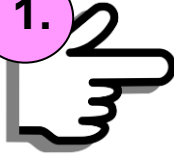


(Remove cover, press)

**DISTRESS**

(3-6 seconds)

1.



2.

Read **DISTRESS CALL**  
On channel 16



**MAYDAY MAYDAY MAYDAY  
THIS IS**

\_\_\_\_\_  
(name of ship)

\_\_\_\_\_  
(name of ship)

\_\_\_\_\_  
(name of ship)

\_\_\_\_\_  
(call sign)

\_\_\_\_\_  
(MMSI-number, if you transmitted DSC alert)

3.

Read **DISTRESS MESSAGE**  
On channel 16



**MAYDAY**

\_\_\_\_\_  
(name of ship)

\_\_\_\_\_  
(call sign)

\_\_\_\_\_  
(MMSI-number, if you transmitted DSC alert)

**MY POSITION IS ...**

(Position of your ship in coordinates or in direction and distance from a known place on your navigation chart)

\_\_\_\_\_  
(nature of distress)

**I NEED IMMEDIATE ASSISTANCE**

**PERSONS ONBOARD**

\_\_\_\_\_  
(number of persons onboard)

\_\_\_\_\_  
(Additional information, which may support SAR)

**INTERNATIONAL ALFABET**

- A = ALPHA
- B = BRAVO
- C = CHARLIE
- D = DELTA
- E = ECHO
- F = FOXTROT
- G = GOLF
- H = HOTEL
- I = INDIA
- J = JULIET
- K = KILO
- L = LIMA
- M = MIKE
- N = NOVEMBER
- O = OSCAR
- P = PAPA
- Q = QUEBEC
- R = ROMEO
- S = SIERRA
- T = TANGO
- U = UNIFORM
- V = VICTOR
- W = WHISKY
- X = X-RAY
- Y = YANKEE
- Z = ZULU

- Å = ALPHAALPHA
- Ä = ALPHA ECHO
- Ö = OSCAR ECHO

- 
- 1 = ONE
  - 2 = TWO
  - 3 = THREE
  - 4 = FOUR
  - 5 = FIVE
  - 6 = SIX
  - 7 = SEVEN
  - 8 = EIGHT
  - 9 = NINE
  - 0 = ZERO

- 
- . = STOP
  - , = DECIMAL
  - / = STROKE, SLASH
  - = DASH