the Muwaffaq Salti Air Base in Azraq, according to Iranian state media, as the base has been housing US personnel, and is a key platform for attacks on Iran.

Qatar

The Defence Ministry reported that it has intercepted another wave of Iranian drones this afternoon.

International

Foreign ministers from across the Middle East have been meeting in Islamabad today to discuss ways to end the conflict. These have included diplomats from Egypt, Turkey and Saudi Arabia.

Travel

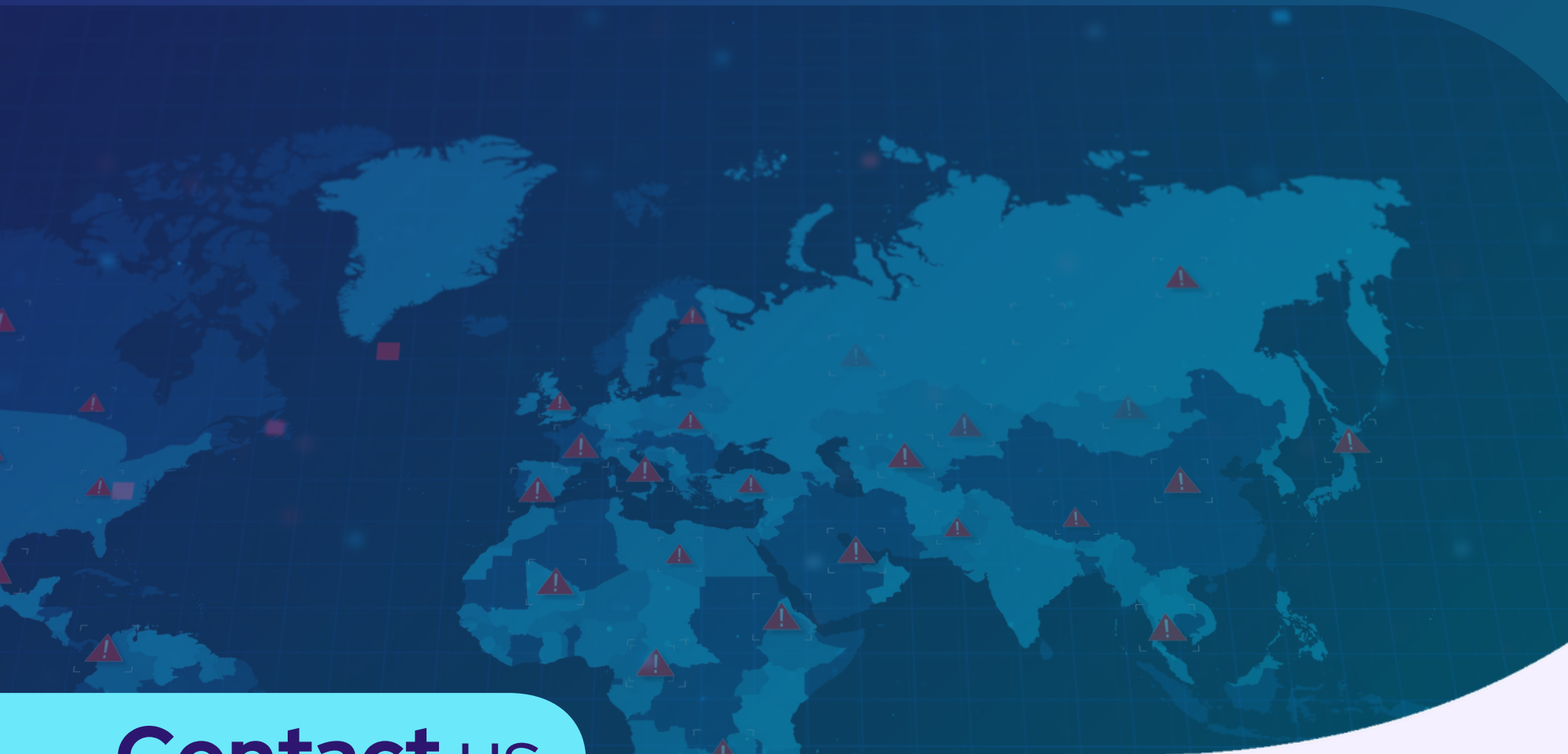
Maritime

The EU naval mission in the Red Sea has said it is monitoring signs of increased Houthi support for Iran in the Red Sea area.

Two India-flagged LPG tankers have successfully transited the Strait of Hormuz and are approaching Mumbai.

Advice

- Do not travel to the Middle East.
- Avoid all travel within the region unless safe travel can be guaranteed.
- Shelter in place in a secure location.
- Follow instructions from local authorities and any national embassy guidelines.
- Monitor official updates and ensure phones are set up to receive alerts.
- Avoid any demonstrations or gatherings in the region.
- Globally, reconsider travel to any locations with links to Israel or Judaism.
- If you need further support, or wish to discuss options for evacuation, call NGS.



Contact us

Operational assistance: +44 207 183 8910 / ops@northcottglobalsolutions.com

Bespoke reporting or security-related advice: risk@northcottglobalsolutions.com

24/7 assistance: +44 2071 8389 36 / tracking@northcottglobalsolutions.com