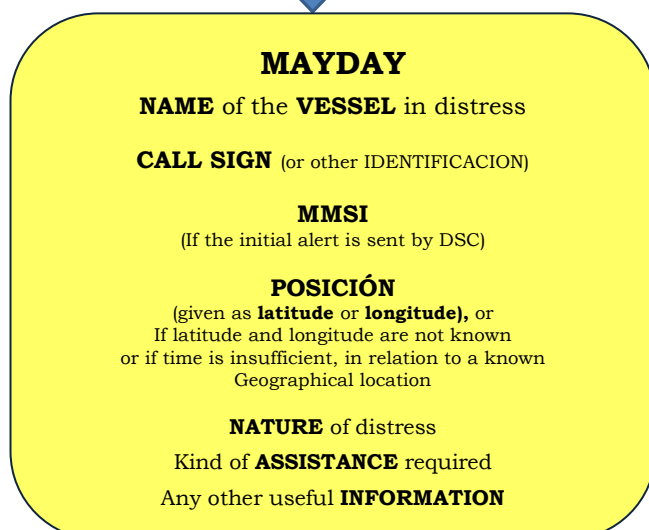
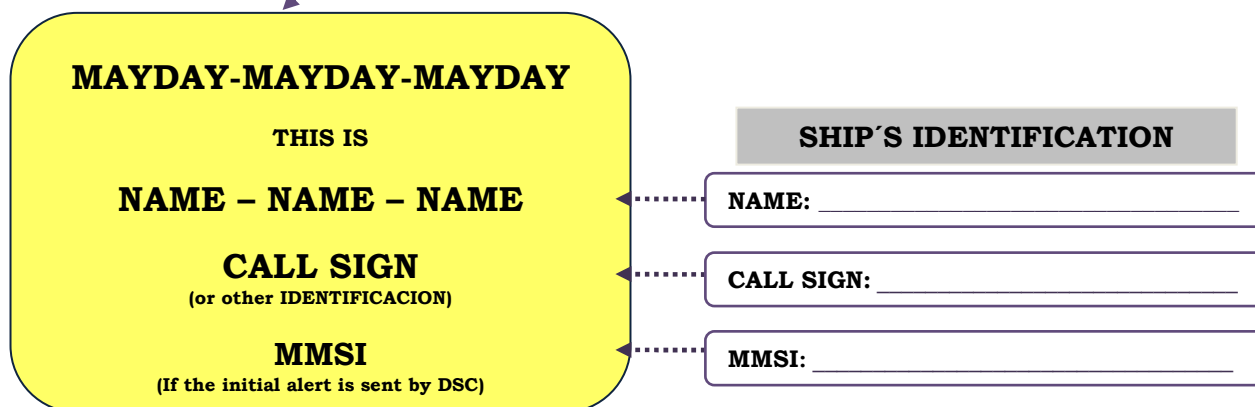
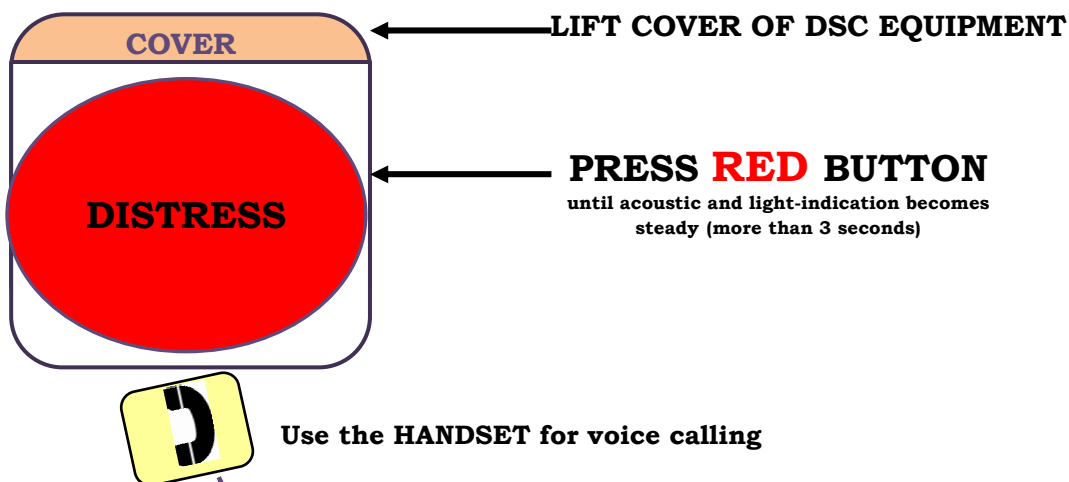




GUIDANCE ON DISTRESS ALERTS



DISTRESS and COMMUNICATION FREQUENCIES

	DSC	R/telephone	NBDP
VHF	Canal 70	Canal 16	-----
MF	2187.5 kHz	2182 kHz	2174.5 kHz
HF4	4207.5 kHz	4125 kHz	4177.5 kHz
HF6	6312.0 kHz	6215 kHz	6268.0 kHz
HF8	8414.5 kHz	8291 kHz	8376.5 kHz
HF12	12577.0 kHz	12290 kHz	12520.0 kHz
HF16	16804.5 kHz	16420 kHz	16695.0 kHz

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