

February 2, 2026 - LeeCARES Training Net: Carry a Notepad

Presented by Jason Korb, KI5ABB

Why Carry a Notepad

A small paper notepad is a simple tool that helps you stay organized, remember important information, and think more clearly. Because it's always ready to use and free from digital distractions, it lets you capture ideas the moment they appear.

Benefits

- **Capture ideas quickly**
A notepad lets you write down thoughts, tasks, and ideas before you forget them.
- **Remember more**
Writing by hand helps you understand and remember information better than typing.
- **Stay organized**
Use your notebook for daily tasks, plans, and goals without the interruptions that come from using a phone.
- **Clear your mind**
Writing things down reduces mental clutter and lowers stress.
- **Reliable anywhere**
A paper notebook doesn't need batteries, works in any lighting, and is faster to open than a phone.
- **Boost creativity**
It gives you space to sketch, brainstorm, and explore ideas freely.

How to Get Started

1. **Carry a small notebook**
Keep it in your pocket, bag, or desk so it's always within reach.
2. **Write everything down**
Notes, reminders, ideas, tasks—put them all in one place.
3. **Review your notes**
Look back regularly to track progress and notice patterns in your thinking.

How to Use a Notepad for ARES Training

A notepad is a reliable tool for building strong communication habits in ARES. It helps you practice essential skills, stay organized during nets, and keep accurate records during exercises and deployments.

1. Log Callsigns During Training Nets

- Write down every call sign you hear.
- This helps you get better at recognizing callsigns quickly and remembering them later.

2. Practice Logging Signal Reports

- Record the signal quality of each station you hear.
- These notes help you understand who you can reach clearly during an emergency.

3. Practice Filling Out ICS Forms

- Use your notepad to track contacts, signal reports, frequency changes, tasks, and other details.
- These notes make it easier to transfer information to ICS forms when needed.

4. Write Down Questions as They Come Up

- When something is unclear, jot it down immediately.
- Use your notes later to ask for clarification and improve your understanding.

5. Keep a Notepad in Your Go-Bag

- Always have a notepad ready for exercises and deployments.
- Practicing with it during training helps you stay organized and ensures you don't miss important details when it matters.

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Summary

Carrying a notepad is an easy way to stay organized, remember important information, and think more clearly. It lets you capture ideas quickly, avoid digital distractions, and keep your mind free of clutter. Writing things down by hand improves memory, boosts creativity, and provides a reliable tool you can use anywhere.

A notepad is also valuable in ARES training. It helps you practice logging callsigns, recording signal reports, tracking details for ICS forms, and writing down questions as they come up. Keeping a notepad in your go-bag ensures you can take accurate notes during exercises and deployments, helping you stay organized and ready to communicate effectively in any situation.