

## Communications Plan

Last Updated: 3/4/10

Objective: The objective of this document is to share Conor's communication strategy and capabilities during the 5 month kayaking expedition in remote wilderness where standard communications, like cell phone are rarely available.

General Availability:

Please look at Conor's Itinerary file to determine where I am so you can figure out which mode of contact will be most successful.

### Available Communications and Details

Mode	Number	Availability	Frequency	Cost	Intended Contact
Verizon Cell Phone	310-740-0734	In Cities only (See itinerary)	Once every 1-2 weeks.	Verizon callers are free. I'll have a Canada add-on plan. Otherwise, 900 minutes/month.	Family, Friends, Parks, etc.
Email	<a href="mailto:CauseToPaddle@gmail.com">CauseToPaddle@gmail.com</a>	In Cities with Access (See itinerary)	Once every 1-2 weeks.	FREE	All
BLOG	<a href="http://conorflannery.wordpress.com/">http://conorflannery.wordpress.com/</a>	In Cities with Access (See itinerary)	Once every 1-2 weeks.	FREE	Fans, Family, Friends.
Texting (SMS)	Both Verizon cell and Sat Phone	When phones are on and have reception.	Every 1-2 days around 6pm PST/AK time.	Not much.	TWITTER, Website. Family, Friends, Parks, etc.
Satellite Phone (Iridium)	8816-2241-7113	Only when I turn it on.	Every 2 days around 6pm PST/AK time.	Incoming texts are free (150 max/month). Outgoing texts are \$0.65. In/Out calls are \$1.29/min. Incoming calls are paid by the ORIGINATOR, vary from \$2 to \$7/minute if from land-line.	Family, Friends, Parks, etc.
Mail to Conor	General Delivery	4 locations, see Itinerary for Postal Addresses.	Once every 3-4 weeks.	Postal charges to US or Canada	Food Resupply, Family, Friends.

VH-F Radio	Ch 14	Line of Sight (8 15 miles)	Daily for Weather	\$200 flat	NOAA, Nearby Boats
SPOT Tracker and Beacon	N/A	Everywhere in Route.	Ok & Location: daily. Beacon: only in distress.	\$150 for device; \$100 annual service fee.	911. GEOSTAR satellite network.
PLB / EPIRB	N/A	Everywhere.	Only in distress.	\$450 flat.	Search and Rescue - SARSAT satellites.

Further Details and Info on Web:

SPOT: <http://www.findmespot.com/en/>  
<http://www.equipped.org/blog/?p=82>  
<http://www.spotadventures.com/>

Sat Phone: <http://messaging.iridium.com/faq/>  
[http://www.globalcomsatphone.com/satellite/phone\\_rentals\\_iridium.html](http://www.globalcomsatphone.com/satellite/phone_rentals_iridium.html)

PLB / EPIRB: <http://www.sarsat.noaa.gov/>  
<http://www.acrelectronics.com/product2.aspx?sku=2882>