

Checklists: Concept Through Depart Home

[At Home]

Summit: _____

1 Week Before Activation

- Set a date. Check contests! <http://k4kpk.com/content/sota-avoid-contests>
- Write up trip cheat sheets. Add call-sign to name cheat sheet to on-the-air cheat sheet
 - Check for GPS trace (if I need one): <http://sotamaps.wsstvc.org/tracks.php>
- Load trip into GPS. Check complete (trailhead, summit, route, waypoints) on GPS!!!
- Load Plan-B into GPS.
- Check consumables: Ziploc bags, zip ties, masking tape
- Check weather forecast.
- Post a sotawatch.org alert. Include <http://k4kpk.com/track-me> URL.

3 Days Before Activation

- Check/update alert at sotawatch.org
- Check <http://www.fs.usda.gov/alerts/conf/alerts-notice> for road alert if Forest Service
- Ensure you have five \$1, one \$5, and one \$10. Many areas charge \$ to park.
- Clean clothes (do laundry?)
- Load GPS map on iPhone + iPad

1 Day Before Activation

- Check weather forecast. Cancel my alert, if no-go.
- Charge AA batteries
- Ensure GPS watch on battery charger
- Print trip packet, Plan-B packet, Worry Packet for Susan, blank logbook page(s)
- Load the car:
 - Go kit into car
 - car power for iPhone/iPad into car
 - car power for APRS HT into car
 - GPS watch recharger into car
 - Hat into car
 - Boots into car
 - Trekking poles into car
- Set out clothes for tomorrow morning

Day of Activation, Before Leaving House

- Capture propagation forecast using Skitch (screen-print)
- Pockets and on-person**
 - GPS
 - Reading Glasses
 - Car keys
 - Wallet
 - Chapstick
 - Leatherman
 - Space Pen
 - GPS watch
 - iPhone - Start location services, then OPENAPRS: BCON on, GPS on
 - iPad (optional)
- Cheat sheets, checklists, maps into car. Includes Trip-1, 2, 3, 4, 5, 6, 7

Packing List

[At Home]

Pack Me First

- Mast
- Long feed line
- Power: 12W external battery, GPS spare batteries

Radios

- KX3 (in a case)
- HT
- Cell Phone on alternate network
- Waterproof cell phone container
- I/O Kit

Antenna Stuff

- Antenna kit (end-fed)
- Guy kit
- Radio Consumables Kit
- Hanging kit (optional)
- Antenna analyzer (optional)

Outdoor supplies

- Poncho
- Sunscreen
- Bug dope
- First aid kit (incl. survival blanket)
- Water
- Food

Other packed supplies

- Pad/groundcloth for sitting
- Kneeboard, log pages and pen
- Warm hat
- Warm Gloves
- Bushwhacking leather gloves
- T.P.
- Compass
- Whistle
- Trekking Poles
- Sun hat
- Orange vests (if hunting season)
- Waterproof writing pad (if weather is dicey)
- Bug hat for Schuler (if he's coming)
- Waders (optional)
- Change of clothes (in car - optional)

Reference: Kit Contents

[At Home]

HT kit

- HT radio
- HT spare battery
- HT instructions

I/O Kit

- Earphones x 2
- Splitter
- Mic
- Powerpole to USB adapter cable
- iPhone USB power cable

Antenna - EFHW kit

- EFHW wire
- EFHW matchbox
- Feed line
- SO-239 to BNC adapter
- Counterpoise
- Large and small alligator Clips

Guy kit

- Guy ropes
- Stakes for guy ropes
- Velcro
- Bungee cord
- Additional cord/string

Hanging kit

- Slingshot & weights OR throw weight
- Fishing line

Radio Consumables Kit

- 8 Rubber bands and 8 nylon washers
- Tape
- Spare pen
- Zip ties

Stone Mountain (W4G_HC-003)

Timeline

[Trip-1]

[GMap=Trip-2]

[Drive to Trailhead & Trail Guide=Trip-3]

Track me: <http://k4kpk.com/track-me>

Actual Time	Planned Time	Activity	Duration
	8:30 AM	Up and at 'em	0:30
	9:00 AM	Depart	0:00
	9:00 AM	Drive -- iPhone on car power	0:30
	9:30 AM	Gas+food during drive	0:15
	9:45 AM	Park at trailhead. Load up.	0:15
	10:00 AM	Hike to summit	1:00
	11:00 AM	At summit. Begin setup.	0:30
	11:30 AM	Setup complete. Padding begins.	0:30
	12:00 PM	On air. 24-hr fmt-> 12:00	0:30
	12:30 PM	Pack up	0:15
	12:45 PM	Hike out (85% hike in, round to 5 min.)	0:50
	1:35 PM	Pack the car	0:15
	1:50 PM	Drive home	0:30
	2:20 PM	Gas+food during drive	0:30
	2:50 PM	Detours on my way home	0:00
	2:50 PM	Home	
	4:50 PM	Worry if I don't show up or call by...	



Directions to Robert E Lee Blvd
21.4 mi – about 24 mins

A Ashford Dunwoody Rd NE

-
1. Head **south** on **Ashford Dunwoody Rd NE** go 0.2 mi
total 0.2 mi
 -  2. Take the **Interstate 285 E** ramp on the left go 0.4 mi
About 1 min total 0.5 mi
 -  3. Merge onto **I-285** go 10.4 mi
About 10 mins total 10.9 mi
 -  4. Take exit **39B** to merge onto **US-78 E** toward **Snellville/Athens** go 8.0 mi
About 8 mins total 18.9 mi
 -  5. Take exit **8** toward **Stone Mountain Park Entrance** go 0.3 mi
Toll road total 19.2 mi
 6. Merge onto **Jefferson Davis Dr** go 1.1 mi
Partial toll road total 20.3 mi
About 2 mins
 7. Continue onto **Robert E Lee Blvd** go 1.0 mi
Destination will be on the right total 21.4 mi
About 2 mins

B Robert E Lee Blvd

These directions are for planning purposes only. You may find that construction projects, traffic, weather, or other events may cause conditions to differ from the map results, and you should plan your route accordingly. You must obey all signs or notices regarding your route.

Map data ©2013 Google

Directions weren't right? Please find your route on maps.google.com and click "Report a problem" at the bottom left.

Trip-specific: Drive to Trailhead & Trail Guide

Drive Guide

- **Duration:** 40 minutes
- **Google Maps** URL from Ashford Dunwoody Rd and I-285 at 33.91998, -84.33898: <http://goo.gl/maps/mF3hd>
- **Seasonal/Limited Access:** Year-round. All weather.
- **Directions:**
 - I-285 East
 - Exit 39B - US-78 East. Go 8.0 miles.
 - Exit 8 - Stone Mountain Park
 - Pay \$10 at the gate to park, or buy a \$35 annual pass. (Prices as of December 2012.) Go 1.1.
 - Gate is open 6 A.M. to midnight
 - Right on Robert E. Lee Blvd. Go 1.0 to trail parking lot.
 - Beware: Parking lot is often full. Arrive early.
- **Food**
 - Last McDonalds:
 - Penultimate McDonalds:
 - Dinner

Trail Guide

- **Duration:** 1:00
- **Navigation**
 - Follow the crowds up the obvious trail.
 - There are bathrooms and water at both ends of the trail.
 - Distance is 1.3 miles. Altitude gain is 825 feet. The last part is pretty steep, and is slippery when wet.
- **Trailhead altitude:** 1005' @ trailhead parking lot
- **Summit altitude:** 4005'
- **GPS tracks/waypoints:**
 - None provided.

Summit Guide

- Hang antenna from tree: No suitable trees.
- Space to guy mast:
 - You can't guy a mast, but there are plenty of places to bungee the base of a mast.
 - Take full advantage of the 75' (vertical) activation zone in order to get out of the heavy pedestrian traffic.
 - There's a fence on the south side, near the trail, protecting rare flora. It could be used to support a vertical.
 - I found a dwarf tree, a little north of the summit, and bungee corded a 31' fiberglass mast to it.
- Cell coverage: Adequate.
- Unique features:
 - Views.
 - Confederate carving on the face of the mountain.
 - Suppose you have a less-mobile family member. You can put them on the tram at the bottom of the mountain,

- then you climb to the top and meet them there. Then they can observe you operating.
- How many summits will you operate from that have a snack bar and a movie?

Plan-B Candidates

- Pine Mountain
- Vineyard Mountain
- Kennesaw Mountain

Checklists: In the Field

[Trip-4]

On Site

- Connect radio to antenna & counterpoise
- Set frequency
- Set mode (SSB/CW/FM) -- Check USB versus LSB
- Clear old ATU settings for one or more bands.
 - Select band. Locate ATU MD menu, hold CLR (hold function of OFS/B knob).
- Set audio monitor level: Hold MON knob in and rotate it
- Adjust NR - NB - PRE - ATTN
- Press ATU TUNE. If not 1.0, double tap to try harder.
- Tap PWR to switch the display between SWR+PWR and COMP+ALC. I want SWR+PWR.
- Kneeboard, logbook, pen ready
- Power = 12W (Hold Pwr and rotate)
- Self-spot
- Check frequency and call CQ

How to spot yourself for SOTA using APRS2SOTA...

Send an APRS message:

- To: SOTA
 - Note: No SSID. Just "SOTA" (or, if you must, SOTA-0)
- Message (separate fields with spaces):
 - Summit-ID
 - Frequency
 - Mode (AM,CW,DATA,DV,FM,PSK,RTTY,SSB,OTHER)
 - K4KPK
 - optional comment
- e.g. Send to SOTA: W4G/NG-001 14.344 SSB K4KPK hello

Reference

[Trip-5]

Q-codes

QRD	Destination
QRK	Readability
QRL	Busy
QRM	Interference
QRN	Noise
QRO	Power++
QRP	Power--
QRQ	Quicker
QRS	Slower
QRT	Terminate
QRU	Msg queue
QRV	Ready
QRX	Standby (or scheduled)
QRZ	Call sign

QSA	Amplitude
QSB	Fading
QSL	Understand/ ACK
QSM	Repeat
QSO	Communicate
QSP	Relay
QSY	Frequency
QTC	Msg to send
QTH	Location
QTR	Correct time

CW Phrase Book

- M1: CQ SOTA CQ SOTA DE K4KPK K4KPK K
- M2: DE K4KPK KN
- M3: DE K4KPK K
- M4: TU DE K4KPK QRZ?
- M5: PLS SND UR CALL 3X W XTRA SPACING
- M6: SRY, PLS QRS. BIG SPACING
- x: SRY. MY CW IS TOO BAD. K4KPK QRT. SK
- x: K4KPK QRT. SK
- x: QRL? DE K4KPK (Is frequency in use?)
- x: RPT K (Repeat)
- Note: To send - Tap MSG. Tap digit.
- Note: To loop - Tap MSG. Hold digit.
- RST 599 559 339
- K or KN (only named station to reply)

CQ SOTA CQ SOTA DE K4KPK K4KPK K

<pick call sign xxxxx out of the noise>

xxxxx xxxxx UR 5NN 5NN DE K4KPK KN [or 55N or whatever]

<he replies. Get the RST>

TU QRZ?

K4KPK QRT

Frequency Reference

[Trip-6]

General License **Voice** Frequencies ("Margin" = 3.5 kHz or .004 Mhz)

Band	Low Limit	Low+ Margin	High- Margin [UK]	High Limit
40m (LSB)	7.175	7.179	7.296 [7.196]	7.300
30m	none	none	none	none
20m	14.225	14.229	14.346	14.350
17m	18.110	18.114	18.164	18.168
15m	21.275	21.279	21.446	21.450
12m	24.930	24.934	24.986	24.990
10m	28.300	28.304	29.696	29.700
6m	50.100	50.104	50.596	50.600

General License **CW** Frequencies Without 500Hz (0.5kHz) margin of signal width

40m	7.025-7.125	12m	24.890-24.930
30m	10.100-10.150	10m	28.000-28.300
20m	14.025-14.150	6m CW	50.000-50.060 50.080-50.100
17m	18.068-18.110	6m DX: CW & SSB	50.100-50.130
15m	21.025-21.200	6m CW & SSB	50.130-50.300

QRP SSB CQ Calling Frequencies

40m	7.286	15m	21.385
30m	10.106 + 10.116	12m	24.956
20m	14.285	10m	28.885
17m	18.130	6m	?

Beacons:

- WWV: 2.5, 5, 10, 15, 20 MHz
- California: every 3 minutes - 14.100, 18.110, 21.150, 24.930, 28.200

2 meter FM Simplex

- 146.43 .46 .49 .55 .58
- 146.52 National calling
- 147.42 .45 .48 .51 .54 .57

APRS: 144.390

Band Plans

Description	20m	40m
QRP CW Calling	14.06	7.030
RTTY/Data DX		7.040
RTTY/Data	14.070-14.095	7.070-7.125
Auto-controlled stations/beacons	14.095-14.112	7.100-7.105
SSTV	14.230	7.121
QRP SSB Calling	14.285	7.285
AM Calling	14.286	7.290
HFPACK SSB1	14.342.5	7.185.5
HFPAK SSB2	14.346	7.296
HFPACK CW	14.059	7.029.5

Stone Mountain (W4G_HC-003)

On-the-air Cheat Sheet

[Trip-7]

If frequency busy, safe tune: 14.225-14.346 or 7.179-7.296 MHz (U.K. tops at 7.196)

Alert:

Sunday 1/20

17:45 K4KPK on W4G/??-???? - [edit] 14.344-ssb
also 7.193-ssb before or after, if possible (Posted by K4KPK)

SMS Spot:

To: "SOTA Spot" [530-430-7682]

! w4g hc-003 14.344 ssb hello

OTA Script:

- Check transmit power and battery on!
- Is this frequency in use?
- Then call (HF):
 - CQ SOTA. CQ SOTA.
 - This is K4KPK. This is Kilo 4 Kilo Papa Kilo.
 - On Stone Mountain. ID: W4G/HC-003 (Whiskey 4 Golf STROKE Hotel Charlie Dash 003)
 - Calling CQ on 20 [40] meters. Over.
- Or call (VHF):
 - Kilo Four Kilo Papa Kilo listening one four six five two simplex for SOTA. Over.
- Contact
 - _____ this is K4KPK.
 - Your signal is: [3,5 (barely understand); 4,7 (good) or 5,9 (great)]
 - It is good to hear from you today. What is your QTH? Over.
 - Complete:
 - Thank you for your contact. 73. Over.
 - (pause)
 - QRZ (or CQ SOTA K4KPK)
- End of session: K4KPK going QRT (or QSY to x.yz)