

#1 is MEDICATION

CERT BACKPACK CONTENTS

Hard hat
Eye protection
CERT vest
Work leather gloves
Flashlight
Dust masks (4)
Ear plugs (2 sets)
One quart water
Hand sanitizer
Medical exam gloves (10 pair)
Small towels (2)
Material for arm slings (3)
1st aid kit which includes
 Mouth to mouth barrier
 Emergency/survival blanket
 Wire splint
AM/FM radio
Whistle
Leatherman type tool
Duct tape
Orange spray paint
Knife
Water pump pliers or gas shut-off tool
3 day rations (bars)
Six ziploc gallon size bags
Thin nylon line
Plastic sheeting
Sharpie pens (2)
Cash \$\$
Paperwork
 Clip board
 Stiff water resistant folder
 Documentation forms (5 sets)
 Phone # of CERT members
 Red Cross First Aid skills card
 Red Cross CPR/AED skills card
 Personal emergency contact list
 Pens
 Pad of paper
 CERT ID Card w/lanyard

SECONDARY BAG CONTENTS OR STORED IN VEHICLE

Rain gear
Work boots/ extra socks
Warm clothing
Blanket
Extra pair eyeglasses
Medications
Water (2 gallons)
Copies of Personal documents
Extra batteries
Matches/ lighter
Extra exam gloves
Tissues / Toilet Paper
Plastic grocery bags
Road flares (3)
Tools, misc. which includes
 Hatchet
 Hammer
 Prybar (small)
Extra food (energy snacks)
Toiletries (Comb, shampoo, soap, etc.)

3 outlet plug
saw
towel
flip flops
soft sided cooler
ext cord
phone charger

February 21, 2006

GoBag Contents

From: www.w0ipl.net/ECom/perseqip

Personal Equipment

Each ECom member is expected to be prepared to respond as effectively as possible to a callout.

No one is expected to ignore personal responsibilities to family or employer, nor unnecessarily risk their welfare! However, personal inconvenience or lack of preparation is insufficient reason for not supporting a callout!

How do I prepare? Put together a "go-bag" of the items suggested in the equipment list shown below.

Please understand that you are not expected to stuff your entire ham shack, closet and pantry into a time capsule in preparation for an alternative life style in support of ECom. Rather that you think about the items you do not have and acquire them while there is time and no urgency.

The list includes virtually everything you will need to be helpful in an ECom event. We suggest you maintain one "go-bag" with the items that you would need only during a deployment and possibly a second (or it could be just a list) of the items that, when added to the first, will provide you with the personal supplies and radio equipment to make you much more effective and comfortable during an event.

To summarize, don't wait until you are called, to assemble your "go-bag". Do it in advance at your leisure.

The items shown in UPPER CASE are the ones most likely to be needed.

Equipment:

ARES/ECOMM/RACES/SERVED-AGENCY IDENTIFICATION CARD(S)
COPY OF AMATEUR RADIO LICENSE
HANDHELD RADIO (dual band if possible)
SPARE BATTERY PACKS (CHARGED nicad and AA) /w CHARGER
HEADSET, SPEAKER-MIC.

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The most usable headset in high noise areas will have noise cancellation in the -20db to -30db to be effective.
DO NOT USE THE VOX OPTION on any headset.

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19IN. MAG. MOUNT/GROUND PLANE ANTENNA (will function on 70cm)
COAX JUMPERS AND CONNECTORS
CONNECTOR ADAPTERS (bnc/pl259, bnc/so239, some radios require SMA)
DUCT TAPE
SHORTHAND NOTEBOOK, PEN & CLIP BOARD
WATCH or DIGITAL CLOCK
MAPS OF THE AREA (Topo and street)!!!
COPIES OF MESSAGE FORMS ARRL and ICS-213
Compass and/or GPS
Copy of District & Unit Operations Manual

List of served agency phone numbers in your area (not just your district)

Boundary-Marking Tape

Insect Repellent (summer)

Survival Items:

3 DAY SUPPLY OF PERSONAL MEDICATION!

WARM CLOTHING & BOOTS (bright colors for shirts and jackets)

HAT - (this is IMPORTANT for everyone)

GLOVES

SPARE GLASSES (spare contact solutions if you wear them)

FIRST AID KIT

SUPPLY OF WATER (the warmer your region, the more you need but EVERYONE needs water with them)

TOILET PAPER/KLEENEX

Moist Towelette Packets

SUN SCREEN (winter or summer)

RAIN SUIT/PONCHO

ORANGE VEST (for use if your clothing is drab colored)

Space Blanket

Plastic ground cover tarp

Spare shoe laces and some twine

Wool blanket

Fanny-pack/Back-Pack

Sports/Bicycle water bottle

High energy snacks

Large trash bags

Flashlight W/extra batteries

Whistle

Tools:

SWISS ARMY - type - KNIFE

SCREW DRIVER (phillips and flat)

PLIERS

SIDE CUTTER

CRESENT WRENCH

ELECTRICAL TAPE

VOM

Fence Pliers (includes hammer)

Crimp Tool (includes wire stripper)

Assortment of crimp connectors, nails, brads, tacks

4 or more each of the 4", 8" and 12" plastic cable ties

For public service events:

COOLER with FOOD & DRINK

Lawn chair

Umbrella (sun or rain)

Optional items:

3 Wire AC Extension Cord w/2-3 pin adaptor

AC to 12V power supply

Soldering Iron w/solder

2M Beam Antenna w/Tripod, mast & guy rope

Nut Driver set
Folding set of Allen/Torx wrenches
Zip Cord
Cash (for pay phones & if power is out)
Transistor radio
Binoculars

HF Unique:

HF rig (12V dc preferred) with:
Microphone
Key
Head phones, external speaker
Tuner
50+ ft. of RG8X or better

NVIS antenna: which is NOT a mobile vertical

75m dipole or 130 ft of wire
Insulators
3 Masts, 8ft or more, preferably non-conductive
Guy rope
Tent pegs for guys
Lead weight & 50 ft light line for tossing over branches
"Loud" marking tape to warn passers-by of guys, lines.

Power source (one or more):
12V gel cell 75 A/H w/ charger
Vehicle w/ 12V battery & gas

Portable shack:
Shelter tent
Table & chair

GoBag Contents Part 2

From: www.w0ipl.net/ECom/EComBas.pdf

Personal Equipment Section II

To be prepared to respond as effectively as possible to a callout; you may want to also include the following:

Survival Items:

3 DAY SUPPLY OF PERSONAL MEDICATION!
WARM CLOTHING & BOOTS (bright colors for shirts and jackets)
HAT - (this is IMPORTANT for everyone)
GLOVES
SPARE GLASSES (spare contact solutions if you wear them)
FIRST AID KIT
SUPPLY OF WATER (the warmer your region, the more you need but
EVERYONE needs water with them)
TOILET PAPER/KLEENEX
Moist Towelette Packets
SUN SCREEN (winter or summer)
RAIN SUIT/PONCHO
ORANGE VEST (for use if your clothing is drab colored)
Space Blanket
Plastic ground cover tarp
Spare shoe laces and some twine
Wool blanket
Fanny-pack/Back-Pack
Sports/Bicycle water bottle
High energy snacks
Large trash bags
Flashlight W/extra batteries
Whistle

Tools:

SWISS ARMY - type - KNIFE
SCREW DRIVER (phillips and flat)
PLIERS
SIDE CUTTER
CRESENT WRENCH
ELECTRICAL TAPE
VOM
Fence Pliers (includes hammer)
Crimp Tool (includes wire stripper)
Assortment of crimp connectors, nails, brads, tacks
4 or more each of the 4", 8" and 12" plastic cable ties

For public service events:

COOLER with FOOD & DRINK
Lawn chair
Umbrella (sun or rain)

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More to follow --

VACATION Go-Kits

Adapted by Earl Pack – AE5PA from a Cook County ARES training article by Neil Ormos N9NL 5/23/2007 with additions by George Greene NE9ET, Gregg Rosenberg AB9MZ, and Earl Pack AE5PA.

EmComm folks endlessly discuss and debate the optimal “Go-Kit”—a bag, box, or other containing the essential items we will need to serve on an emergency communications operation. The basic idea of the Go-Kit is simple—we collect what we think we will need, in advance, so that when we are deployed, we will not need to spend the next two hours wandering around our house, our shack, our attic, our garage, the trunks of our cars, the garden shed, our boat trailer, or whatever, with a checklist, looking for all that stuff, and so that when we arrive on the operation, we won't be missing that essential caloric-phlogistanometer that makes our radio work.

When we travel, whether on vacation or for business, it is often not practical to carry our complete EmComm Go Kit, especially if we're going by air, and are not planning a DXpedition. Most Go-Kits are designed to reside at home, in the garage, or in the car, and to contain nearly everything we think we will need to serve on an EmComm operation. They are sometimes quite bulky and heavy.

Although many of us will, as a matter of course, carry a hand-held radio whenever we travel, we might not carry some of the other items that could be valuable, or essential to success if we find ourselves unexpectedly pressed into EmComm service. Following is a list of suggested items for an extremely pared-down Go-Kit that addresses the needs of impromptu EmComm service, but that is still practical for travel.

1. Radio suitable for travel
 - (a) Small
 - (b) Light in weight
 - (c) Full Power
 - (d) Li-Ion Battery (low self discharge rate, high energy density)
 - (e) Multifunction receiver (receives commercial radio, NOAA WX radio, etc.)
Examples: VX-5, VX-7, TH-F6A
2. Means to provide renewable or long-term power for the radio. Many options available—use several if you have space and can tolerate the weight. Examples include:
 - (a) Battery charger
 - (b) AC adapter for radio
 - (c) AA-cell battery pack
 - (d) High-capacity battery pack (either one that fits the radio or an external, outboard battery)
 - (e) Car charger/adapter
3. Light-weight, efficient antennas
 - (a) 19-inch HT ground/counterpoise wire
 - (b) Long rubber duck
 - (c) Small dual-band mag-mount antenna with tiny magnet base
 - i. Available from several vendors, including MFJ, for under \$25;
 - ii. About 20 inches long and a few ounces in weight—can fit in a backpack or

- overnight bag;
 - iii. Comes with 6-8 feet of thin transmission line, BNC or SMA connector;
 - iv. Rare-earth magnet does a good job sticking to roof under sensible driving conditions;
 - (d) Roll-up J-Pole Antenna
 - i. Commercially available antennas are available, or you can build it yourself from plans available on the web;
 - ii. Most examples use 300-ohm TV twinlead and a few feet of thin coax;
 - iii. Light in weight and flexible—roll-up design easily fits in backpack, purse, overnight bag;
 - iv. Half-wave design, requiring no ground plane or counterpoise, is easy to mount in the field. Examples:
 - A. Hang from a tree limb
 - B. Tape to a window
 - C. Hang from a railing
 - (e) Arrow Open-Stub Dual-Band J-Pole (OSJ 146/440)
 - i. Sturdy, durable antenna performs well and is highly regarded;
 - ii. High-quality antenna is constructed from aluminum stock and stainless hardware;
 - iii. Light weight for its size;
 - iv. Special order version provides longest element in two pieces, about 30-inches each, which can fit in suitcases and duffel bags;
 - v. Integral mounting clamp attaches to mast, PVC pipe, broom stick, etc. Around \$50;
 - (f) Dual band high gain Comet SBB7 antenna and a mag mount. The Comet SBB7 is easy to dismantle into 3 short sections that will fit in a carry on suitcase.
4. Adapter fitting or short coax cable to adapter your HT antenna connection to SO239.
5. Miscellaneous Items
- (a) Small notebook or clipboard—keeps important papers together, rather than flying round in the breeze or falling on the floor
 - (b) Pen/pencil tethered to notebook/clipboard
 - (c) Spare pens/pencils
 - (d) Tiny compass for pointing antennas, finding your way, giving directions
 - (e) Small roll of duct tape
 - i. These are sometimes available at dollar stores in flattened 50-or-so-foot rolls, without the cardboard core
 - (f) Small, multi-tip screwdriver (some will prefer one of those stainless multi-tool devices)
 - (g) Manual or quick-reference guide for your radio
 - (h) Small LED flashlight
 - (i) Repeater directory
 - (j) Spare fuses

I take my Vacation Go-Kit with me when I visit my out of town children and grandchildren. It all fits in less space than a pair of shoes. It is also a great opportunity to introduce and/or keep your grandchildren familiar with amateur radio.

Evacuation Grab and Go Kit

What If You Had To Evacuate Your Home In A Hurry?

What would you take? (Evacuation Grab and Go Kit)

Many of us have assembled go kits for our radio equipment and other items we would use to serve others in an emergency situation. But how many of us have put together a list of item we would take if we had to evacuate our home or apartment. Particularly if it were possible our home or apartment may not survive the disaster for which we are being evacuated. Many of you have likely put together a list in case of a hurricane, but what about those who do not plan or do not need to evacuate for a hurricane. What if there was a disaster such as a fire, hazardous chemical release, nuclear disaster, etc. that required you to evacuate. If you only had 5 minutes, 30 minutes, or even 1 hour to evacuate, what would you take? How do you prepare a list of those items?

Think about the following four questions when preparing your list:

- What would you need to start over if everything was destroyed?
- What would you need to survive a few days or a week?
- What is important to you?
- What can you fit in your evacuation vehicle?

If you are like me your list will be random at first and ideas will continue to pop into your head for days. Get you family together and brain storm. Just righting down what comes to mind. Involve your children, they may think of things you don't and they will come up with things that are essential to them (particularly if they are young) which you may leave off the list. Later you will organize and prioritize the list.

- List the items that are essential then those that are important.
- I recommend breaking the list into four groups: 5min, 30min, 2hrs, 12hrs evacuation. Essential items go into the 5 min evacuation time list. As you refine your list, items may move from one list to another. An item should only appear on one list. If you have time, you move from one list to the next.
- As you finalize the list, indicate where each item is located. You will likely figure out ways to simplify you task by putting things together or over time put items such as photos, documents, etc. on a disk, USB external hard drive, or flash drives. If possible have a copy of these documents stored in a location out of your geographical area, say with a family member or relative. This will save on what you have to pull together. I highly recommend that you keep copies or scans of essential documents on a flash drive that is in a water proof container and is easy to grab.
- Determine what you can actually fit in your vehicle and refine your list.
- Post your list on the back or your pantry door. You may want to give a copy of the list to a neighbor so they could grab the essential items if you are not at home when the evacuation takes place.
- Plan the list with or without the aid of anyone else. You may have family members at home to help you or you may be alone.

Some example lists:

Evacuation time 5 Minutes

- Wallet or purse
- Car/house keys
- Cell phone, charger & car charger
- Adequate clothing for the weather conditions
- Prescriptions
- Extra contacts or glasses
- Medical devices (wheel chair, hearing aid, retainer, etc.)
- Laptop or backup disks
- Computer CPU
- Important documents (should already be in one container)
- 72 Hour kit with water/food/clothes/toiletries/
- Family photo CD's/money, etc.
- Baby bag with extra food/formula
- Pet food, water & dish
- Pet leash (need this to walk dog or for shelters)
- Pet carrier

Evacuation time 30 Minutes (add these items to 5 minute list)

- Photo albums, family portraits, preferably on flash drive
- Case of bottled water
- Sleeping bags, blankets, pillows, towels.
- Tent
- Extra batteries
- Battery powered TV/radio
- More clothes
- Toys, activities to keep kids occupied
- Kids memory things

We have seen and heard of disasters in our area over the last several weeks which should make the usefulness of this guidance clear. I am sure many wished they had put together such a plan, so Be Prepared.

PREPARE FOR DEPLOYMENT

Waller County ARES training material used with permission from Christine Smith, N5CAS.

Being prepared for an emergency communication deployment involves a wide range of considerations, including radio equipment, clothing and personal gear, food and water, information, and specialized training.

The Shuttle accident is a good example of a situation where the needs upon arrival were very different for each person, and preplanning is a necessity in these situations.

This incident is very different in relation to a situation such as the response to the flooding in the Houston area a couple years ago. No two deployments are the same but your basic necessities remain the same.

Ready Kits

The last thing you want to do when a call for assistance comes is think of and pack all the items you might need. An experienced emergency responder should know how important it is to keep a kit of the items they need ready to go at a moment's notice. This is often called a "ready kit" or "jump kit". Without a ready kit, you will almost certainly leave something important at home, or bring items that will not do the job. Here are a few basic questions you will need to answer:

- Which networks will you need to join, and what equipment will you need to do so?
- Will you need to be able to relocate quickly, or can you bring a ton of gear?
- Will you be on foot, or near your vehicle?
- Is your assignment at a fixed location or will you be mobile?
- How long might you be deployed - less than 48 hours, up to 72 hours, or even a week or more?
- Will you be in a building with reliable power and working toilets, or in a tent away from civilization?
- What sort of weather or other conditions might be encountered?
- Where will food and water come from? Are sanitary facilities available?
- Will there be a place to sleep?
- Do you need to plan for a wide variety of possible scenarios, or only a few?

Most people seem to divide ready kits into two categories: one for deployments under 48 hours, and one for up to 72 hours. For deployments longer than 72 hours, many people will just add more of the items that they will use up, such as clothing, food, water, and batteries. Others may add a greater range of communication options and backup equipment as well.

You might want to keep a list with your "ready kit" of items that have a short shelf life that you would not want to have packed at all times. You might want prescriptions, batteries, and other items not pre-packed but have them on a list as a reminder of items to be added will help to keep from forgetting them at the last minute.

The following web site has some good information regarding planning your “ready kit”.
<http://home.comcast.net/~buck0/hamgear.htm>

Ready Kit Idea List

- Something to put it in -- one or more backpacks, suitcases, plastic storage tubs, etc.
- Package individual items in zip lock bags or plastic kitchen containers
- Label ALL your equipment with your name, call sign, etc.

Radios and Accessories

- Handheld VHF or dual-band radio (some people also like to bring a spare)
- Spare rechargeable batteries for handhelds
- Alkaline battery pack for handhelds
- Alkaline batteries
- Speaker mic and earphone for handhelds
- Battery chargers, AC and DC for handhelds
- Mobile VHF or dual-band radio
- HF radio
- Multi-band HF antenna, tuner, heavy parachute cord
- Gain antennas and adapters (roll-up J-Pole, mobile magnetic mount, etc)
- Coaxial feed lines, jumpers
- Ground rod, pipe clamp, and wire
- AC power supplies for VHF/UHF mobile and HF radios, accessories
- Large battery source for VHF/UHF mobile and HF radios, with charger
- All related power, data, audio, and RF cables and adapters
- Small repair kit: hand tools, multi-meter, connectors, adapters, fuses, key parts
- Materials for improvisation: wire, connectors, small parts, insulators, duct tape, etc.
- Photocopies of manuals for all equipment
- Headphones, for noisy areas and privacy

- Specialized gear for packet, ATV or other modes
- Multi-band scanner, weather radio
- Personal cell phone, pager, spare batteries and chargers
- Pencils, legal pads, pencil sharpener

Personal Gear

- Clothing for the season, weather, and length of deployment
- Toilet kit: soap, razor, deodorant, comb, toilet paper
- Foul weather or protective gear, warm coats, hats, etc. as needed
- Sleeping bag, closed-cell foam pad, pillow, ear plugs
- High energy snacks
- Easily prepared dried foods that will store for long periods
- Eating and cooking equipment if needed
- Water containers, filled before departure
- First aid kit, personal medications and prescriptions for up to one week
- Money, including a large quantity of quarters for vending machines, tolls, etc.
- Telephone calling card

Information

- ID cards and other authorizations (A real good idea is to laminate your amateur license, as well as your ARES id card. I also suggest getting your picture on your ARES id card before you laminate it. The lamination will help protect it from the 'elements' and these id's are necessary to have on you at all times)
- Frequency lists and net schedules
- Maps, both street and topographic
- Key phone numbers, email and internet addresses
- Contact information for other members in your group, EC, DEC, SEC, and others
- Copy of emergency plans
- Resource lists: who to call for which kinds of problems

- Log sheets, message forms

Operating Supplies

- Outgoing message forms or sheets to compose messages
- Incoming message forms. (Some operators copy the message onto scratch paper, and then transcribe it cleanly onto the incoming message form. Some groups use one form for both incoming and outgoing messages.)
- Log sheets
- Standard forms used by the served agency
- Letter or legal notepads
- Sticky notes
- Paper clips and rubber bands
- Blank envelopes

Sub-Dividing Your Kits

You may want to divide your ready kit into smaller packages. Here are some ideas:

- Quick deployment kit: hand-held radio kit, personal essentials, in a large daypack
- VHF/UHF, HF kits for fixed locations
- Accessory and tool kit
- Emergency power kit
- Short and long term personal kits in duffel bags
- Field kitchen and food box in plastic storage tubs
- Field shelter kit (tents, tarps, tables, chairs, battery/gas lights) in plastic storage tubs

When you arrive

When the time comes, you need to know where to go, and what to do. Having such information readily available will help you respond more quickly and effectively. It will not always be possible to know these things in advance, particularly if you do not have a specific assignment. Answering the following basic questions may help.

- Which frequency should you check in on initially? Is there a "backup" frequency?
- If a repeater is out of service, which simplex frequency is used for the net?

- Which nets will be activated first?
- Should you report to a pre-determined location or will your assignment be made as needed?

One of the first things after arriving is to become familiar with your location. You should make a note of any fire exits, or escape routes. Depending on the situation this could be invaluable information in time of need.

<http://www.races.org/gokit.htm#extend>

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