

## **Equipment & Personal Checklists**

### ARES Field Resources Manual [Annotated Excerpt]

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#### **What to do first in case of emergency:**

- Check that you and your family are safe and secure before you respond as an ARES volunteer. [This must be addressed well before an event with continuous improvement practiced]
- Check that your property is safe and secure before you respond as an ARES volunteer.
- Monitor \_\_\_\_\_ (your assigned local ARES emergency net frequency here). [Carry your area's ICS 205 and/or a frequency list that goes with all your programmed radio equipment]
- Follow the instructions you receive from the ARES officials in charge on the above frequency.
- Contact your local Emergency Coordinator, or his/her designee, for further instructions.

#### **Initial Action Checklist**

The net control station and/or ARES officials on the designated emergency net will provide additional instructions, including information on frequencies used for other resource and tactical nets. Normally, a resource net will enroll volunteers and provide information on how you can assist.

- Be prepared to operate. Check all equipment and connections.
- Check in with your assigned contact. Deploy to assignment with "Ready" kit.
- Obtain tactical call sign for your location/assignment.
- Initiate personal event log (use form at end of this booklet) [ICS 214].
- Enter assigned frequency(s) on log sheet [ICS 205] and on emergency/frequency plan.
- Use log form to record messages handled [ICS 309].
- Use a formal message form [ICS 213] when a precise record is required.
- Use tactical call sign for your location, and observe FCC's 10-minute ID rule.
- Monitor your assigned frequency at all times [more is better]. Notify NCS if you have to leave [check in/out].

#### **Basic Deployment Equipment Checklist**

When responding to an emergency event, or even a training exercise, there is a minimum set of equipment and personal gear you should bring with you to get the job done. Basic items include:

- 2-meter hand-held [there are plenty of dual & tri-band capable radios with dual MON/Tx/Rx]
- 2-meter mag-mount antenna and coax
- Earphone [quality headphones if working near other stations]
- Paper and pencil [write in rain products, protection for paperwork]
- ARES ID card [to include proper vest & hat tying into access controlled environment]
- Extra batteries [a kit; battery, charger, battery eliminator, AA or AAA battery tray, extra antenna, adapter...]
- Appropriate clothing [it might be nice when you leave the house...do not depend on it to stay that way]
- Food and water [those first 12-72 hours will be long and drawn out; prepare yourself for that eventuality]

Many of these items should be kept in a "Ready Kit." Just pick it up on your way out the door for deployment. You might also consider the items on the following list for inclusion in this ready kit, designed to allow you to stay in the field for up to 72 hours.

#### **Extended Deployment (72 hour) Equipment Checklist**

- 3-day change of clothes [cotton/non-synthetics for fire protection & synthetics for wicking and lbs./volume]
- Foul weather gear [top, bottom & headgear]
- Toilet articles [trowel, TP, wet wipes & other items]
- Shelter (tent and sleeping bag)
- Portable stove; mess kit with cleaning kit
- Waterproof matches [sources of flame]
- Flashlight [head lamp, standardized batteries...]

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- Candles [really?]
- Alarm clock [multi-purpose items already carried?]
- 3-day supply of water and food [should already be part of your preparedness plan]
- Liquid refreshments [nice to have]
- First aid kit [boo-boo kit vs. trauma kit]
- Throat lozenges [coughing while working a station can be counterproductive]
- Prescriptions [another necessity of any preparedness plan]
- Aspirin or other pain reliever
- Additional radios, packet gear [computer gear, inverters & charging systems]
- Power supplies, chargers [cables, connectors...]
- Microphones
- Headphones [noisy environments are the rule not the exception]
- Patch cords [pigtailed]
- Antennas with mounts [multiple]
- SWR bridge (VHF and HF)
- Extra coax [barrel connector(s)]
- RF connectors and adapters [highly suggested start now to save \$]
- Power, audio and other connectors and adapters [highly suggested start now to save \$]
- Batteries [AAs are common and readily found]
- Toolbox [kits that help you get through, multipliers]
- Soldering iron and solder [flux]
- VOM [volt-Ohm meter/multimeter]
- Electrical and duct tape [zip ties, shrink wrap, bungees, bongo straps, glue & hook loop-pile tape]
- Safety glasses [all PPE is important, do not stop at eye protection, helmet, gloves, proper shoes...]
- Log books [steno pad, clipboard, “posse box” or stationary tub a good idea]
- Message forms [ICS 205, 213, 214, 309]

**Power**—Your 72-hour kit should have several sources of power in it, with extra battery packs and an alkaline battery pack for your handheld. For mobile VHF and UHF radios, larger batteries are needed. Gel-cell or deep-cycle marine batteries are good sources of battery power, and you must keep them charged and ready go. It is also wise to have alternate means available to charge your batteries during the emergency. You can charge smaller batteries from other larger batteries. You can build a solar charging device. If you're lucky, you may have access to a power generator that can be used in place of the normal electrical lines. Have more battery capacity than you think you might need. Have several methods available to connect your radios different power sources.

**Gain Antennas**—You can expect to need some kind of gain antenna for your handheld, as well as an additional gain antenna that can be used on either your handheld or your mobile rig. The extra antenna might be needed by someone else, or your first antenna might break. For VHF and UHF, you can build a J-pole from TV twin lead for an inexpensive and very compact antenna. Have several lengths of coax in your kit, totaling at least 50 feet, and barrel connectors to connect them together.

**Personal**—Include staples: water, or a reliable water filtration and purification system; enough food for three days; eating utensils, a drinking cup and, if needed, a means of cooking your food. Shelter is also important. Here, you are only limited by the size of your kit and the thickness of your wallet. Some hams plan to use their RVs as shelter, conditions permitting. Other disaster conditions may make the use of an RV impossible, so you should have several different plans for shelter. Light is important psychologically during an emergency. Make sure that you have several light sources available. Various battery-powered lights are available, and lanterns that use propane or other fuel are also good possibilities.