



SAREX 1/2007
Disaster Communication Training
 13 - 14 January 2007
 MARES Malaysia



Personal Check Lists

Primary Kit			
No.	Item	Ready (Yes / No)	Note
1	RADIO Tranceiver (2m HT with 30 ~ 50W)		Linear amp & Power Supply or Mobile Unit with power supply
2	Earphone/headphones		
3	Extra batteries		
4	Speaker mike		
5	BNC adaptor		
6	Notebook/pen		
7	Watch/clock		
8	Wearable bag or backpack		
9	Extra HT (Handy Talkie)		
10	High gain HT antennas		
11	Extra AA batteries		

Personal Kit / Survival			
No.	Item	Ready (Yes / No)	Note
1	Cap (Head Protection)		
2	ID		
3	Money		
4	Multi tool		
5	Mini First Aid Kit		
6	Medication		
7	Sun Glasses		
8	Water Container		
9	Snacks		
10	Address Book		
11	Paper Clips		
12	Rubber Band		
13	Rain poncho		
14	Insect repellent		
15	Jacket		
16	Camping Equipment		

In Toolbox			
No.	Item	Ready (Yes / No)	Note
1	SWR Meter		
2	Multi-meter		
3	Propane solder torch		
4	Solder		
5	Remote Antennas		
6	Slingshot/fishing line		



SAREX 1/2007
Disaster Communication Training
 13 - 14 January 2007
 MARES Malaysia



Personal Check Lists

7	Fuses		
8	50 ohm coax		
9	Electrical tape		
10	Misc. coax connectors and adaptors		
11	Rope		

Within Easy Reach			
No.	Item	Ready (Yes / No)	Note
1	Pocketed vest		
2	Compass/whistle/lighter		
3	Torchlight		
4	Binoculars		
5	Towel		
6	Hammock		

Extended operation (Over 24 hours of Duty)			
No.	Item	Ready (Yes / No)	Note
1	Portable Station Operation Headset/mike		
2	Fixed station Operation		
3	Cigarette socket splinter		
4	Misc. hand tools		
	In Local / Automobile		
5	Antenna assortment		
6	Power station w/charge cords		
7	Mini jumper cables		
8	Food		
9	Eating utensils		
10	Change of cloth		(with extra socks and underwear)
11	First Aid kit		
12	Camera		
13	Maps		
14	Repeater List		
15	Bags & baggies		

Packing List			
No.	Item	Ready (Yes / No)	Note
1	Additional 2m HT (Handy Talkie)		
2	Speaker and microphone		
3	BNC adaptors		
4	Cigarette lighter adaptor		
5	Earphone		
6	Notebook/pen		
7	Watch/clock		
8	Hiking boots		
9	Cap		



SAREX 1/2007
Disaster Communication Training
 13 - 14 January 2007
 MARES Malaysia



Personal Check Lists

10	Pocketed Vest		
11	Weatherproof jacket		
12	ID		
13	Money		
14	Sun glasses		
15	Multi-tool		
16	Compass/GPS/whistle/Lighter		
17	Rubber Bands		
18	Paper Clips		
19	Mini First Aid Kit		
20	Medications		
21	Kleenex		
22	Snacks		
23	Mineral Water		
24	Address Book		