

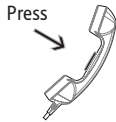
# SAILOR VHF and MF/HF



Lift Cover

Press **RED Button**

until beep sounds continuously  
(more than 3 seconds)



Use the **HANDSET** for voice calling

**MAYDAY-MAYDAY-MAYDAY**  
This is  
**NAME-NAME-NAME**  
**CALLSIGN**  
or other **IDENTIFICATION**  
**MMSI**  
(If the initial alert is sent by DSC)

**OWN ID**

SHIP's NAME: \_ \_ \_ \_ \_

CALLSIGN: \_ \_ \_ \_ \_

MMSI: \_ \_ \_ \_ \_

**MAYDAY**  
**NAME** of the **VESSEL** in distress  
**CALLSIGN** or other **IDENTIFICATION**  
**MMSI**  
(If the initial alert is sent by DSC)  
**POSITION**  
given as **latitude** and **longitude**  
or  
If latitude and longitude are not known  
or if time is insufficient,  
in relation to a known geographical location  
**NATURE** of distress  
Kind of **ASSISTANCE** required  
Any other useful **INFORMATION**

**DISTRESS and COMMUNICATION FREQUENCIES**

	DSC	Radiotelephony	NBDP
VHF	Channel 70	Channel 16	-----
MF	2187.5 kHz	2182.0 kHz	2174.5 kHz
HF4	4207.5 kHz	4125.0 kHz	4177.5 kHz
HF6	6312.0 kHz	6215.0 kHz	6268.0 kHz
HF8	8414.5 kHz	8291.0 kHz	8376.5 kHz
HF12	12577.0 kHz	12290.0 kHz	12520.0 kHz
HF16	16804.5 kHz	16420.0 kHz	16695.0 kHz

Remember to use the correct HF-procedures  
Don't forget your EPIRB is the secondary means of alerting