

Go-Kit Contents

This list of recommendations is separated into three groups: Day, 24-Hour, and 72-Hour. It is a suggested list of items an operator might need under various circumstances when deployed for emergency and public service activities.

Material in this list was consolidated from material produced by "*Field Forum*", published by the ARRL with attribution C. Edward Harris, KE4SKY, AEC Fairfax County VA ARES; Lake County Radio Amateur Civil Emergency Service, Inc.; Arlington County, Virginia ACS-RACES, personal equipment checklist-12 Hrs; Northern Virginia Regional Emergency Response Team, Pre-Deployment Check List for Out-Of-Area Mutual Aid; Greg Sarratt, W4OZK; Harry Lewis, W7JWJ; Dan O'Connor, KE7LHR; Frank O'Laughlin, WQ1), Cape Cod ARES DEC; Tom Hillery, KG4EDY, Personal Go Kits@yahoo.com. If I missed anyone, my sincere apologies.

Especially recommended are the following from KE7LHR:

<http://www.armymars.net/ArmyMARS/MCU/KE7LHR%20Go%20Kits%20Long%20Version.pdf>
<http://www.armymars.net/ArmyMARS/MCU/KE7HLR%20Go%20Kits.ppt>

From EMCOMMWEST "Comprehensive" Equipment and Personal Gear Checklist, 2004:

This is a COMPREHENSIVE list of equipment, supplies, and personal gear for ARES and other EMCOMM personnel to carry during emergency or public service activities. Use it as a guide from which to pick and choose and make your own list(s) based upon your own requirements.

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Not everyone on a team needs to carry "one of everything". In "true team fashion" a coordinated team may assign certain individuals to ALWAYS bring a certain item. For example not everyone has, nor should bring, a generator; when only one may be needed to support a field EMCOMM station. Someone else might be assigned to bring a portable shelter (sunshade, tent, etc.). But this only works if you have team members that you can depend on!

Let me emphasize that there are hundreds of such lists on the internet. No single list can cover all situations, locales, weather conditions, etc. Being part of a search team for a lost person in winter blizzard conditions clearly requires different equipment than supporting a Fourth of July parade or staffing an EOC. You must adapt and personalize any such lists for your specific operational area and needs. Common sense is key.

IMPORTANT NOTE

This document and many of those mentioned are in a public Google Docs area. The titles and urls are below. If you'd like this document with the urls via email, send a request to N1BDA@ARRL.NET.

This Document <http://tinyurl.com/4muep5g>
<https://docs.google.com/viewer?a=v&pid=explorer&chrome=true&srcid=0B5RqaOwD7MuhNjExODJhZjMtMzJiOC00NzMxLTk4NjQtNGU2YTMzZDFjMjIz&hl=en>

KE7LHR Go Kits Long Version.pdf <http://tinyurl.com/4rsdtfx>
<https://docs.google.com/viewer?a=v&pid=explorer&chrome=true&srcid=0B5RqaOwD7MuhM2E2MDcwYWI0OGQyYS00MmY5LWI4ZGI4MjE3NDk2MmY1NzE4&hl=en>

Personal Equipment Checklist for a 12-Hour Operational Period ... <http://tinyurl.com/4ketay6>
<https://docs.google.com/document/d/1pElheMecoZH87o8ZXoYDQNr471wujw4jaKA-eLS7HNM/edit?hl=en>

Pre-Deployment Check List for Out-of-Area Mutual Aid <http://tinyurl.com/4emmbhg>
<https://docs.google.com/document/d/1VwMFtw7OzQVSGjfkJTXZ1UsDliF5CFDDZnuWrpooFEk/edit?hl=en#>

PORTABLE GO-KIT RADIO STATION <http://tinyurl.com/4eq3dny>
<https://docs.google.com/leaf?id=0B5RqaOwD7MuhOGRmZDM5NzUtM2QwYi00MDBhLWEzOWEtMDc2MTVjMTk3ZmZl&hl=en>

A 2-Pound Survival Kit <http://tinyurl.com/473rmrq>
<https://docs.google.com/viewer?a=v&pid=explorer&chrome=true&srcid=0B5RqaOwD7MuhNjM0ZThkMDctODVknC00MjJlWlyNDEtZGM5MGQ4ZGEwNDRm&hl=en>

HF Station in a Pelican Case <http://tinyurl.com/495qwoq>
<https://docs.google.com/viewer?a=v&pid=explorer&chrome=true&srcid=0B5RqaOwD7MuhNzJjNmRiMjktNjczYS00NDQ0LTgzYWYtZDg5MGEyYTEzN2Ux&hl=en>

Small Kit Shopping List <http://tinyurl.com/4g5scns>
<https://spreadsheets.google.com/ccc?key=0ApRqaOwD7MuhdGlweIbfODFrZ3NxWkw3Z3R2dHJyWIE&hl=en#gid=0>

Evacuation to Shelter Emergency Supplies <http://tinyurl.com/4uzk7v6>
<https://docs.google.com/viewer?a=v&pid=explorer&chrome=true&srcid=0B5RqaOwD7MuhNjVhYmY2YTtY2JiIOS00YWQ5LWI1NDItODZiZDM0YTM2N2E1&hl=en>

Sheltering in Place Emergency Supplies <http://tinyurl.com/4my79fq>
<https://docs.google.com/viewer?a=v&pid=explorer&chrome=true&srcid=0B5RqaOwD7MuhYTBiMzVkMzMtODQ0My00Zjg5LWIyMWEtYmY0YzRmYTE5MmRi&hl=en>

Evacuation to Shelter Emergency Supplies <http://tinyurl.com/4uzk7v6>
<https://docs.google.com/viewer?a=v&pid=explorer&chrome=true&srcid=0B5RqaOwD7MuhNjVhYmY2YTtY2JiIOS00YWQ5LWI1NDItODZiZDM0YTM2N2E1&hl=en>

Day Kit:

Radio Gear

1. Dual-band HT in padded belt case or chest harness
2. "Tiger tail" HT range extender 144/440 Mhz or extendable antenna
3. Extra high-capacity (>1000 mah) NiMH, or backup AA battery case for HT
4. DC adapter & cigarette plug cord for HT
5. Two extra 2A fuses, for HT cord
6. Earphone and/or speaker mike
7. Adapter(s) to fit HT to mobile antenna coax and coax to antenna (SMA, BNC, PL259, barrels)
8. Minimum 10 ft. RG8-X coax
9. Plastic bags for good and bad batteries
10. Cell phone and 12v charger
11. 25' AC extension cord with multiple tap

Personal Gear

1. Spare eye glasses, reading glasses
2. Sun glasses
3. Prescription medications
4. Basic first aid kit
5. Latex examination gloves
6. Extra socks in plastic bag
7. Fleece vest or other layering clothes depending on weather
8. Plastic freezer bags, zip-lock (pint, quart, ½ gallon, 1 gallon)
9. Moist towelettes
10. Alcohol hand cleaner
11. Sunscreen (even in winter)
12. Insect repellent
13. Hat, sun/rain
14. Rain gear
15. Pocket sewing kit including buttons, safety pins, extra shoe laces
16. Aluminum "space" blanket
17. Matches

Documents

1. Picture ID
2. Personal emergency contacts, ICE information
3. Copy of current FCC Operating License.
4. RACES/ARES/SKYWARN Identification Card.
5. Name tag
6. RACES/ARES/SKYWARN phone and frequency reference card
7. Forms: message, ICS-213, ICS-205, etc. depending upon assignment
8. Repeater Directory
9. Operating reference cards and manuals for radios
10. Local street atlas
11. Local telephone numbers

Tools

1. Swiss Army pocket knife or equivalent
2. "Leatherman" multi-purpose tool
3. Mini-Mag-Lite, extra bulb and spare batteries or high-intensity LED light, extra batteries
4. Headlamp, extra batteries
5. Small pocket compass
6. Duct tape
7. Electrical tape
8. Jumper Cables
9. Highway Flares

Miscellaneous

1. Emergency gas/phone/food money (\$10 in small bills, \$5 in quarters and dimes)
2. Pencils and pocket notepad
3. Alarm clock
4. Water, 2 pints minimum, more in hot weather
5. Snacks
6. Portable chair
7. Safety gear: hard hat, goggles (ANSI Z87.1.1989 or equiv.), dust mask, N95 masks, hearing protection, safety reflective vest (ANSI Type II or equiv.), work gloves if appropriate
8. Whistle
9. Camera, extra batteries

A general note on battery-operated devices and batteries: If possible, select devices that use AA cells. These are usually readily available at retail stores and are part of government caches. Don't forget GPS, portable am-fm radios, HTs, clocks, cameras, and flashlights. If you do have items that use special cells, especially lithium, carry several spares.

24-Hour Kit:

Contents of Day Kit for 24-hour period plus:

Radio Gear

1. Second 2-meter HT. (battery packs and accessories should interchange with the dual-bander)
2. Spare NiMH and AA-battery pack, ear phone and speaker-mike for second HT
3. Fused 10' DC extension cords, 10 AWG, fused 15-20A, for brick amplifier and HTs
4. 25-50W mobile transceiver or compact, rugged, 25-50w 2 meter or dual-band brick amplifier
5. Gain antennas for both HTs: (e.g., telescoping half-wave Larsen and flexible dual-band Comet CH-72, 1/4-wave VHF, 5/8-wave UHF)
6. Dual band mag mount or NMO/PL259 mobile antenna with clamp mount, ground-independent (Comet SBB-5SBB-5NMO or equivalent)
7. 2m-70cm diplexer
8. J-pole antennas for 2m and 440MHz
9. HT nicad/NiMH, and 12V gel cell wall chargers
10. Four NP2-12 (7-12Ah) gel cell batteries to power small brick amp at 10w @ 25% duty cycle / 8 hrs.
11. Refills of AA Alkaline batteries for HT
12. 12A (minimum) 13.8v switching power supply with Anderson PowerPole connectors
13. Multiple Anderson PowerPole adapters (Molex, lighter plug, lighter socket, alligator clips, etc.)
14. Power strips and extension cords
15. 3-prong to 2-prong AC adapters, 2-prong lamp socket screw in adapter
16. RG8-X jumpers with soldered PL-259s, two 3 ft., one, 6 ft., one 10 ft. and one 25 ft. with double-female connectors to combine all
 - a. BNC-male+BNC female to SO-239
 - b. BNC-male+BNC female to PL-259
 - c. NMO to SO-239 adapters
 - d. Adapters including PL259, SO239, N, BNC, SMA
11. Cable ties, large and small, >12 each
12. Crimp connectors
13. Male and female cigarette lighter connectors and cables
14. Two sets of spare fuses (2A, 10A, 15A, 20A) for HT cords, mobile radio or brick amplifier.
15. FRS radios
16. SWR Bridge
17. VOM/DVM

Personal Gear

1. Prescription medication for 24-hours plus
2. Extra clothes, complete change including underwear and footwear
3. Blanket/sleeping bag
4. Small tent/emergency shelter
5. Sanitation gear
6. Credit card(s)

Documents

1. Operating manuals for HT's
2. Pencil sharpener, gum eraser, note pad, permanent marker
3. ARES Field Resource Manual
4. Local telephone directory

Tools

1. Rugged, reliable flashlight with extra bulb and batteries
2. Wire cutter
3. Wire stripper
4. Cable ties, large and small
5. Adjustable open-end wrench, 6"x 0-5/8"
6. Folding hex key set
7. Pliers with crimper
8. Pliers, side cutters (lineman)
9. Needle nose pliers
10. Channel locks or Vise-Grip pliers
11. Screwdrivers, std. & Phillips
12. Screwdrivers, miniature
13. Hammer
14. Tweezers
15. Scissors
16. Duct tape
17. Electrical tape
18. Rope, small nylon cord and poly "clothesline"
19. DC soldering iron or butane iron
20. Siphon
21. Extra Gas/Diesel & Oil
22. Fire extinguisher, dry chem. ABC

Miscellaneous

1. Neck-lanyard pocket with spare car keys, \$20 emergency cash, credit card, long-distance calling card and photo Ids
2. Clip-on mini strobes/blinkers with extra batteries
3. Snow shoes, mosquito netting, other seasonal items
4. Small fan, preferably 12V
5. GPS
6. Small cooler
7. Thermos
8. Snacks, high protein and energy bars, dried fruit, nuts, etc. Note that some sites may bar peanuts and peanut products like Snickers and some energy bars.
9. Water, minimum 1 gallon
10. Food for 3-4 meals
11. Additional change for vending machines
12. 12 VDC and 110 VAC chargers for cell phone, other batteries
13. Writing Gear
 - a. Clipboard
 - b. Message Forms
 - c. Log Book
 - d. Post-It notes

72-Hour Kit:

Contents of Day Kit and 24-Hour Kit for 72-hour period plus:

Radio Gear

1. Dual-band or 2-meter mag mount antenna, with portable ground plane
2. MS-44 mast kit, tripod adapter, dual-band base antenna and 100 ft. of 9913F coax on reel.
3. AC charger for HT nicads/NiMH and small gel cells
4. BCI Group 27, 95 ah AGM battery and 1.5 amp charger (48 hrs. power for HT brick amp or mobile rig on
5. 20A+, 13.8v switching power supply
6. Small, mobile-type SWR/power meter
7. Antenna Mast, rotor, guys, antenna for HF & other bands
8. Headsets with splitter
9. 12VDC to 110VAC inverter, 300 watts
10. Scanner with antenna, coax, power supply, batteries, etc.
11. AM/FM battery or crank radio with earphone
12. NOAA weather alert receiver, battery or crank
13. HF rig, Packet system, etc. with all needed accessories, cables, antennas, etc.
14. Programming cables for all rigs
15. Extra 110V extension cords (at least one with GFI) and power strips, 2 wire-3 wire adapters
16. Assorted connectors / adapters including no-solder BNC and UHF for emergency repairs
17. Insulated wire (10-14 ga., 100-200 ft)
18. Generator, oil, etc.
19. Polarity tester

Personal Gear

1. Leather work glove shells
2. Wool fingerless liners
3. Warm hat
4. Wind/rain suit
5. Sweater
6. Insulated rubber safety boots
7. Extra dry socks
8. Change of underwear
9. Loose "lounging" clothes (e.g., sweat suit) and casual footwear
10. Tarp or poncho
11. Wool blanket or insulated poncho liner
12. Additional medications with prescriptions, list of doctors and dentists
13. Personal hygiene toilet kit
14. Towel
15. Wash cloth
16. Sanitation supplies (toilet paper)
17. Sleeping bag, mattress pad, pillow
18. Mechanical Alarm Clock
19. Additional masks, gloves, etc.

Documents

1. 3-ring binder with RACES/ARES Handbooks, Skywarn Net Control Operations Manual, MEMA Manuals
2. Area street and topographical maps
3. Operating manuals for all rigs
4. Additional frequency lists (HF, Packet, etc.)
5. Scanner frequencies

Tools

1. Weller Pyropen soldering torch with 2 cans of propane fuel, 63/37 eutectic solder and flux. or equivalent
2. Cable ties, large and small
3. Pulleys
4. Rope
5. Silicon Grease
6. Hose Clamps (assorted sizes 1"-4")
7. Wrenches, socket
8. Wrenches, open/box end
9. 120 volt Soldering Iron
10. Solder
11. Hatchet/Axe
12. Saw
13. Pick
14. Shovel

Miscellaneous

1. 12-volt fluorescent drop-light with alligator clips for attaching to auto or gel cell battery, with spare bulb.
2. Small desk lamp with 60W bulb Two message pads, two pencils, grease pencil, two sheet protectors, 12 push pins
3. Small fan, 12V or 110V
4. Heat lamp, 120 VAC with holder
5. Cooler w/ 72 Hour supply of bottled water and nonperishable food (which can be eaten cold*), mess kit and utensils including cups. Note that some sites may bar peanuts and peanut products like Snickers and some energy bars.
6. Small camp stove and fuel
7. Hydration pack
8. Personal water filter (e.g., Katadyn *HIKER*), purification tablets
9. Lantern
10. Waterproof matches, lighters
11. Candles
12. Tent
13. Tarp
14. Bungee cords, assorted
15. Clothes pins
16. Books, playing cards, MP3 player, etc.
17. Laptop computer with power supply, mouse, optional router/hub, serial-usb adapter, CAT-5 cable, programming software, thumb drive, etc.
18. Binoculars
19. Heavy-duty containers (e.g., rolling tool boxes, Rubbermaid, paint pails with lids) to hold gear at fixed location
20. SAR / CERT pack with technical rescue gear, if that is your assignment
21. Rucksack, MOLLE or lumbar pack for daily carry during an operational period

* "1 gallon of water per person/day, is needed for drinking and washing. Good are canned soup, beans, tuna, juices, fruits, veggies which can be eaten cold, or warmed without further preparation; also peanut butter, cheese spread or jam in plastic jars, lots of hard candy, instant coffee [there are some available in individual "tea" bags], tea, dried fruit, crackers. Sterno is best for warming. Military MRE's are light weight and convenient, but some find them both expensive and boring. You get better variety, more appetizingly and cheaply at the grocery store, if weight is not a problem."

"Food for three days. "MREs" are OK but expensive. Carefully chosen grocery store items are just as good. Consider cracker and cookie "snack-packs", serving-size canned tuna/chicken/Vienna sausages/potted meat/SPAM, pudding, fruit, bag of "GORP" or other trail mix. Jerky is good (if your teeth are also good). And there is no better food value for 10¢...than an egg! If time permits, boil a few and stow them in your pack. Condiment packets, (salt, pepper mustard, mayo, catsup, honey, etc.) are FREE at fast-food joints. (You probably should buy a meal before you fill your pockets!)"