Duval ARES®

72 Hour Go-kit Discussion Guide

● Mission duration 72 hours or less

● Food/snacks

- Although food might be provided or available for purchase, do not plan on food service being available in a major disaster area
- Standard FEMA policy is to be self-sufficient for 3 days
- Will you need to provide a method for cooking/heating food
- How will you sanitize utensils and cookware or use disposable items
- Did you include enough water to use for cooking or cleaning
  -- Typical freeze dried meal requires 2 cups of water for rehydration

● Stay Hydrated

- Although water might be provided or available for purchase, do not plan on water service being available in a major disaster area
- Standard FEMA policy is to be self-sufficient for 3 days
- How will you carry enough water or refreshments
- Do you have bulk water storage and individual serving bottle or hydration bladder
- Typical planning guideline is 1 gallon per person, per day as a minimum
- Could you achieve the required amount of water by treating storm water or un-treated tap water “boil water notice”
- Do you have sports drinks or electrolyte replenishment drink mix

● Shelter

- Lodging might not be available for you
  -- Available hotels quickly fill up with displaced local residents and contractors
  -- Space at a local shelter should be available
  -- Normally FEMA or local emergency management doesn’t provide lodging although if you are assigned to a staging area billeting should be available
- Standard FEMA policy is to be self-sufficient for 3 days
- Will you sleep in the car or will you take an RV
- A tent is a viable option at many locations
- You will need to provide bedding or sleeping bag or bivey, pillow, sleeping pad, etc, nights might be cooler than the day
- Do you have a cot to use in an expedient dormitory/bunk room or will you sleep on the floor

● First Aid

- Is professional emergency medical response available
- Does your mission include risk of major trauma injuries

- Are you assigned to a team or isolated on your own
- Will you be able to treat yourself for aches and pains
- Do you need to take any prescription medications during the mission
- What level of first aid do you feel comfortable providing for yourself
- Do you have anything to treat sunburn
- Will you be able to do first aid for cuts, abrasions, scratches, blisters
- In a disaster area the risk of infection is very high, every wound needs to be treated
- The possibility of an upset stomach or other intestinal trouble is high

● Illumination

- Assume your emergency communicator mission will occur at night or in darkness
- Commercial power probably isn't available
- Will you need to provide wide area illumination at your radio station or just task lighting
- If you're billeted in a tent or bunkroom with other people how will you move around at night without turning on the room light
- At night assume you will be walking around outside in total darkness

● Personnel Protective Equipment and Occupational Safety

- Does your mission involve a viral hazard
- Is there a risk of flying debris or sand/dust storms
- Are biting insects a risk
- How will you provide sunburn protection
- Will your mission require you to be near moving vehicles at night
- How will you provide field sanitation for your hands and face
- A reflective ANSI vest or belt is a good choice if you're working outside at night

● Inclement weather

- Will your mission require you being exposed to bad weather
- What temperature extremes do you anticipate
- How will you stay comfortable during inclement weather and perform the mission

● Personal hygiene

- Anticipate how you will maintain your personal hygiene in a major disaster area
- Provide for taking care of your feet, you will be on duty for 12 -15 hours a day
- Use foot powder in your shoes everyday
- Shower trailers might be available, but don't assume
- Back packing and camping hygiene products are a good substitute for showering
- What do you need in your hygiene/shower kit

● Hand tools

- What type of tools are needed to make field repairs to your radio station
- Assume something will need to be fixed, carry a basic tool kit
- Do you anticipate building wire HF antennas
- What breakdowns have you experienced in exercises or field day
- What supplies would be needed to setup your station: wire zip ties, electrical tape, light weight cord, duct tape
- Will you need to pound stakes in the ground
- What tools are needed to assemble your antenna(s)

● Establish Emergency Communications Radio Station

- How will you provide messages to the served agency, CEMP partners
- What type of formal message log will you maintain
- How will you record contact and location information for the served agency, CEMP partner's point of contact individuals
- You will need to complete an ICS-214, or local equivalent, form
- How will you obtain a copy of the event/incident ICS-205, or local equivalent, form
- Will you have to provide your own operating location facility or is it provided
- Does your operating location need to be protected from inclement weather
- Do you need to provide office supplies
- If a generator is your power source, can you carry enough gasoline for 3 days
- Does your kit include a battery/solar generator, 400 watt hours or more
- Are you including chairs/stools in your go-kit
- Do you plan on operating from your vehicle
- Remember, the standard FEMA policy is to be self-sufficient for 3 days

● Communications

- What radio transceiver(s) are needed to support the event/incident ICS-205 form
- Can you provide multiple powers source for each radio transceiver
- Is digital mode communication required
- Can you adapt your HT to mate with an external base station antenna
- Does the mission require APRS capability
- Are you able of recharging your HT's batteries
- Do you have a hi-gain after market HT antenna
- Will you provide a 2m/70cm external base station antenna
- Do you have a digital copy of the transceiver(s) user's manual or a cheat sheet
- Have you installed the required digital mode software on your computer
- Do you have a portable NVIS antenna for 80m, 75m, 60m, and 40m
- Have you considered using a mast for your 2m/70cm antenna
- Do you include at least 200 feet of coax in various lengths
- Consider having a kit of cord, snap hooks, quick links, nails, eye screws, etc for rigging wire antennas
- A kit of RF connector series adapters can be useful

● Credentials

- Always have a wallet copy of your FCC Amateur Radio Station license
- Include your ARES® group badge
- Do you have any other State or local municipality issued identification badge
- Make sure you bring your state issued drivers license
- Take your ARES® Position Task Book (PTB) with you

● Badging

- If you are assigned to a State of Florida assignment (Florida Department of Emergency Management / State Emergency Response Team) make sure you have a copy of the Mission Number paperwork with you