

**PERSONAL GO-KIT
FOR
EMERGENCY COMMUNICATIONS**

Revised and Updated

Presented by
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About the Presenter

Dan O'Connor, KE7HLR, is a structural engineer by trade, previously served in the U.S. Navy, and has been a licensed Radio Amateur since 2006 and an Amateur Extra since April of 2010. He is a member of the Washoe County ARES®/RACES advanced digital team and has served as a net control operator for the Western Nevada Noon Net.

A believer in preparedness, Dan enjoys assembling, caching, and inventorying his collection of emergency gear and, in his spare time, also enjoys doing the same with his camping gear, on trips with his family and friends.

In 2008, Dan and Danna, KF7IAW, were married, which completely changed Dan's outlook on his Go-Kit, which is still in flux today...

Introduction

This presentation is intended to get you thinking about your own Go-Kit—why you need one, what items you might want to put in it, and how to divide it up for ease of transportation and optimum utility. By giving you a peak at my own Go-Kit, I hope to offer some suggestions for items to include in your own kit.

Mission of the Emergency Communicator

General

As a volunteer Emergency Communicator, your mission is to get every message you handle to its intended recipient—quickly, accurately, and with a minimum of fuss. Achieving this goal requires that you employ your operational and technical skills at the highest level possible. This means being adequately prepared to handle an emergency communication assignment, so that you can keep focused on the job at hand and avoid unnecessary distractions.

Being prepared for an emcomm assignment involves a wide range of considerations, including radio equipment, power sources, clothing and personal gear, food and water, information and specialized training. Having your Go-Kit planned-out and assembled ahead of time will help you be prepared when the call-out comes. It is important to think through each probable assignment you might be faced with and plan your Go-Kit to meet the situations you might encounter.

Types of Incidents

As an Emergency Communicator, you may be called upon to assist with various disasters, incidents and events, including:

Natural Disasters:

- Epidemic / Pandemic
- Earthquake / Tsunami
- Wildfire / Conflagration
- Severe Winter Storm / Flooding
- Hurricane / Tornado

Man-Made Incidents:

- Terrorist Attack
- Mass Casualties
- Search and Rescue
- Others (usually do not involve a need for Amateur Radio operators, but may under certain conditions)
 - Multi-Vehicle Pile-Ups (most often in heavy fog)
 - Aircraft Crash
 - Train Derailment
 - Shipwreck / Oil Spill
 - Hazmat Incident

Public Service Events:

- Races / Walk-a-thons
- Parades / Celebrations
- ARRL Field Day

Types of Assignments

You may be asked to assist with any of a number of assignments, from a variety of operating locations, such as:

Base Station

- Incident Command or other Fixed Command Post (Helibase, Staging Areas, etc.)
- Emergency Operations Center
- Hospital
- At Home (HF Long-Haul Relay or Traffic Net)

Field-Portable Station

- Field Command Post
- Shelter or Intake Center
- Aid or Rest Station

Mobile Station

- Mobile Command Post
- Shadow
- Vehicle Ride-Along (Transport, SAG Wagon, etc.)
- Relay Station (Manual Repeater)

Modes of Communications

You may be asked to provide communications using a variety of modes, including:

- Tactical Voice Communications (VHF/UHF FM)
- Tactical Message Traffic (VHF/UHF Packet)
- Live Video (Amateur Television)
- Long-Haul Message Traffic (HF SSB Voice or CW)
- Other Available Modes (Telephone, Fax, Agency Radio, Runner)

Length of Assignment

The length of time you are asked to assist with emergency communications will depend on the type and size of the incident and the number of Emergency Communicators available

- Short—A Few Hours to Less Than A Day
- Overnight
- Two to Three Days
- Long-Duration—Greater than 72 Hours

What is a Go-Kit?

- A Go-Kit is a pre-staged collection of equipment and personal gear that you will need to perform your duties as an Emergency Communicator in the event of a call-out.
- Your Go-Kit should be tailored to your needs, your equipment, expected assignments, and expected length of assignments.

Why you need a Go-Kit

Some reasons why you need a Go-Kit:

- In the event of a major disaster, your assignment location will probably be without power, heat, water, and telephone service. Most businesses in the area will probably not be open, due to the emergency.
- As an Emergency Communicator, *YOU* must provide your own Equipment and Gear.
- *YOU* are responsible for your own Safety, and *YOU* must provide for your own Welfare and Comfort.

Building your Go-Kit now ensures that the items you will need are:

- Available when you need them.
- Where you expect them to be.

When the Activation Call comes, you won't have time to hunt for things!

Types of Go-Kits

Your Go-Kit should be tailored to your needs, your equipment, your expected assignments, and the expected length of assignments. Break-up your Go-Kit into different types of kits, depending on function and storage location:

By Function

- Types of Incident
- Type of Assignment or Mission
- Length of Assignment

By Storage Location

- Carried on Person
- Carried in Vehicle
- Cached at Fixed Location (Home, Office, Shop, etc.)
- Non-Cached Equipment—gathered as needed (Home, Office, Shop, etc.)

Modular Concept

Ideally, you should divide your Go-Kit into small, easily-transportable modules, based on expected Type of Assignment, Length of Assignment, and Storage Location.

Go-Kit modules should supplement each other with additional equipment and supplies, to extend your capabilities and endurance.

Basic Go-Kits

- Day Pack—Items needed for a short-duration or for mobile or foot assignment. Keep in vehicle for immediate access.
- 24-Hour Kit—Supplemental items needed for an overnight assignment.
- 72-Hour Kit—Supplemental items needed for an extended assignment of up to three days.

Specialty Go-Kits

- Field Office Kit—Paperwork, operational aids, and other gear that may be useful for setting-up and maintaining a portable or base communications station.
- Portable Radio Kit—the classic “Radio in a Briefcase”—for voice or packet.
- Computer Kit—Notebook computer and interface equipment for packet.

- Tool Kit—Tools and equipment needed to set-up and maintain your radio station.
- Antenna and Mast Kit—Portable antenna, mast, and tripod or guy lines, for setting-up an outdoor antenna.
- Emergency Power Equipment—Batteries, Generator, Cables and related gear.

Miscellaneous Go-Kits

- Additional Gear—Sleeping bag, tent, shade canopy, etc.
- Vehicle Tool Kit—Equipment needed to keep your vehicle going.
- Evacuation Kit—Food, water and equipment needed if it becomes necessary to evacuate from your current location.

A Look Inside KE7HLR and KF7IAW's Go-Kit

In-Pocket Carry

Kept on my person, whenever I leave the house.

- Driver's License
- "Notify in Case of Emergency" telephone list
- Cash/Coins
- Cell phone
- Leatherman *Skeleton*
- Wristwatch

HT Pack

(One for each person) Kept in vehicle, ready for immediate use. The pack is a Fishpond "San Juan" fly fishing chest pack, which can be worn as a chest pack, a (tiny) backpack, around your waist like a fanny pack, or on your belt with the built-in belt loop.



- WCARES Identification

Communications Equipment:

- Radio, Handheld, 2m/70cm, Yaesu VX-7R
 - Antenna, 8" whip, Diamond SRH519
 - Speaker/Microphone, Pryme SPM-2142
 - Earphone, Pryme EH-1300SC
 - Battery Pack, Rechargeable, FNB-80LI (2)
- HT external 12Vdc power cable, w/ PowerPole connector
- HT antenna adapter cable, SMA to SO-239
- Radio Programming/Frequency Chart
- Nifty Quick-Reference Guide, VX-7R

Safety Equipment, Tools and Supplies:

- LED Flashlight, Surefire 6P
 - Extra batteries, 123A (2)
- LED Headlight w/ retractable headband
 - Extra batteries, AAA (2)
- Pen, highlighter
- Pen, ball point
- Pen, Sharpie marker
- Pencil, mechanical
- Waterproof notebook, 4½" x 7"
- Whistle

Personal Items:

- Moist wipes (4)
- Ear plugs, pr. (2)
- Eyeglass cleaning cloth
- Prescription meds, daily supply

Personal First Aid Kit:

- Adhesive bandage, 1½" x 2"
- Adhesive bandage, knuckle
- Adhesive bandage, 1" strip (3)
- Antiseptic wipes (2)
- Nitrile gloves, disposable, pr.
- Hand sanitizer towelette (2)
- Ibuprofen tablets, 200 mg (4)
- Imodium A-D tablets (2)
- Insect repellent towelette
- Lip balm
- Moleskin, 3" x 4"
- Nail clippers
- Storage bag
- Safety pin (2)
- Tweezers

Field Office Kit

(2-person team) This kit is designed to contain all of the equipment needed for operation of an amateur station during drills and exercises, public events, or manning a shift during an emergency.



Communications/Navigation Equipment:

- Radio, Handheld, FRS/GMRS, Motorola T7100
 - Headset, Microphone/Earphone
 - Extra batteries, AA (4)
- GPS Receiver, Garmin 60CSx w/ carrying case
 - Extra batteries, AA (2)
- Manuals, VX-7R and T7100 radios
- Manual, GPS receiver quick reference
- Reno/Tahoe street guide
- Reno/Sparks street map, laminated
- Nevada/Utah highway map, laminated
- Northern California highway map, laminated

Station Field Book/Operating Aids:

- Copies of Amateur Radio/GMRS licenses
- Copies of Driver's License
- ARES Field Resources Manual*
- Local ARES/RACES Frequency Chart
- FSD-3, Numbered Radiograms
- FSD-218, Formal Messages
- FSD-220, Communication Procedures
- FSD-255, Emergency Reference Information

Forms:

- ICS 205—Incident Radio Communications Plan
- ICS 205-A—Communications List
- ICS 213—General Message
- ICS 216—Radio Requirements Worksheet
- ICS 217—Radio Frequency Assignment Worksheet
- ICS 309—Communications Log
- Net Control Sheet
- Radiogram, ARRL format
- Radiogram, extended format
- Damage Assessment Report

Office Supplies:

- Clipboard, Aluminum (2)
- Envelope, 9" x 12" (2)
- Steno pad, 6" x 9"
- Post-It notes, 3" x 3"
- Paper clips, asstd.
- Pen, highlighter, yellow
- Pen, ball point (2)
- Pen, Sharpie marker (2)
- Pencil, mechanical (2)
- Rubber bands, asstd.
- Scissors
- Stapler and extra staples
- Tape, cellophane, 1/2" x 80 ft

Safety Equipment, Tools and Supplies:

- ARES yellow safety vest (2)
- Leather work gloves
- Leatherman multi-tool, Surge
- Ibuprofen tablets, 200 mg
- Insect repellent
- Moist wipes (8)
- Nitrile gloves, pkg./6
- Respirator, N95, NIOSH-approved (2)
- Sunscreen
- Waterless hand sanitizer
- 1/8" nylon rope, 100 ft
- Duct tape, 1"
- Electrical tape, 3/4"
- Nylon cable ties, asstd.
- Silicone repair tape, 1"
- Storage bag, gallon
- Storage bag, quart (2)
- Trash bag, 42 gal. (2)

Food and Water:

- Snacks, asstd.
- Water, 0.5 L bottle (4)

Personal First Aid Kit:

- Mirror
- Scissors
- Tweezers
- Adhesive bandage, 1" strip (10)
- Adhesive bandage, 1 3/4" strip (2)
- Adhesive bandage, 2" x 3" (2)
- Adhesive bandage, 3" x 4" (2)
- Adhesive bandage, fingertip (2)
- Adhesive bandage, knuckle (2)
- Butterfly closure, small (2)
- Cotton swabs (10)
- Emergency blanket, 56" x 84"
- Finger splint, 3/4" x 6"
- First aid tape, 1"

Personal First Aid Kit (continued):

- Gauze dressing, 3" x 4" (2)
- Gauze trauma pad, 5" x 9"
- Gauze roller bandage, 2"
- Hand sanitizer wipes (2)
- Moleskin, 3" x 4"
- Nitrile gloves (2)
- Safety pin (3)
- Wind- and water-proof matches
- Antibiotic ointment pack (2)
- Antiseptic wipes (4)
- First aid/burn cream pack (2)
- Ibuprofen tablets, 200mg
- Imodium A-D tablets
- Insect sting relief pen
- Zantac 150 tablets

24-Hour Kit

(Family of 2) This kit is designed to provide comfort, food and water for events lasting from 12 hours to overnight. This kit forms the first day's gear in the 72-hour Kit.



Communications Spares:

- Radio, Handheld, 2m, Yaesu VX-170
 - OEM antenna
 - Extended-range, quad-band antenna, Diamond SRH999
 - Battery pack, rechargeable, FNB-83 (2)
 - Battery pack, AA, FBA-25A
- Packet interface cable, 6-pin mini-DIN jack to 3/32" and 1/8" stereo plugs
- Microphone adapter, CT-91, 1/8" 4-cond. plug to 3/32" and 1/8" stereo jacks
- Charger, 110Vac, NC-88B, w/ PowerPole connector (requires cable from HT Pack)
- AA Batteries (24)

Food and Water:

- Meal, Ready-to-Eat (4)
 - Flameless Ration Heater (4)
- Water, 0.5 L bottle (12)
- Steel cup (2)

Comfort and Personal Items:

- | | |
|--|---|
| <input type="checkbox"/> Microfiber blanket, 50" x 60" | <input type="checkbox"/> Dental floss |
| <input type="checkbox"/> Hand towel | <input type="checkbox"/> Toothbrush (2) |
| <input type="checkbox"/> Washcloth | <input type="checkbox"/> Toothpaste |
| <input type="checkbox"/> Liquid hand soap | <input type="checkbox"/> Toilet tissue, roll |
| <input type="checkbox"/> Moist wipes, pack | <input type="checkbox"/> Trash bag, 42 gal. (2) |
| <input type="checkbox"/> Waterless hand sanitizer | <input type="checkbox"/> Storage bag, gallon |
| <input type="checkbox"/> Nitrile gloves, pkg./6 | <input type="checkbox"/> Storage bag, quart (2) |

72-Hour Kit

(Family of 2) This kit is designed to extend the 24-Hour Kit out to 72 hours, i.e., days 2 and 3. The modular layout is designed to organize the supplies and gear so that components can be separated as the need arises, such as in an ARES deployment, where the home evacuation gear isn't needed, or when one person goes on deployment and the other stays home.



Common Gear (Red cube)

This module contains safety equipment, extra batteries, supplies, and a larger first aid kit. This module also serves as a home emergency kit.



Safety Equipment and Tools:

- \$50 in \$5s and \$10s
- Gas shut-off wrench
- LED Lantern w/
 - D Batteries (4)
- Leatherman Core
- Ear plugs, pkg./20
- Liquid hand soap
- Respirator, N95, FDA-approved, 3M 8612F (8)
- Respirator, N95, NIOSH-approved (2)
- Safety glasses (2)

Miscellaneous Supplies:

- 123A Batteries (6)
- AA Batteries (48)
- AAA Batteries (16)
- D Batteries (4)
- 1/8" nylon rope, 100 ft
- Duct tape, 1.88"
- Hand warmer, single use (2)
- Moist Wipes, pack
- Nitrile gloves, pkg./6
- Pen, ball point (2)
- Pen, Sharpie marker (2)
- Sewing kit
- Toilet tissue, roll (2)
- Writing paper/notebook

First Aid Kit:

- First aid guide
- Magnifier, 10x
- Scissors
- Tweezers
- Adhesive bandage, 3/8" strip (10)
- Adhesive bandage, 1" strip (10)
- Adhesive bandage, 1-3/4" strip (4)
- Adhesive bandage, 2" x 3" (5)
- Adhesive bandage, 3" x 4" (4)
- Adhesive bandage, fingertip (3)
- Adhesive bandage, knuckle (3)
- Butterfly closure, large (5)
- Butterfly closure, small (4)
- Gauze dressing, 3" x 3"
- Gauze dressing, 3" x 4" (3)
- Gauze dressing, 4" x 4", pkg./10

First Aid Kit (continued):

- Gauze eye pad
 - Gauze roller bandage, 3" x 5 yd
 - Razor blade, single edge
 - Sunscreen
 - Triangular bandage w/ safety pins
 - Adhesive tape, 1"
 - Liquid bandage, 0.3 fl. oz.
 - Moleskin, 3" x 4" (3)
 - Matches, wind- and water-proof
 - Wire splint, small
 - Antiseptic Iodine Solution
 - Docolax tablets
 - Eyewash solution, 4 fl. oz.
 - First aid cream, 1.5 oz tube
 - Ibuprofen tablets, 200 mg
 - Imodium A-D tablets
 - Insect sting relief pen
 - Lactaid tablets
 - Nitrile gloves, pkg./6
 - Oral rehydration salts (3)
 - QuikClot nosebleed gauze (5)
 - QuikClot sponge, 25g (2)
 - QuikClot sponge, 50g
 - Waterless hand sanitizer
 - Zantac 75 tablets
- "Dental Medic" kit
 - Temporary cavity filling mixture
 - Dental floss
 - Tea bag, 100% natural Pekoe
 - Cotton rolls (5)
 - Cotton pellets (5)
 - Wax rope
 - Tooth picks (3)
 - Anbesol/Orasol, Benzocaine 20%, .75 g (2)
 - "Suture/Syringe Medic" kit
 - Nitrile gloves, disposable, pr.
 - Hand wipe
 - Syringe, Luer Lok, 3ml
 - Needle, disposable, sterile, 21G x 1 1/2"
 - Needle, disposable, sterile, 25G x 5/8"
 - Angiocatheter, 18G x 1 1/4"
 - Suture, nylon, 5-0
 - Needle, disposable, sterile, 18G x 1 1/2"
 - Syringe, 1 cc, with needle
 - After Cuts & Scrapes* antiseptic wipe (3)
 - Alcohol swab (4)

Provisions (Green cube)

This module contains two day's worth of food for two people. MREs were chosen because of their simplicity, relatively light weight, and high calorie content (approximately 1200 calories per meal) needed for high-stress levels during a disaster. Since water for the 72-Hour Kit won't fit in the kit, a large **NO WATER** reminder is printed on the cube's ID placard.



- Meal, Ready-to-Eat (8)
 - Flameless Ration Heater (8)
- Paper towels, roll
- Plastic utensils (12 sets)
- Waterless hand sanitizer

- Storage bag, gallon (2)
- Storage bag, quart (2)
- Trash bag, 42 gal. (2)

Don't forget the Water:

- Water, 0.5-L bottles, case/24**
- Water, 2.5-gal. (2)**

Individual Gear (Gold and Blue cubes)

These modules are our individual "suitcases," with clothing, toiletries, and other personal articles.



Clothing:

- | | |
|--|---|
| <input type="checkbox"/> Trousers, heavy work pants or jeans | <input type="checkbox"/> Sweat shirt |
| <input type="checkbox"/> Hiking shorts | <input type="checkbox"/> Socks, pr. (3) |
| <input type="checkbox"/> Shirt, short sleeve (2) | <input type="checkbox"/> Underwear (3) |
| <input type="checkbox"/> Shirt, long sleeve | <input type="checkbox"/> Bra (2)* |
| <input type="checkbox"/> Sweat pants | <input type="checkbox"/> Wind shirt |

Comfort and Personal Items:

- | | |
|--|--|
| <input type="checkbox"/> Fleece blanket, 50" x 60" | <input type="checkbox"/> <i>Feminine hygiene supplies*</i> |
| <input type="checkbox"/> Shower sandals | <input type="checkbox"/> <i>Make-up removal*</i> |
| <input type="checkbox"/> Bath towel | <input type="checkbox"/> Mouthwash |
| <input type="checkbox"/> Washcloth, pre-moistened, pkg./4 | <input type="checkbox"/> Dental floss |
| <input type="checkbox"/> Prescription meds (3 daily doses) | <input type="checkbox"/> Toothbrush |
| <input type="checkbox"/> Antiperspirant | <input type="checkbox"/> Toothpaste |
| <input type="checkbox"/> Cotton swabs | <input type="checkbox"/> Insect repellent towelettes (4) |
| <input type="checkbox"/> Lip balm | <input type="checkbox"/> Moleskin, 4" x8" |
| <input type="checkbox"/> Comb/Hair brush | <input type="checkbox"/> Sunscreen |
| <input type="checkbox"/> Mirror, 3" x 5" | <input type="checkbox"/> Toilet tissue, roll |
| <input type="checkbox"/> Bath soap/Body wash | <input type="checkbox"/> Trash bags, 13 gal. (2) |
| <input type="checkbox"/> Shampoo | |

* Ladies items in italics.

Home Evacuation Bag

This bag contains items that may be needed in case of evacuation, but which are of minimal use during a Ham deployment.



Safety Equipment, Tools and Supplies:

- AM/FM receiver w/ WX band
 - Extra AA batteries (8)
- LED Flashlight,
 - Extra AAA batteries (10)
- Light stick, 12-hour, green (12)
- Candle (3)
- Waterproof matches
- Spark-Lite fire starter w/ windproof tinder
- Can opener
- Fishing kit, emergency
- Flexible cable saw
- Steel "Sierra" cup (2)
- Water filter, Katadyn HIKER
- Water purification tablets, Katadyn Micropur (30)
- Storage bag, gallon (2)
- Storage bag, quart (2)
- Trash bag, 42 gal. (2)

Recreation:

- Playing cards
- Dice, set/5

Pet Supplies:

- Food & water dish (2)
- Harness and leash (2)
- Pet Food*
- Pet Carrier (2)**
- Litter tray, 12" x 18"***
 - Liner (2)**
 - Litter (2 pkg)**
 - Scoop**

* Not cached, gather as needed.

** Stored in garage.

Radio Kit, VHF/UHF FM Phone/Packet

This radio kit provides portable voice or packet capabilities wherever needed.



- Radio, 2m/70cm, Yaesu FT-8800R
 - DTMF microphone, MH-68
 - Terminal Node Controller, KPC-3+
 - Adapter, DB9(F) to DB25(M)
 - Adapter, USB to RS-232 interface
 - Cable, 12Vdc power, w/ PowerPole connector
 - Cable, radio interface
- Clock, battery powered, MFJ-118
 - Spare Batteries, AAA (2)
- LED light strip, 12Vdc, WMR PWRbrite, w/ 6 ft power cable and PowerPole connector
- Power distribution panel, WMR RigRunner 4005
- Power supply, 25A, Astron SS-25
 - 110Vac power cable
 - 12Vdc output power cable, w/ PowerPole connector
- Terminal Node Controller, Kantronics KPC-3+
 - Cable, 12Vdc power, w/ PowerPole connector
 - DB-9 to DB-25 serial adapter
 - RS-232 to USB serial adapter
 - Radio interface cable, 6-pin DIN to DB-9
- 12Vdc power cable, w/ PowerPole connectors, 6 ft
- Antenna, 2m/70cm, 5/8-wave, Larsen NMO2/70B
- Antenna mount, magnetic, NMO w/ 12 ft RG-58
- Headphones, Yaesu YH-77sha
 - Audio adapter, 1/8" stereo to 1/8" mono
- Radio/equipment manuals
- RG-8X coaxial cable, 25 ft, w/ coupler
- USB extension cable, 6 ft
- USB to mini-USB cable, 3 ft (for GPS interface)

Parts Kit:

- Audio adapters, asstd.
- Fuses, asstd.
- HT external 12Vdc power cable, w/ PowerPole connector
- Nylon cable ties, asstd.
- PowerPole connectors
- PowerPole to OEM radio power adapter
- RF adapters and couplers, asstd.

Radio Kit, HF

Although the HF radio is not kept in this kit, the other items are pre-staged in a padded soft case. All I need to do is unplug the radio at home, toss it the bag, and I'm ready to operate SSB, PSK-31, or VHF/UHF voice in the field.



- Radio, HF/2m/70cm all-mode, Yaesu FT-897D
 - HF antenna tuner, LDG AT-897
 - DTMF microphone, MH-59
 - Power Supply, 110Vac, bolt-on, FP-30
 - Cables, interconnecting (CAT/Auto-Tune/Coax)
 - Spare Fuse, 10A (2)
- Antenna analyzer, MFJ-259B
 - Extra AA batteries (10)
- 110Vac power cable
- 12Vdc power cable, w/ PowerPole connector
- Audio interface cable, 6-pin mini-DIN to dual 1/8" stereo plug
- CAT control cable, CT-62
- Grounding strap, 10 ft
- HF Frequency/Band reference chart
- Nifty FT-897D quick reference guide
- PSK-31 operating "cheat sheet"

Computer Kit

This is the computer I use to run Packet and PSK-31.



- Computer, notebook, HP dv2718us, w/ 4400mAh Li-Ion battery
- Power supply, AC/DC input, 90W, 14 Vdc output
 - 110Vac power cable
 - 12Vdc power cable w/ Power-Pole connector
- Mouse, wireless, Microsoft Arc Mouse
 - Mouse pad
- RS-232 to USB serial adapter
- Radio programming cable, CT-39A, serial to 6-pin mini-DIN plug
- Radio programming Cable, CT-79A, serial to 1/8" stereo plug
 - HT microphone adapter, CT-91, 1/8" 4-cond. plug to 3/32" and 1/8" stereo jacks
 - Adapter, audio, 3/32" plug to 1/8" jack, 3-cond.
- Network cable, Cat-5, 6 ft
- USB to mini-USB cable
- USB to USB-A cable
- USB hub, w/ USB to mini-USB cable

15-ft Antenna Mast Set

Portable mast set with tripod yoke, used for VHF/UHF communications.

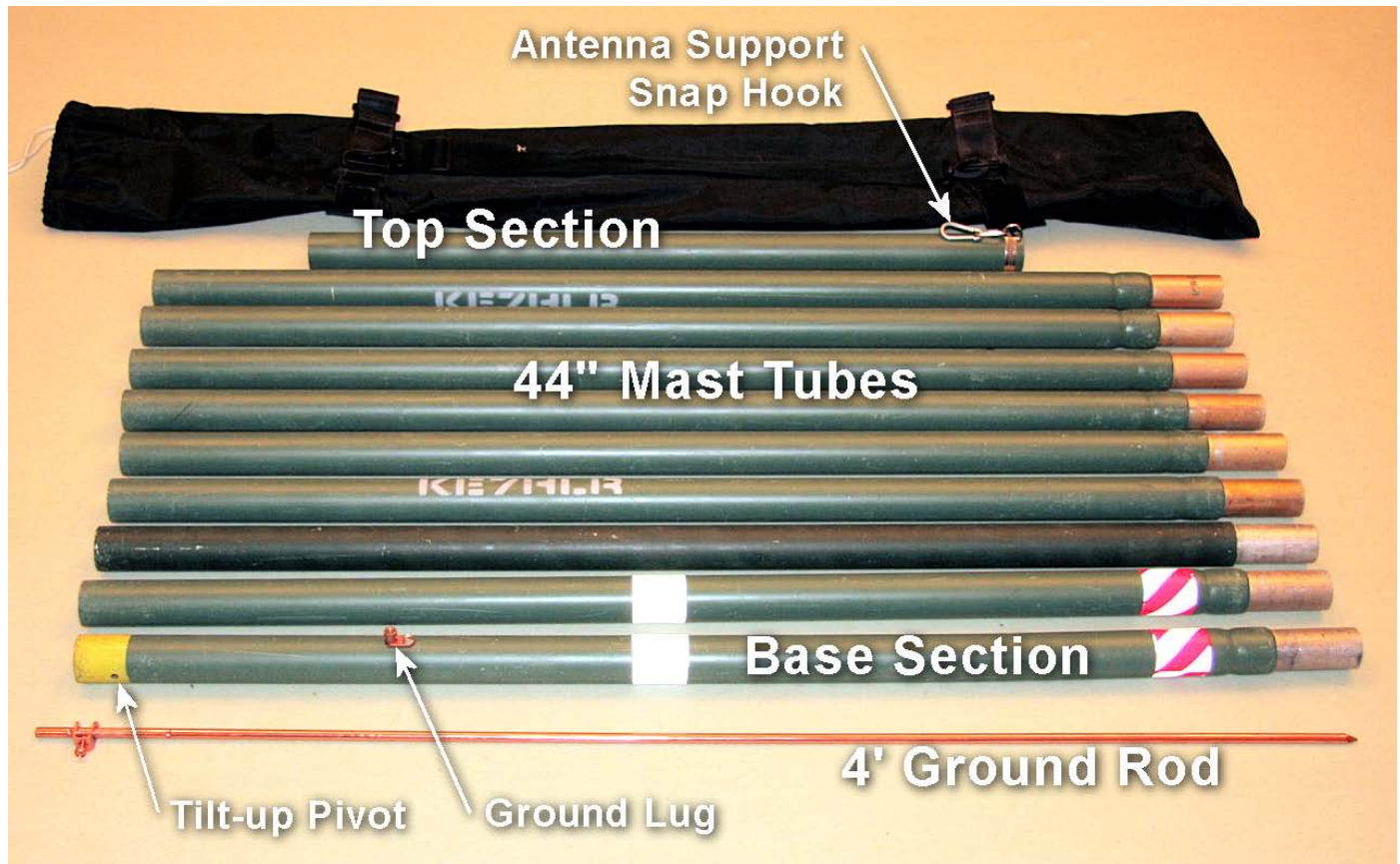


- Mast, sectional, aluminum, 1.88" x 44", keyed (4)
- Leg sections, w/ anchor eyebolts (3)
 - Stake, 10" (4)
 - Sandbag, pre-filled (3) *(Not shown in photo)*
- Leg extension, 2 ft
- Leg extension, 1 ft
- Tripod yoke, aluminum, for 1.88" dia. mast

- Antenna, 2m J-pole, w/ SO-239 connector
 - Hose Clamp, adjustable (2)
- Antenna, 2m Yagi, Arrow 146-4, w/ BNC connector
 - Adapter cable, BNC to SO-239
- Antenna, 2m/70cm 1/4-wave ground plane, Arrow GP-146/440 *(Not shown in photo)*

35-ft Antenna Mast Set

This portable mast set is used with the tilt-up base, guys, and wire antenna from the Antenna Setup Kit to rig an HF antenna.



- Mast, sectional, aluminum, 1.88" x 44", (9)
- Mast, 3-ft top section, aluminum, 1.88" x 24"
 - Pulley, for raising/lowering antenna without lowering mast (*NEW—not shown in photo*)
- Ground rod, copper, 4 ft, w/ cable clamp

Antenna Setup Kit

This kit has the tools and parts needed to set up and guy the 30-ft antenna mast, as well as a couple of inverted-V wire antennas.



- Antenna, 20/40/80-meter multi-wire inverted-V, w/ SO-239 center connector
- Antenna, 20-meter inverted-V, w/ SO-239 coax pigtail connector
- Tit-up base, for 1.88" mast, w/ ground lug and uphaul cleat
 - Stake, 10" (4)
- Lower guy assembly, w/ guy ring and (4) sets of 1/4" nylon rope x 33 ft, threaded link and Line-Grip
- Upper guy assembly, w/ guy ring and (4) sets of 1/4" nylon rope x 45 ft, threaded link and Line-Grip
- Guy rope extension, 1/4" nylon rope x 10 ft, snap link and Line-Grip (2)
- Guy anchor stake, 18 in, w/ eyebolt, guy leaders & snap links (6)
- Ground wire, #4 AWG, green, 10 ft
- Hose Clamps, adjustable (2)
- Snap links and threaded links, asstd.

Tools and Supplies:

- Gloves (2 pr)
- Hammer, 4 lb.
- Nut Driver, 5/16"
- Nut Driver, 3/8"
- Pliers, lineman's side-cutting, 9"
- Pliers, needle-nose, w/ side cutter and crimper, 6"
- Screwdriver, flat, 1/4"
- Screwdriver, Phillips, #1
- Screwdriver, Phillips, #2
- Wrench, adjustable, 8"
- Cable Ties, nylon, UV-resistant
- Duct tape, heavy-duty, 1.88"
- Electrical Tape, 3/4"
- Rope, UV-resistant Dacron, 3/16" (100 ft)
- Safety ribbon, high-visibility pink, 1", roll
- Washcloth, pre-moistened, pkg./4

Coax Bag

All my field-use transmission line, in a Dutch oven carrier!



- RG-8 coaxial cable w/ ferrite choke, 33 ft (3)
- RG-8 coaxial cable w/ coupler, 33 ft (3)
- RG-8 coaxial cable w/ coupler, 50 ft

- Duct tape, heavy-duty, 1.88"
- Gaffer's tape, yellow, 1.88"
- Cable-Path tape, 4"

Power Cable Bag

This bag is home to an assortment of power cables.



- 110Vac extension cable, 15A Heavy-Duty, 50 ft
- 110Vac multiple-outlet adapter
- 110Vac power strip

- 350W AC inverter, w/ Power-Pole connector

- Power-Pole extension cable, w/ 4-way Power-Pole connector, 6-ft
- Power-Pole extension cable, 12 ft
- Power-Pole extension cable, 24 ft
- Power-Pole inline fuse holder, w/ 30A fuse
- Battery terminal clamp to Power-Pole adapter
- Lighter plug to Power-Pole cable, 6 ft
- HF radio power cable, w/ Power-Pole connector
- VHF radio power cable, w/ Power-Pole connector

Emergency Power Equipment

This equipment is not normally cached, and must be gathered as needed.



- Battery, 12V, 80Ah AGM (2)
 - 30A Power-Pole pigtail
- Battery, 12V, 60Ah SLA, Xantrex XPower 1500, w/ 1500W Inverter and cigarette lighter socket
 - Charger, multi-stage, 5A, w/ Power-Pole connector
 - Lighter plug to Power-Pole adapter
 - 30A Power-Pole pigtail
- Charger, multi-stage, 10A, Schumacher SSC-1000, w/ PowerPole connector
- Generator, 2kW, 110Vac, Honda EU2000i
 - 12V battery charging cable
 - Chain and 2 padlocks, for securing generator
 - Motor oil, 10W-30 synthetic
 - Oil fill spout, corrugated
 - Spark plug (2)
 - Spark plug wrench
- Drip Tray, 18" x 24"
- Fuel siphon pump, w/ vinyl hoses
- Gasoline container, 2 gal. (2)
 - Fuel stabilizer

In-Vehicle Equipment

This is the normal load-out I keep in the back of my 4-Runner. A pair of Rubbermaid totes keeps it from rolling around in back.



Left-Side Tote:

- Jumper cables
- Shovel, collapsible
- Tire inflator, heavy-duty, Slime COMP-06, w/ Power-Pole connector
 - Power-Pole extension cable, 10 ft.
- Work gloves, pr.
- 3/8" nylon rope, 50-ft
- Duct tape, heavy-duty, 1.88"
- Lamp and Fuse Kit
- Paper towels
- Shop rags

Right-Side Tote:

- Meal, Ready-to-Eat (2)
 - Flameless ration heater (2)
- Water, 0.5-L bottle (6)
- Fleece blanket, 48" x 56"
- Safety vest, yellow
- Pen, ball point
- Pen, Sharpie marker
- Writing paper/notebook
- Toilet tissue, roll (4)
- Storage bag, gallon (2)
- Trash bag, 33 gal. (2)

Tool Kit:

- Awl, 4"
- Battery terminal brush
- Diagonal Cutter, 7"
- Knife, utility
 - Extra blades
- Knife, X-Acto #1
 - Extra blades, #11
- Pliers, adjustable-joint, 7"
- Pliers, adjustable-joint, 9"
- Pliers, needle-nose, w/ side cutter, 6"
- Screwdriver, #0 Phillips
- Screwdriver, #2 Phillips
- Screwdriver, 1/4" flat
- Screwdriver, 1/8" flat
- Socket set, metric, w/
 - Ratchet, 3/8" drive
 - Adapter, 3/8" to 1/4"
 - Universal Joint, 3/8" drive
 - Extension, 3", 3/8" drive
- Wrench, adjustable, 10" (2)
- Nylon cable ties, asstd.
- Electrical tape, 3/4"

First Aid Kit:

- First aid guide
- Mirror, steel, 3" x 5"
- Scissors
- Tweezers
- Adhesive bandage, 3/4" strip (10)
- Adhesive bandage, 1" strip (10)
- Adhesive bandage, 2" x 3" (8)
- Adhesive bandage, 3" x 4" (4)
- Adhesive bandage, antibiotic, 3/4" strip (10)
- Adhesive bandage, finger (5)
- Adhesive bandage, knuckle (5)
- Butterfly closure, large (4)
- Elastic bandage, 3"
- First aid tape, cloth, 1"
- Gauze combine dressing, 8" x 10"
- Gauze dressing, 3" x 4" (5)
- Gauze dressing, 4" x 4" (4)
- Gauze eye pad (2)
- Gauze face mask
- Gauze field dressing, 16" x 29"
- Gauze roller bandage, 2" x 5 yd
- Gauze roller bandage, 3" x 5 yd
- Gauze roller bandage, 4.5" x 4 yd
- Lip balm
- Liquid bandage, 0.3 fl. oz.
- Matches, wind and water proof
- Moleskin, 3" x 4" (3)
- Mylar blanket, 56" x 84"
- Nitrile gloves, pr. (2)
- Paper eyewash cup (2)
- Razor blade, single edge, pkg./8
- Solution, iodine
- Splint, wire, small
- Triangular bandage, w/ safety pins
- Waterless hand sanitizer
- Ibuprofen tablets, 200 mg
- Imodium A-D tablets
- Zantac 75 tablets

Miscellaneous:

- Fire extinguisher, A-B-C (*rear area*)
- LED flashlight, aluminum, Mag-Light 3-cell (*driver*)
- Hard hat (*rear area*)
- Snow brush/ice scraper (*rear area*)
- Jack, w/ crank handle (*left-rear*)
- Lug wrench, folding (*left-rear*)
- Motor oil, Mobil 1 synthetic 10w-30, 1 qt. (*right-rear*)
- Tie-downs, asstd. (*left-rear*)
- 1/8" nylon rope, 50 ft (*right-rear*)
- Lotion, sunscreen (*back of driver seat*)
- Waterless hand sanitizer (*glove compartment*)

Tool Bag

This is my everyday electronics tool kit, which I try to keep neatly organized so that it's available for field operations.

- Digital multimeter, Fluke 115
 - Extra battery, 9V
- Cable stripper, RG-58
- Cable stripper, RG-8
- Crimper, PowerPole
- Crimper, wire terminal, w/ wire stripper
- Diagonal cutters, 4"
- Diagonal cutters, 7"
 - Extra batteries, AAA (3)
- Knife, utility
 - Extra blades
- Knife, X-Acto #1
 - Extra blades, #11
- LED Flashlight
- Pliers, bent needle-nose, 4"
- Pliers, lineman's side-cutting, 7"
- Pliers, long needle-nose, 4"
- Pliers, needle-nose, 4"
- Screwdriver, mini-tip, Phillips/flat tip, set of 4
- Screwdriver, Phillips, #2
- Soldering Iron, 25W, 110Vac
- 5-minute epoxy
- Cyanoacrylate adhesive
- Connectors, PL-259, w/ RG-58/8X adapter, asstd.
- Duct tape, heavy-duty, 1.88"
- Electrical tape, 3/4"
- Liquid electrical tape sealant
- Nylon cable ties, asstd.
- Solder, lead-free, 0.030"φ
- Terminals, crimp-on, PowerPole, asstd.
- Terminals, crimp-on, ring, asstd.
- Velcro cable ties
- Wire, #10 AWG, 2-cond. (20 ft)
- Wire, #16 AWG, 2-cond. (20 ft)

Additional Gear

These items are not normally cached, and must be gathered as needed.

- Pop-up shade canopy, w/ carrying bag (2)
 - Rope, guy, 1/8" nylon, 12 ft (4)
 - Screen room
 - Sidewall, set/2
 - Stakes, leg anchor (4)
- Chair, folding (2)
- Ice chest, 7-qt (2)
- Ice chest, wheeled, 60-qt. (2)
- Propane heater, 9000 BTU/hr, indoor-safe, w/ carrying case
 - Adapter Hose, propane, for connecting 20-lb. cylinder, 12 ft.
 - Cylinder, propane, disposable, 1 lb. (12)
- Cylinder, propane, 20-lb.
- Tent, four-man
- Air mattress, w/ air pump
 - Extra D batteries (4)
- Therm-a-Rest mattress pad
- Pillow, w/ pillowcase
- Shovel, round nose
- Sleeping bag
- Table, folding, 24" x 48"
- Medical Equipment

Seasonal Clothing:

- Balaclava, fleece, gore-tex, black
- Coat, parka, Gore-Tex
- Footwear, boots
- Gloves, pile, wind proof, black
- Sweater, pullover, fleece

Conclusion

As an Emergency Communicator, you perform a valuable service to the community, especially in times of natural or man-made disasters.

To perform your duties effectively, you must be prepared to assist in any of a number of assignments, from a variety of station locations, using various communication modes, for possibly an extended length of time. You must be prepared to provide your own equipment, and you must be prepared to tend to your own safety, welfare and comfort.

This goal of this presentation was to get you thinking about your own Go-Kit—why you need one, what items you might want to put in it, and how you might divide it and package it for optimum utility and ease of transportation.

I hope I have met this goal, and have given you some suggestions and ideas for items to include in your own kit.

Sources for Further Information

There are numerous sources available with information on “Go Kit” contents. Some of the notable ones I have relied upon include:

- Colter, Dave, ed. *The ARRL Amateur Radio Emergency Communications Course, Level I, 3rd Ed.* Newington: American Radio Relay League, 2005.
- Ewald, Steve, ed. *ARES Field Resources Manual.* Newington: American Radio Relay League, 2005. *A PDF version is available online at:* <http://www.arrl.org/FandES/field/aresman.pdf>.
- Green County [OH] ARES. “Jump-Kits.” Website: <http://gcares.febo.com/jumpkit.htm>.
- Guilford County [NC] ARES. “ARES GO-KIT Suggestions.” Website: <http://www.guilfordares.org>
- King County [WA] ARES/RACES. “ARES/RACES Recommended Personal Equipment Checklist.” Website: <http://www.aresofkingcounty.org/deploy.php>
- Tulsa County [OK] ARES. “Amateur Radio Emergency Service Call Out Kits.” Website: http://www.tulsaamradio.org/ARES/ares_call_out_kit.htm
- Woll, Marty. “Assembling Your Go Kit.” Los Angeles Section ARES. Website: <http://www.areslax.org/index.php?page=go-kit>

Equipment Sources

Here’s where I got some of the harder-to-find items on my list:

- **Sectional Aluminum Mast** (Military Surplus): The Mast Company (Henry Pollock, K4TMC): <http://www.tmastco.com/> (*Twin City Surplus on 4th Street in Reno, also has a selection of these out in their back lot.*)
- **Tripod Yoke:** Barans Military Surplus & Radio (eBay Store): <http://stores.ebay.com/BARANS-MILITARY-SURPLUS-AND-RADIO>
- **Guy Rope Grips:** (Buckmaster Line-Grip): <http://hamcall.net/linegrip.htm>
- **4-ft Ground Rod:** Radio Shack. Part # 15-530.
- **Battery w/ 1500W Inverter:** (XPower Powerpack 1500): Xantrex: <http://www.xantrex.com/web/id/63/p/1/pt/10/product.asp>