

### Foggy conditions

- Establish position and put on chart.
- Put on lifejackets.
- Put up a radar reflector if not already rigged.
- Put on navigation lights.
- Reduce the speed and keep to a safe speed.
- Make fog sound signals.
- Consider using the engine.
- Post extra lookouts.
- Use all instruments to the full. GPS, VHF, echo sounder.
- Use the radar if available but make sure you know how to use it properly.
- Wake up crew, especially in the fore cabin!
- Have a white flare handy.

### Stormy conditions

- Get the crew in warm waterproof gear.
- Put on life jackets.
- Clip on harness lines.
- Reef sails.
- Check all hatches are closed.
- Check stowage.
- Stow all loose gear.
- Prepare food and drinks.
- Reduce speed in a motor cruiser.
- Consider anti-seasickness tablets.
- Consider the benefit of using a drogue (sea anchor).
- Consider diverting - a longer passage is better than a shipwreck

### Mayday call

- MAYDAY x 3
- This is 'vessel name' x 3
- Callsign and MMSI
- MAYDAY 'vessel name'
- Callsign and MMSI
- My position is ..... (**from** an object)
- Nature of the distress
- I REQUIRE IMMEDIATE ASSISTANCE
- Number of people on board
- Other relevant information
- OVER

Don't forget that a mayday call should be made only if there is 'grave and imminent danger' to life or vessel. Non life threatening situations require a call to the coastguard or a Pan Pan.

