

RADIO **DISTRESS** CALLING

Use only if you are in imminent danger and need immediate help.

Activate distress beacon if carried. Wear lifejackets.
Switch radio to Full Power.

- 1 **VHF Ch 16** (or SSB 2182, 4125, 6215, 8291)
- 2 **MAYDAY MAYDAY MAYDAY**
- 3 **THIS IS** **3 TIMES**
- 4 **CALLSIGN** **ONCE**
- 5 **MAYDAY**
- 6 Vessel's latitude and longitude, or bearing and distance from a known landmark
- 7 Nature of distress and assistance required
- 8 Any other information – number of persons on board, description of vessel, liferaft or dinghy carried
- 9 **OVER**
- 10 Allow a short time for a reply. If no reply, repeat the distress call, working through all the distress frequencies on the radio. If contact is made with a shore station, tell them if you have activated your distress beacon and follow their instructions.