



Iran War Update: October 29–30, 2026

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President Donald Trump and Iranian President Masoud Pezeshkian signed a now-expired Memorandum of Understanding (MOU) on June 17, outlining terms to end the war and reopen the Strait of Hormuz over a 60-day period of further negotiations. However, on July 8, President Trump [declared](#) the MOU to be “over,” and both sides have resumed exchanging fire. JINSA continues to release regular updates about the conflict. The update below includes information since [JINSA's last update](#) as of October 30 at 10:00 am ET.

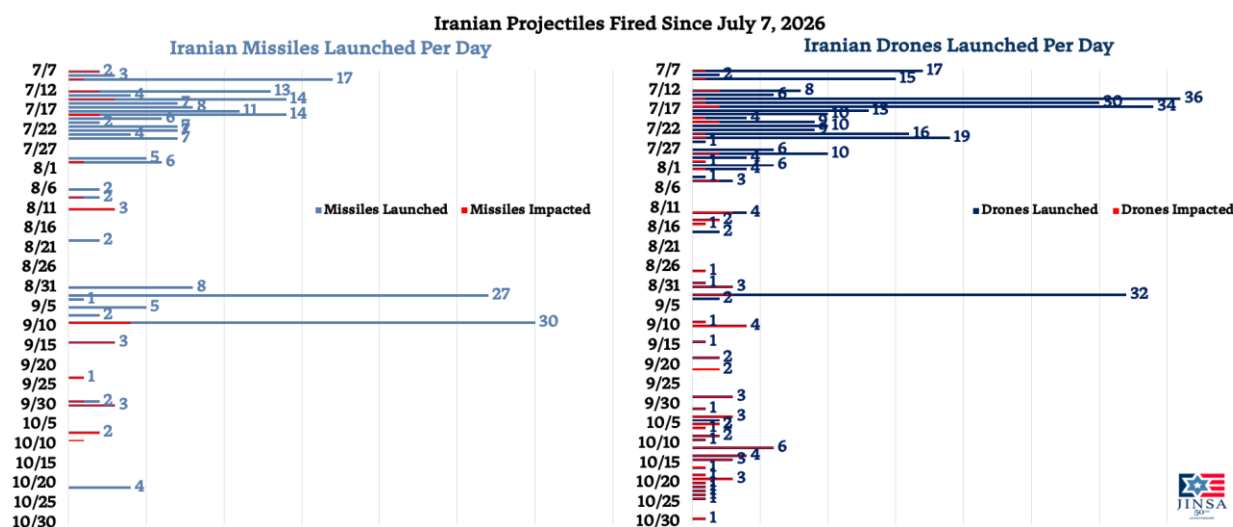
Iranian missiles and drones launched since July 7: **At least 605** (1 on October 29–30)

Brent Crude Oil Price: **[\\$117.15 a barrel](#)** as of **9:00 am ET** ([day range](#): \$115.22–118.00)

1. Overview

- On October 30, President Donald Trump [remarked](#) in an interview that the Iran conflict is “going to get wrapped up soon.”
- On October 29, individuals on a small boat [attached](#) two explosives that caused a fire on a tanker northeast of Khasab, Oman in the Strait of Hormuz, marking the first Iranian limpet mine attack since 2019.
- On October 29, U.S. Central Command (CENTCOM) Commander Admiral Brad Cooper [briefed](#) President Donald Trump on military courses of action against Iran, according to reporting from *The Wall Street Journal*.
 - » Secretary of Defense Pete Hegseth and Chairman of the Joint Chiefs General Dan Caine attended the briefing along with other members of the U.S. Cabinet.
 - » Maintaining the U.S. blockade on Iran was also discussed at the briefing, among other topics.
 - » One day prior, the military officers briefed Vice President JD Vance.
- *The Times of Israel* [reported](#) on October 29 that over the past week, over 10 U.S. military transport aircraft arrived at the Nevatim and Ovda airbases in southern Israel, citing analysts tracking flight data.
 - » In recent days, U.S. cargo planes have also flown to U.S. bases in Jordan, Saudi Arabia, Qatar, and Kuwait.
 - » JINSA has [advocated](#) for the United States to explore basing options at Israel's Ovda airbase, which would enable enhanced power projection, decreased risk to American forces and equipment, and stronger deterrence against Iran.

- Since January 2025, a network of Iranian military agencies [evaded](#) Western sanctions and the U.S. naval blockade imposed this year to import \$2 billion or more in explosives, trucks, and weapons components, according to an investigation by Reuters.
 - » Through June 2026, one of the agencies, MOD 346428, imported “huge quantities” of items for Iran’s military from China, Russia, and Germany.
- On October 28, *The Wall Street Journal* [reported](#) that Vice President Vance had sent a letter last week to the Secretary of Iran’s Supreme National Security Council, Moshen Rezaei, to evaluate whether there is sufficient common ground between the United States and Iran to convince President Trump to hold off on a new escalation post-midterm elections.
 - » That day, President Trump stated that he had approved the outreach to Tehran, remarking that the Iranians “need help with medical supplies and various things. He [Vance] asked me what I thought. I said, ‘If you want to do that, that’s ok.’”



2. Diplomatic Engagement

Iran

- In a letter sent last week to Secretary of Iran’s Supreme National Security Council Mohshen Rezaei, Vice President Vance reportedly [focused](#) on the United States and Iran pursuing their national interests in negotiations, with the top U.S. interest being that Iran does not get a nuclear weapon and Iran’s interests being repairing its economy and protecting national sovereignty, according to *The Washington Post* on October 29.
 - » *The Washington Post* reported that the Trump administration believes Rezaei is the critical contact in Iran and the sole Iranian who can create a consensus around a deal stopping the country’s nuclear program.
 - » Since Vance met with the Speaker of Iran’s Parliament Mohammad Bagher Ghalibaf in April, U.S. intelligence determined that Rezaei is the “central node in the regime.”
 - American intelligence officials believe that Rezaei regularly communicates with Iranian Supreme Leader Mojtaba Khamenei and has been in contact with him since receiving the letter from Vance.
 - » On October 29, Iran’s semi-official Tasnim News Agency [reported](#) that Tehran had received Vance’s letter but had not yet responded.
 - Tasnim reiterated that Tehran would not accept any proposal that failed to meet its seven conditions for ending the war. Iran’s conditions remain: the United States ending its naval blockade; releasing frozen Iranian assets; removing oil sanctions;

halting military action against Iran and its regional allies; withdrawing U.S. forces from areas around Iran; and paying compensation to Iran for war damages.

- On October 29, an official briefed on negotiations [told](#) CBS News that Iran was expected to respond to a Qatari-mediated peace proposal by the end of the week, most likely on Saturday, October 31, despite an Iranian official's denial that a new proposal had been presented.
 - » CBS News [reported](#) on October 30 that Qatari mediators were in Tehran to relay edits to the peace proposal and that there were early indications of progress in the negotiations, although the nature of that progress remains unclear.
- On October 28, Iranian Foreign Minister Abbas Araghchi [said](#) Tehran remained open to diplomacy and was in ongoing contact with intermediaries to discuss proposals for ending the war, stating, "Iran continues to give diplomacy a chance to succeed. We remain in close and ongoing contact with intermediaries to review ideas that can ensure implementation of our 7-Day Plan [sic] in even less than a week."

3. U.S., Israeli, and Arab Partner Operations

- On October 29, the Pentagon [reported](#) that the U.S. military death toll since the start of the Iran war had risen to 23, including 11 service members killed in combat and 12 who died from noncombat-related causes.
 - » The increase reflected two newly recorded Air Force deaths, one attributed to illness and another still under investigation, according to *The Washington Post*.

Iran

- On October 30, CENTCOM Commander Adm. Brad Cooper [reiterated](#) in a video post on X that U.S. forces had destroyed Iran's navy and cleared Iranian mines from the Strait of Hormuz's primary international shipping lanes, maintaining that the routes remained open and safe for commercial traffic.

Yemen

- On October 29, Yemen's Iran-backed Houthis [accused](#) Saudi Arabia of carrying out an air-strike on residential buildings in the Maqbana district of the heavily-contested Taiz province, killing at least 12 people and critically wounding three others.

4. Iranian and Proxy Operations

- On October 29, Iranian Rear Adm. Jalil Moghadam [claimed](#) that Iran's navy had conducted more than 20 attacks against U.S. warships and approximately 300 operations targeting American interests during the war, using missiles and drones. His claims remain unverified.

Kuwait

- On October 28, the Iranian embassy in Kuwait [rejected](#) accusations that Iran ordered for one of its citizens to assassinate Kuwait's First Deputy Prime Minister and Interior Minister Sheikh Fahad Al-Yousef.

Maritime

- On October 30, CENTCOM Spokesman Capt. Tim Hawkins [denied](#) the Iranian Revolutionary Guard Corps (IRGC) Navy's [claim](#) the previous day that it had captured a U.S. MQM-170 Outlaw reconnaissance drone.
- The IRGC [stated](#) on October 30 that two oil tankers in the eastern and western areas of the Strait of Hormuz that were transiting a route unauthorized by Iran "encountered incidents and were brought to a halt in the waters south of the strait."

- On October 29, the IRGC [stated](#) that three oil tankers experienced fires and explosions after hitting mines in the Strait of Hormuz while transiting a route not authorized by Iran.
- On October 29, the United Kingdom Maritime Trade Operations (UKMTO) Center reported three separate maritime incidents in the Strait of Hormuz near Khasab, Oman.
 - » A tanker was [struck](#) by an unidentified projectile while transiting near Khasab. All crew members were reported safe.
 - » A dhow [caught fire](#) approximately nine nautical miles north of Khasab and subsequently sank. All crew members evacuated safely.
 - » A second tanker, transiting outbound approximately 25 nautical miles northeast of Khasab, was [approached](#) by a small boat that attached two explosive devices to its hull. The explosions caused an engine-room fire that temporarily disabled the vessel. The fire was extinguished, all crew members were reported safe, and the tanker resumed its voyage without reported environmental damage.

Saudi Arabia

- On October 30, the Saudi-led coalition [shot down](#) a Houthi drone flying over Mecca, the holiest city in Islam. However, the Houthis' military spokesman [denied](#) the attack.
- On October 29, the Saudi-led coalition [intercepted](#) a Houthi ballistic missile over Saudi Arabia's eastern region.

5. Internal Iranian Dynamics

- On October 29, Iran's Intelligence Ministry [claimed](#) that it had disrupted four alleged terrorist cells and arrested 16 militants it alleged had ties to the United States and Israel.

6. Threats, Condemnations, and Statements from Iranian and Proxy Officials

- On October 29, IRGC spokesperson Brig. Gen. Abolfazl Mohebi [called](#) on the United States in an X post to "Prove your claim of mine-clearing in the Strait of Hormuz with independent evidence, not a statement!"
 - » He added that "the reality of the Strait of Hormuz is determined in the skies, on land and at sea — not on social media or in America's media-warfare rooms."

7. International Response

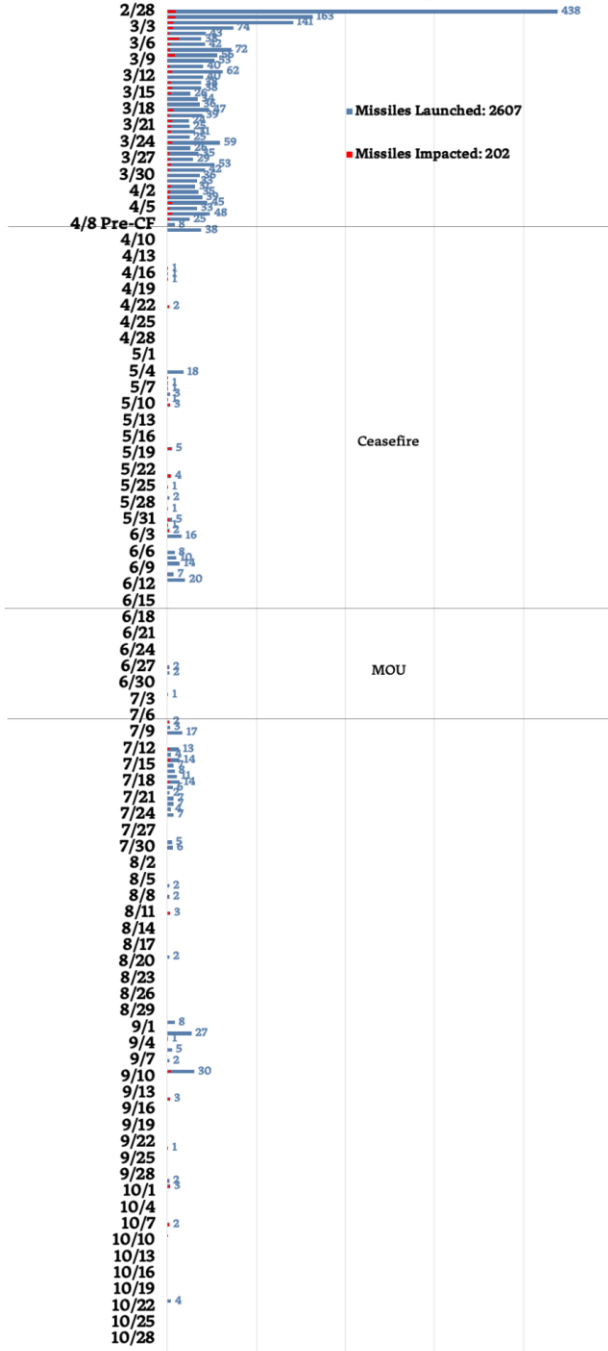
- On October 29, Qatari Minister for Energy and QatarEnergy CEO Saad Sherida Al-Kaabi told Reuters that his company is making long-term [purchases](#) of liquified natural gas from the United States and other nations to hedge against future disruptions through the Strait of Hormuz.
- On October 29, dockworkers unions in France, Italy, Greece, Spain, Turkey and Morocco staged a [strike](#) demanding an end to wars in the Middle East in a statement that "Ports must not be used for the transport of weapons, ammunition, military equipment and troops... Dockworkers do not work for war!"
- On October 28, Behrouz Kamalvandi, spokesman and deputy for international, legal and parliamentary affairs at the Atomic Energy Organization of Iran, [indicated](#) that Moscow and Tehran are finalizing a deal for Russia to accelerate joint development of small modular nuclear reactors.

8. JINSA Resources

- Ari Cicurel, [*Iran Escalates Before U.S. Midterm Elections*](#), October 19, 2026
- LtGen Michael Groen, USMC (ret.) and Sarah Havdala, [*“Iranian Cyber Operations,” RealClearDefense*](#), October 17, 2026
- John Hannah and Rena Gabber, [*“Iran ‘Blew the Hell Out of Bahrain’ — And Trump’s Gulf Strategy With It,” The Washington Examiner*](#), October 12, 2026
- Lt Gen Thomas Bergeson, USAF (ret.), LTG Karen Gibson, USA (ret.), LtGen Sam Mundy, USMC (ret.), and MajGen Robert Sofge, USMC (ret.), [*“How to Keep the Houthis Out of the Red Sea,” The National Interest*](#), October 5, 2026
- Ari Cicurel, [*Resupply Israel to Deter Iran and Protect U.S. Forces*](#), September 23, 2026
- VADM Jeff Trussler, USN (ret.) and Sarah Havdala, [*The US Needs an Information-Warfare Strategy for Iran — And Beyond*](#), September 21, 2026

Iranian Projectiles Fired During 2026 War

Iranian Missiles Launched Per Day



Iranian Drones Launched Per Day

