

RADIO **DISTRESS** CALLING

USE ONLY IF IN GRAVE OR IMMINENT DANGER

- 1 VHF Ch 16 or SSB 2182, 4125, 6215, 8291
- 2 MAYDAY MAYDAY MAYDAY
- 3 THIS IS 3 TIMES
- 4 MAYDAY
- 5 Vessel's position in degrees and minutes of latitude and longitude or bearing and distance from a well known geographical feature.
- 6 Nature of distress and kind of assistance required.
- 7 Any other information that may assist rescuers – number of persons on board, emergency details, description of vessel, liferaft, EPIRB, cellphone number.
- 8 Allow a short period for shore station to reply.

If there is no response and you have an EPIRB, activate it. Repeat the distress call working through all the distress frequencies. If contact is made with a shore station, inform the station that you have activated your EPIRB and do NOT turn it off until advised by the rescue authority.

You can use any number of means to communicate distress simultaneously.

Distress alert by cellphone call: 111