

<p>Full Name -</p> <p>Mobile -</p> <p>Email -</p> <p>DOB - Medical Conditions -</p>	<p>USING A PLB:</p> <ol style="list-style-type: none"> 1. Locate and extend antenna 2. Open Door and press power button. Wait for light to start flashing 3. Ensure PLB can see the sky
<p>In Case of Emergency (ICE)</p> <p>Name - Number -</p> <p>Name - Number -</p> <p>Address -</p>	<p>USING A RADIO:</p> <ol style="list-style-type: none"> 1. Press Channel 16 button. 2. Activate DSC alert if fitted. 3. Press and hold transmit button and say: Mayday, mayday, mayday. This is ... [your name 3 times]. Call sign ... MMSI ... Mayday, [your name]. Call sign ... MMSI ... 4. My position is ... [describe position and give GPS location if possible]. 5. We are ... [describe the nature of distress, the assistance required, number of people and craft followed by any further information]. 6. Say over and wait for a response. 7. If no response – repeat procedure.
<p>VHF Radio / PLB / Mobile - Located on person</p> <p>First aid Kit - Located</p> <p>Repair Kit - Located</p> <p>Group Shelter - Located</p> <p>Spare clothes - Located</p>	<p>USING A MOBILE PHONE:</p> <p>Call 999 or 112 and ask for the coastguard.</p> <p>While you are waiting for help, stay with your kayak – you make a larger target for search and rescue teams.</p>