

- Sleeping bag, closed-cell foam pad, pillow (Hypoallergenic if needed), ear plugs
- High energy snacks
- Easily prepared dried foods that will store for long periods
- Eating and cooking equipment if needed
- Water containers, filled before departure, Bottled Water
- First aid kit, personal medications and prescriptions for up to one week
- Money, including a large quantity of quarters for vending machines, tolls, etc.
- Telephone calling card

Information

· ID cards and other authorizations (A real good idea is to laminate your amateur license, as well as your ARES id card. I also suggest getting your picture on your ARES id card before you laminate it. The lamination will help protect it from the 'elements' and these id's are necessary to have on you at all times)

- Frequency lists and net schedules, ICS-205 / ICS-217A
- Maps, both street and topographic
- Key phone numbers (ICS-205A), email and internet addresses
- Contact information for other members in your group, EC, DEC, SEC, and others
- Copy of emergency plans ICS-201
- Resource lists: who to call for which kinds of problems (should be noted on the ICS-205A)
- Log sheets, message forms (ICS / A.R.E.S. 213)

Operating Supplies

- Outgoing message forms or sheets to compose messages (ICS / A.R.E.S. 213)
- Incoming message forms. (ICS / A.R.E.S. 213) (Some operators copy the message onto scratch paper, and then transcribe it cleanly onto the incoming message form. Some groups use one form for both incoming and outgoing messages.)
- Pencils, pencil sharpener, Pens, dry markers (write on windows)
- Log sheets
- Standard ICS forms used by the served agency (ICS Forms 201, 205, 213, 214, and 217A)
- Letter or legal notepads
- Pocket size notebook, Sticky notes
- Paper clips and rubber bands
- Blank envelopes

Sub-Dividing Your Kits

You may want to divide your ready kit into smaller packages. Here are some ideas:

- Quick deployment kit: hand-held radio kit, personal essentials, in a large daypack
- VHF/UHF, HF kits for fixed locations
- Accessory and tool kit
- Emergency power kit
- Short and long term personal kits in duffel bags