

Middle East Situation

Information Cut-Off: 0730h (BST), 29 March 2026

Executive Summary

Iran targeted aluminium sites in Bahrain and the UAE yesterday, causing injuries and significant damage. The Iranian military has threatened to attack US and Israeli-linked universities in the region after airstrikes damaged institutions in Tehran overnight.

Unconfirmed reports by international media suggest the Pentagon has finalised draft proposals to conduct multi-week infantry operations in Iran.

Iran

The Israeli Air Force announced this morning that it has conducted strikes across the country, including in Tehran, targeting weapons sites, production facilities, and air defence systems.

Israeli and US airstrikes killed five people at a pier in Hormozgan overnight, while four others were injured. One person was also killed and five others injured in an airstrike in a residential area near Shaft.

Coalition airstrikes hit a water facility in Khuzestan province overnight. Two universities in Tehran were also attacked, prompting Iranian authorities to threaten retaliatory strikes against Israeli and US-linked universities in the region.

Israel

Iranian missiles targeted southern Israel overnight. Debris from interceptions struck Eilat, but no injuries have been confirmed. Houthi drones were also intercepted over Eilat overnight; no casualties have been reported.

Hezbollah fired rockets at northern border communities near the Lebanese border throughout the night. No injuries or damage have been confirmed.

The Home Front Command extended its wartime restrictions until tomorrow at least. Educational activities will be prohibited in most areas of the country, with gatherings limited to 100 people indoors and 50 people outdoors, provided an air-raid shelter is nearby.

United States

International media have cited unnamed officials alleging that the US has been preparing for weeks of ground operations in Iran. The reports add that it remains uncertain whether President Trump will approve their deployment.

Regional

Bahrain

Aluminium Bahrain (Alba) confirmed yesterday evening that its facilities were attacked and damaged by Iran yesterday, injuring two employees. Sirens have been triggered in the country this morning, but no additional damage or injuries have been reported.

UAE

Iranian drone and missile attacks injured several employees and significantly damaged the Emirates Global Aluminium (EGA) plant yesterday. This morning, authorities intercepted a drone and missiles with no reported injuries; officials clarified that the sounds of explosions in Dubai were the result of interceptions.

Saudi Arabia

Drones have been intercepted in undisclosed areas of the country this morning. No injuries or damage have been reported.

Kuwait

Drones and missiles have been intercepted this morning, with no reported injuries or damage.

Lebanon

Protests were held in Beirut last night, denouncing Israeli strikes which killed three journalists in southern Lebanon yesterday.

Israeli airstrikes have killed at least 10 people in southern Lebanon overnight, including in Kfar Tebnit and Deir Zahrani. Separately, an airstrike in al-Haniyah yesterday killed at least seven people.

Iraq

The Interior Ministry said a US-Israeli attack targeting Iranian-aligned militants killed two police officers in Mosul yesterday.

Drone attacks targeted the President of the Kurdish region of Iraq in Duhok overnight; no injuries were reported. Drones also targeted the US embassy in Baghdad; no injuries or damage have been confirmed so far.

Maritime

The Pakistani Foreign Minister announced yesterday evening that Iran will allow 20 Pakistani vessels to transit the Strait of Hormuz.

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.



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