**Multnomah County ARES/RACES**

**Go-Kit Supply List: Personal Items**

**Administrative**

|  |  |
| --- | --- |
| Identification Badges | Logbook |
| Frequency Chart | Pens/pencils/highlighter/permanent marker |
| Waterproof notepad | ICS Forms: 100, 205, 213, 214, 309 |
| Flashlight / Headlamp / small lantern | Frequency Template |
| Spare batteries | Watch |
| Emergency contact info | Multi-tool (Leatherman) |
| Cash | Regional maps |

**Clothing**

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| --- | --- |
| Change of outerwear | Yellow ARES Vest |
| Closed-toe shoes (preferably boots) | Work gloves |
| Eye protection |  |
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**Nutrition**

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| --- | --- |
| Water (min 2 qts) | Electrolyte replacement (Nuun) |
| Portable backpacking stove | Sufficient food for 24 hours |
| Water purification (chemical, mechanical, UV) | Caffeine |
| Protein supplement | Eating utensils |
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**Personal Care**

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| --- | --- |
| Sleeping bag/ pillow | Backpacking towel, soap, shampoo, etc |
| Trauma shears | Sunscreen |
| Cold packs / heat packs | Antihistamine, pain relief, extra prescribed meds |
| Super glue | CPR barrier |
| Barrier protection gloves  | Roll gauze |
| Insect repellent | Baby wipes |
| Shelter depending on deployment | Toothbrush & toothpaste, comb, deodorant |
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**Seasonal**

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| Season appropriate outerwear | Thermal base layers |
| Cold weather gloves | Thermal headwear |
| Wool socks | Hand warmers (chemical or Zippo) |
| Balaclava |  |
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**Go-Kit Supply List: Radio Kit Items**

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| Dualband Mobile Radio (144/420) | Dualband handheld radio |
| Recommended: Yaesu, Icom, Kenwood, converted to PowerPole standard |
| 115v power supply | Battery (min 20ah, SLA, Li-ion, LiFePo4, NiCd) |
| Power cables | Portable charger |
| RigRunner | PwrGate |
| Signalink USB | Kantronics KPC3+ TNC |
| Radio specific data cables | Owners manuals |
| Dualband antenna  | High-gain antenna for handheld |
| 25-ft coax | RF Adapters |
| Antenna support system | Guy-wires for antenna/ mast |
| Pink flagging tape / Glow-stick bracelets | Zip ties |
| 550 Paracord | Headphones |
| Spare fuses | Spare batteries for handheld |
| Small laptop w/ RMSExpress & MMSTV | Voltage meter |
|  |  |
|  |  |

**Equipment Suppliers**

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| --- | --- |
| Tap Plastics: [www.tapplastics.com](http://www.tapplastics.com) | Bioenno Power: [www.bioennopower.com](http://www.bioennopower.com) |
| Rack cases: [www.sweetwater.com](http://www.sweetwater.com) | Low Loss PwrGate: ki0bk.no-ip.com |
| LED Lighting: [www.superbrightleds.com](http://www.superbrightleds.com) | Enclosures: [www.newark.com](http://www.newark.com), [www.mouser.com](http://www.mouser.com) |
| [www.portableuniversalpower.com](http://www.portableuniversalpower.com) | Storm Cases: [www.Nanuk.com](http://www.Nanuk.com) |
| [www.maxpedition.com](http://www.maxpedition.com) | [www.vanquest.com](http://www.vanquest.com) |
| [www.Radioset-go.com](http://www.Radioset-go.com)  |  |
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