



## HF Emergency Frequencies

Sources: <http://www.percs.bc.ca/> and <https://www.rac.ca/>  : find exact pages to link to.

Description	Frequency [MHz]	Mode
EMBC 80m Primary Night	3.735	LSB Phone
EMBC 80m Secondary Night	3.745	LSB Phone
EMBC 40m Primary Day	7.060	LSB Phone
EMBC 40m Secondary Day	7.070	LSB Phone
EMBC DATA	3.613.50	USB DATA
EMBC DATA	7.089.50	USB DATA
VE7SWF South West EMBC PREOC	14.135	USB Phone
VE7SWF South West EMBC PREOC	21.120	USB Phone
VE7KAZ Kamloops EMBC PREOC RMS	5.371.50	USB DATA <sup>†</sup>
VE7RBH Smithers, BC Winlink RMS	3.623.50 / 7.063	USB DATA <sup>†</sup>
WASHST 01 Washington State	3.985	LSB Phone
WASHST 02 Washington State	3.994	LSB Phone
WASHST 03 Washington State	7.245	LSB Phone
BCPSN: BC Public Service Net	3.729	LSB Phone
ALASKA Emergency Net	14.292	USB Phone
EMCOM A	3.675	LSB Phone
EMCOM B	7.135	LSB Phone
EMCOM C	14.135	USB Phone
EMCOM D	18.135	USB Phone
EMCOM E	21.235	USB Phone
EMCOM F	28.235	USB Phone
OREGON	3.980	LSB Phone

- EMBC: Emergency Management BC Frequencies

- WASHST: Washington State Emergency Frequencies
- EMCOM: IARU / RAC Canadian Emergency Frequencies
- OREGON: Oregon State Emergency Net Frequency
- \*Winlink RMS Station

## National HF Emergency Communications Frequencies

Source: [RAC](#)

The following frequencies and modes have been pre-determined for suggested use of the Amateur Radio Emergency Service during a declared emergency, or a disaster declared or otherwise, occurring anywhere in Canada. These frequencies have been registered with the International Amateur Radio Union (IARU) for its listings of Canadian national emergency frequencies in [IARU Region 2](#).

These are suggested frequencies and should not be construed as meaning that other HF frequencies may not be considered for Emcomm operations.

No Amateur Radio operator or group has exclusive ownership of any particular frequency on any band and, while common sense and courtesy logically would dictate that other Radio Amateurs should keep clear of frequencies being used for emergency or disaster operations, the affected ARES Net Control Station (NCS) must be prepared to move up or down from the pre-determined frequency, as required, in order to conduct operations. Entering into an on-air argument must be avoided.

	Single Sideband		CW		Digital	
Band	Frequency	Tactical	Frequency	Tactical	Frequency	Tactical
80 M	3.675 MHz LSB	Alfa	3.535 MHz	Golf	3.596 MHz	Mike
40 M	7.135 MHz LSB	Bravo	7.035 MHz	Hotel	7.096 MHz	November
20 M	14.135 MHz USB	Charlie	14.035 MHz	India	14.096 MHz	Oscar
17 M	18.135 MHz USB	Delta	18.075 MHz	Juliet	18.096 MHz	Papa
15 M	21.235 MHz USB	Echo	21.035 MHz	Kilo	21.096 MHz	Quebec
10 M	28.235 MHz USB	Foxtrot	28.035 MHz	Lima	28.096 MHz	Romeo

## Other Frequencies

- [Repeater Book](#): The phone app is also highly recommended.
- [Canadian Spectrum Management System Data](#) (Formerly known as TAFL)
  - [Search the TAFL](#)
  - [TAFL Map](#) (118 MHz - 525 MHz in Sechelt. Click **New** in green box on top left to change)
- [RadioReference](#)

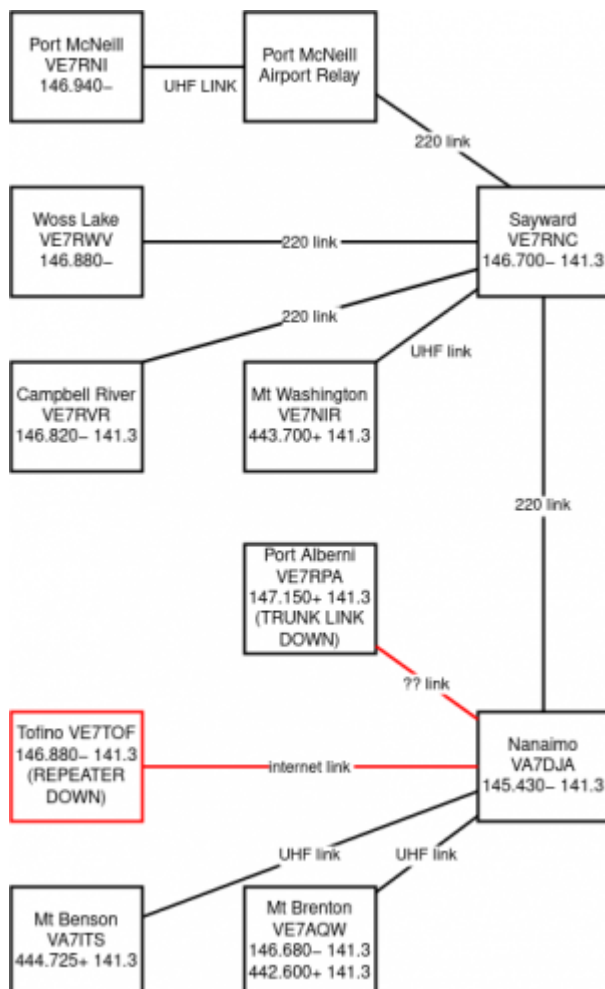
## Regular Emergency Nets

Net	Day	Time	Frequency
<a href="#">Alaska Emergency Net</a>	Mon – Fri	09:30 LT	14.292 MHz
<a href="#">Canadian Red Cross Net: Ottawa Station</a>	Sundays	11:00 PST noon PDT	14.125 MHz
<a href="#">BC Public Service Net</a>	Daily	17:30 PST 18:30 PDT	3.729 MHz
<a href="#">VE7PEP Simplex<sup>Δ</sup></a>	Wednesdays	18:30 – 19:10 LT	147.570 MHz
<a href="#">VE7PEP HF</a>	Wednesdays	19:00 LT	3.735 MHz
<a href="#">VE7PEP ITS<sup>*</sup></a>	Wednesdays	19:15 – 19:40 LT	<a href="#">Island Trunk System</a>
<a href="#">BC and Yukon NTS Net</a>	Daily	19:30 LT	3.716 MHz

<sup>Δ</sup> The purpose of the net is to make contact with EOCs in the Capital Regional District.

<sup>\*</sup> The purpose of the net is to make contact with EOCs in the Vancouver Island Region (VIR) as well as interested amateurs in the VIR. Each of the Regional Districts in the VIR are called in sequence.

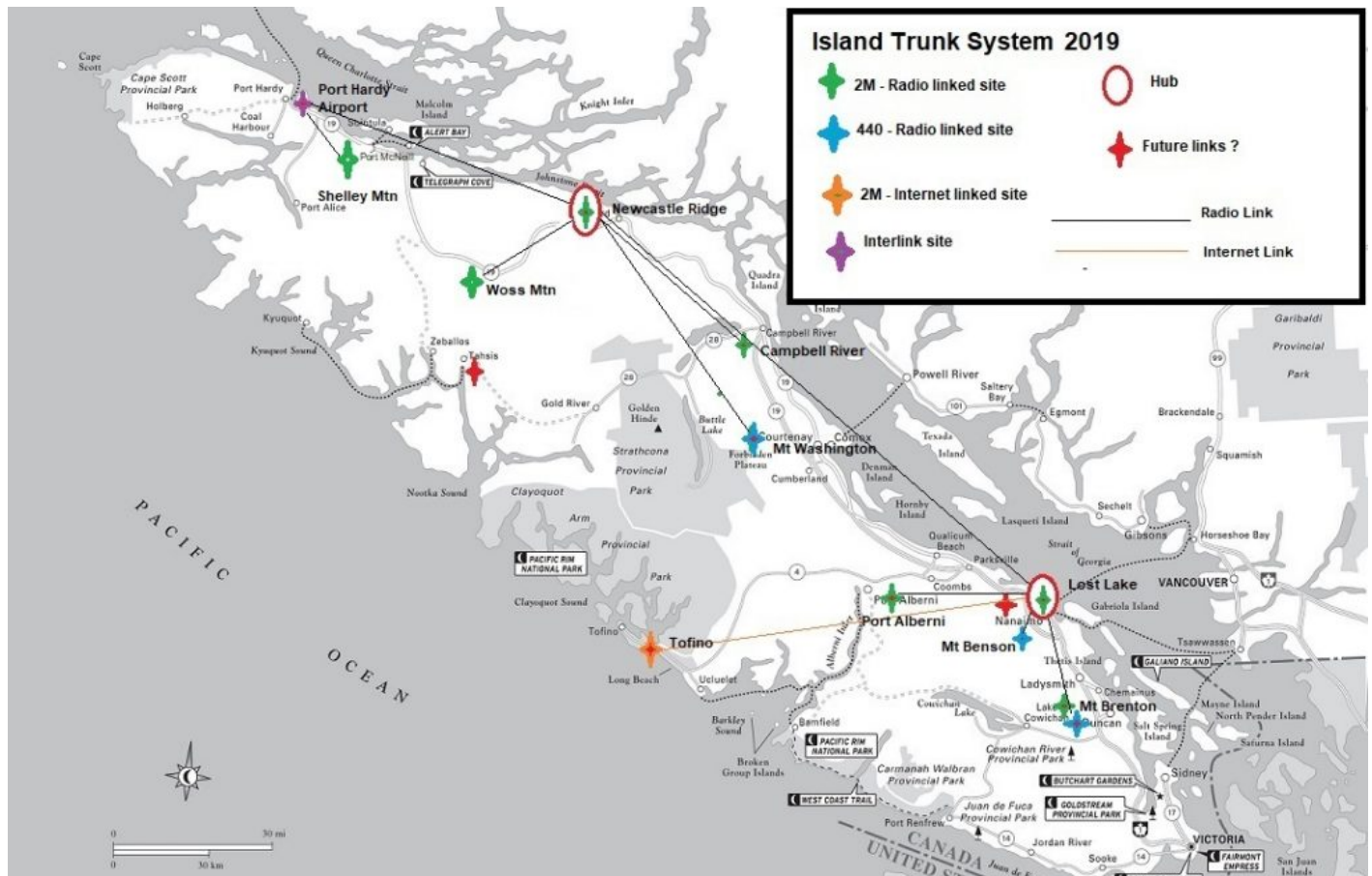
## Island Trunk System



City	Callsign	Frequency	Offset	Tone
<b>Sayward</b>	VE7RNC	146.700	–	141.3
→ Port McNeill	VE7RNI	146.940	–	
→ Woss Lake	VE7RWV	146.880	–	
→ Campbell River	VE7RVR	146.820	–	
→ Mt. Washington	VE7NIR	443.700	+	141.3
<b>Nanaimo</b>	VA7DJA	145.430	–	141.3
→ Mt. Benson	VA7ITS	444.725	+	141.3
→ Port Alberni	VE7RPA	147.150	+	141.3
→ Tofino	VE7TOF	146.880	–	141.3
→ Mt. Brenton	VE7AQW	146.680	–	141.3
→ Mt. Brenton	VE7AQW	442.600	+	141.3

The trunk has two main interconnected nodes: Sayward, and Nanaimo. The other repeaters are connected to either one of these two nodes.<sup>1)</sup>

Source: [islandtrunksystem.org](http://islandtrunksystem.org), Map from NIARS

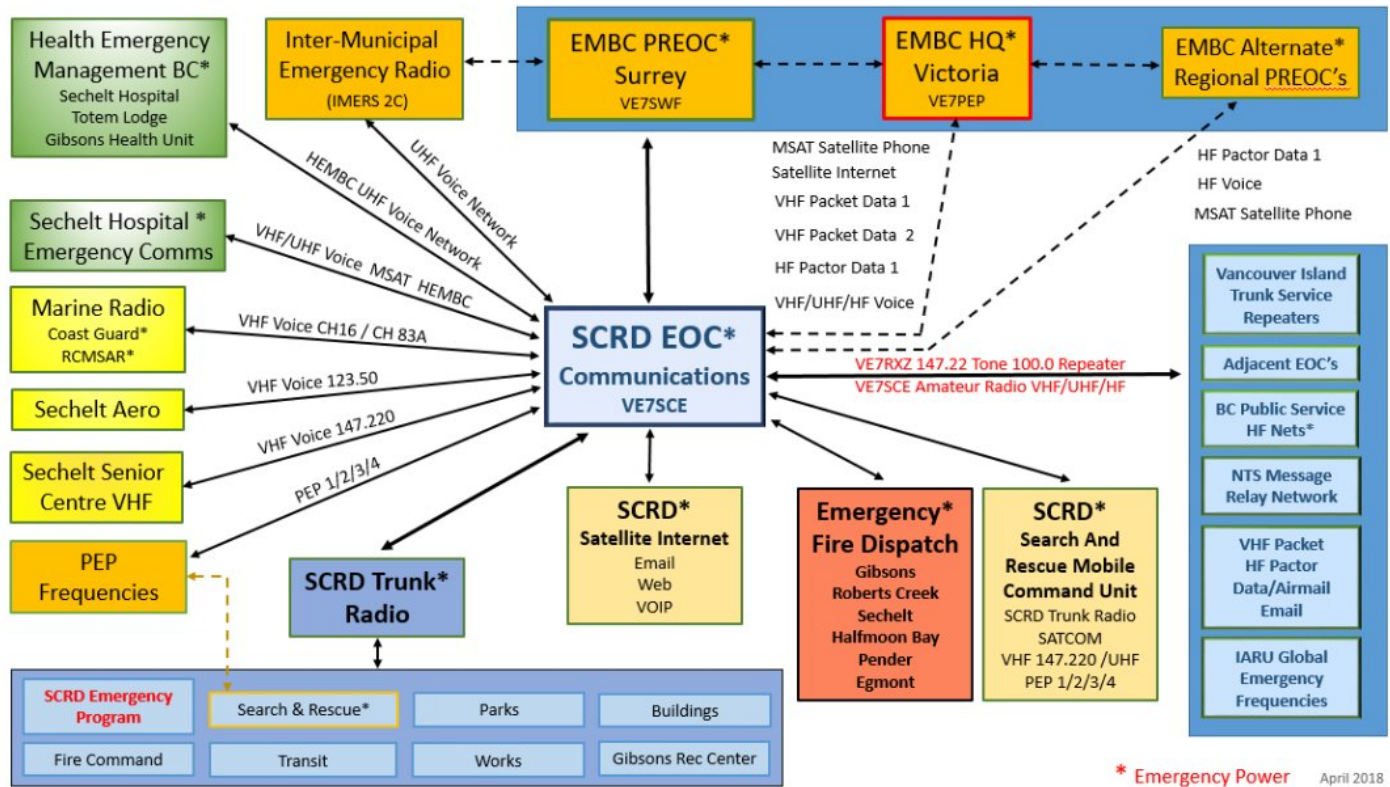


## Other links

- SATERN - Salvation Army Emergency: <http://www.satern.org/>
- Winlink: <https://www.winlink.org>

## SCEP Details

Source: SCR D ECT/SCR D EOC Communications Diagram/



## VE7SCE Radio Stations

Data/Comms Position 1	Kenwood TM-D710GA VHF/UHF
Data/Comms Position 2	Kenwood TM-D710GA VHF/UHF
Comms/Pactor Position 1	Kenwood TM-D710GA VHF/UHF Kenwood TS480HX 200W HF SCS DR7400 Pactor LDG 200 PRO II Auto Antenna Tuner
Comms/Data Position 2	Kenwood TM-D710GA VHF/UHF
SCR D Trunk Radio	Installed on Buses/SCR D Service & Parks Vehicles. Repeater on Mt. Benson & VE7RXZ as SCA 147.220 MHz is programmed into all SCR D Trunk radio SCEP 6 is the dedicated Emergency Program channel

- Inter-Municipal Emergency Radio System via Bowen Island 2C repeater
- Health Emergency Management BC - Emergency Radio to VGH and Sechelt Hospital
- Emergency Fire Dispatch system for Sunshine Coast Fire Departments
- Marine and Aero Radio

## Contact Information

Sources: [EMBC](#), [PERCS SWR](#), [PERCS VIR](#)

- **SCEP:**

- Callsign: VE7SCE
- [1975 Field Road, Sechelt](#) (entrance on Solar Road)
- <https://www.scrd.ca/Emergency-Program>, <https://www.scrd.ca/Emergency-Radio>
- Tel: 604-885-6887
- email: [emergency.program@scrd.ca](mailto:emergency.program@scrd.ca)
- Winlink: [ve7sce@winlink.org](mailto:ve7sce@winlink.org)

- **EMBC South West Region** (our region)

- Callsign: VE7SWF
- 14292 Green Timbers Way, Surrey, B.C. V3T 0J4
- Tel: 604-586-4390
- Fax: 604-586-4334
- email: [EMBC.SWEAdmin@gov.bc.ca](mailto:EMBC.SWEAdmin@gov.bc.ca)
- Winlink: [ve7swf@winlink.org](mailto:ve7swf@winlink.org)

- **EMBC Vancouver Island Region** (for reference only)

- Callsign: VE7PEP
- Block A - Suite 200, 2261 Keating Cross Road, Saanichton B.C., V8M 2A5
- Tel: 250-952-5571 or 250-952-5572 (old?: 250-952-5848)
- Fax: 250-952-4304
- email: [EMBC.VIRAdmin@gov.bc.ca](mailto:EMBC.VIRAdmin@gov.bc.ca)
- Winlink: [ve7pep@winlink.org](mailto:ve7pep@winlink.org)

# Emergency Preparedness

Sources: [PreparedBC](#), [getprepared.gc.ca](#)

## Basic emergency kit

- Water: At least two litres of water per person per day; include small bottles that can be carried easily in case of an evacuation order
- Food that won't spoil, such as canned food, energy bars and dried foods (replace food and water once a year)
- Manual can-opener
- Crank or battery-powered flashlight (and extra batteries). Replace batteries once a year.
- Crank, battery-powered radio (and extra batteries) or Weatheradio
- First aid kit
- Extra keys to your car and house
- Some cash in smaller bills, such as \$10 bills and change for payphones
- A copy of your emergency plan and contact information
- If applicable, other items such as prescription medication, infant formula, equipment for people with disabilities, or food, water and medication for your pets or service animal (personalize according to your needs)

## Recommended additional items

- Two additional litres of water per person per day for cooking and cleaning
- Candles and matches or lighter (place candles in deep, sturdy containers and do not burn unattended)
- Change of clothing and footwear for each household member
- Sleeping bag or warm blanket for each household member
- Toiletries
- Hand sanitizer
- Utensils
- Garbage bags
- Toilet paper
- Water purifying tablets
- Basic tools (hammer, pliers, wrench, screwdrivers, work gloves, dust mask, pocket knife)
- A whistle (in case you need to attract attention)
- Duct tape (to tape up windows, doors, air vents, etc.)





PreparedBC

## BASIC EMERGENCY KIT SUPPLIES

[gov.bc.ca/PreparedBC](https://gov.bc.ca/PreparedBC)



First aid kit, prescriptions and other personal items



Emergency plan, copies of important documents and cash



Garbage bags, moist towelettes and plastic ties



Battery-powered or hand-crank radio



Phone charger and battery bank



Blanket, seasonal clothing and footwear



Battery-powered or hand-crank flashlight



Non-perishable food for at least three days



Water for at least three days; four litres per person per day



Whistle

1)

Flowchart of ITS created using [diagrams.net](https://diagrams.net) with:

Nanaimo VA7DJA 145.430– 141.3->UHF link->Mt Brenton VE7AQW 146.680– 141.3 442.600+ 141.3  
 Nanaimo VA7DJA 145.430– 141.3->UHF link->Mt Benson VA7ITS 444.725+ 141.3  
 Nanaimo VA7DJA 145.430– 141.3->internet link->Tofino VE7TOF 146.880– 141.3 (REPEATER DOWN)  
 Nanaimo VA7DJA 145.430– 141.3->?? link->Port Alberni VE7RPA 147.150+ 141.3 (TRUNK LINK DOWN)  
 Sayward VE7RNC 146.700– 141.3->220 link->Nanaimo VA7DJA 145.430– 141.3  
 Sayward VE7RNC 146.700– 141.3->UHF link->Mt Washington VE7NIR 443.700+ 141.3  
 Sayward VE7RNC 146.700– 141.3->220 link->Campbell River VE7RVR 146.820– 141.3  
 Sayward VE7RNC 146.700– 141.3->220 link->Woss Lake VE7RWV 146.880–  
 Sayward VE7RNC 146.700– 141.3->220 LINK->Port McNeill Airport Relay  
 Port McNeill Airport Relay->UHF LINK->Port McNeill VE7RNI 146.940–