

# FCARES Go-Kit Checklist

When responding to an emergency event, or a training exercise, there is a minimum set of equipment and personal gear you should bring with you. This is for a 2-hour deployment. Basic items include:

- 2-meter/70 cm hand-held dual-band radio with user manual
- 2-meter/70 cm mag-mount antenna with coax and/or J-pole or roll-up antenna
- Earbud or headphone
- Pens, pencils, paper and appropriate ICS forms.
- Clipboard
- ARES ID card, FCC license, other important IDs
- Extra batteries
- Appropriate clothing for the event and safety vest
- Water/food
- Flashlight and headlamp with extra batteries
- Phone lists and contact information
- Cell phone
- Maps of the area
- County Band Plan and frequency information

These items should be kept in a “Go-Kit” bag.

## Extended (12-24 hour) Go-Kit Checklist

### Radio and operating supplies

- Extra radios and batteries
- Patch cords/Pigtail
- Coax adapter – connect HT to coax and coax to antenna jack
- Extra coax cable
- Power cord adapters to connect HT to power poles, cigarette lighter socket, vehicle battery terminal
- Portable charger to charge your radios, batteries, phone etc.
- Message forms – ICS 213, ICS 214, ICS 309 and logbook
- ARES Field Resources Manual

### Personal Needs

- Personal items – Prescriptions, pain meds, hand sanitizer, eyeglasses, hearing aid batteries etc.
- Safety gear – vest, whistle, sunglasses, sunscreen, mask, safety glasses, mask-N95 etc.
- Alarm clock
- Food (snacks, MREs, bars)
- First aid kit
- Tools – Electrical, gaffers and duct tape, paracord, zip ties, utility knife, multi-tool, zip top bags
- Rain gear, jacket, hat, sturdy shoes,
- Money

### Add-on Kit for Extended Deployment (72 Hours)

- 3-day change of appropriate clothes
- 3-day supply of water and food
- Extra pens and pencils and supplies
- Extra Batteries, lighting, power source
- Shelter (tent, sleeping bag, pad)
- Portable stove; mess kit with cleaning kit (if applicable) and waterproof matches
- Toiletries – Soap, toilet paper, towel, toothbrush, toothpaste, throat lozenge etc.