

*The following information is taken directly from ARES Field Manual. METERS strongly recommends each member METERS purchase his or her own copy.*

### **WHAT TO DO FIRST IN CASE OF AN EMERGENCY**

1. Check that you and your family are safe and secure before you respond as an ARES volunteer.
2. Check that your property is safe and secure before you respond as an ARES volunteer.
3. Monitor your assigned local ARES emergency net frequency.
4. Follow the instructions you receive from the ARES officials in charge on the above frequency.
5. 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 resources 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 "Go Bag".
- Obtain tactical call sign for your location/assignment.
- Initiate personal event log (use form at end of ARES Field Manual)
- Enter assigned frequency(s) on log sheet and on emergency/frequency plan.
- Use log form to record messages handled.
- Use a formal message form when a precise record is required.
- Use tactical call sign for your location, while observing FCC's ten-minute ID rule.  
(Begin your transmission with your tactical call and end with your own call)
- Monitor your assigned frequency AT ALL TIMES. Notify NCS if you have to leave.

## **24 hour GO BAG**

- 1- Water at least 64 oz.**
- 2- First aid kit**
- 3- Your ID cards (FCC - RACES - ARES)**
- 4- Paper and pen or pencil**
- 5- Rain gear**
- 6- Safety vest**
- 7- Change of clothing / socks / under garments/extra pair of shoes**
- 8- Trash bags 2 large 2 small**
- 9- Matches / lighter**
- 10- Paper towels / toilet paper**
- 11- Knife / multitool**
- 12- Prescription yours**
- 13- Soap**
- 14- Flash light / led**
- 15- Blanket and extra towel**

**This is the bare bones needed for yourself. It should all fit in one small pack to carry with you. Recommend that you use a BACK PACK for these items.**

## **72 HOUR GO BAG**

- 1 3 gallon drinking water**
- 2 Extra clothing / shirt/socks/pants**
- 3 Extra batteries for lights**  
**High protein cereal bars, packed fruit,**
- 4 crackers, canned meat, tuna. Remember you may not have power to cook.**
- 5 Spoon fork multicam opener steel cup**
- 6 Space or lite blanket**
- 7 Map and/or GPS this is up to you**
- 8 Extra paper goods and trash bags, 2 large, 6 ziplock storage bags**
- 9 Small camp ax, this can be very handy**
- 10 1 burner camp stove and fuel for, heat water, & food**

**PLEASE pack to fit your needs and taste. Pepper and seasoning could help, a small pack mustard and/or ketchup may be big treat. This is for ONE PERSON add to your Go Bag as needed.**

**Be SAFE and PREPARED.**

## **Emergency Mobile Tool Bag**

- 1- Gas soldering iron**
- 2- Solder**
- 3- Electric tape**
- 4- Wire striper**
- 5- 4 n 1 screwdriver**
- 6- Small plyers**
- 7- Coax connectors**
- 8- Nylon rope 1/4 diam.**
- 9- Led / flash light**

**This could save the day. These are minimum items that you should have in your Emergency Tool Kit. Carry extra if you see the need, its your emergency kit.**

## **Build Your Own Radio Equipment Bag**

- 1- Spare battery**
- 2- Coax adaptors**
- 3- 50 ft coax**
- 4- 1/4 wave ant**
- 5- 12 volt adaptor power cord**
- 6- External speaker**
- 7- Charger**
- 8- User Manual for Radios you are going to use**

**This is a bare bones bag for your HT's and MOBILE radios.**

## **EMERGENCY RADIO OPERATOR GUIDELINES**

- 1. Listen to Net Control**
- 2. Find person in charge at your location**
- 3. Where can I set up my equipment at**
- 4. Transmit only facts**
- 5. Keep transmissions short**
- 6. Be friendly - yet in control**
- 7. Write down all traffic, including date and time of transmission**
- 8. Use plain english - no codes**
- 9. Know your radio**
- 10. Use tactical call when needed**