



**Blairvadach  
Bytes**

# **Signal for Help**

**If something goes horribly wrong on one of your adventures then you may need to get some help. Knowing how to get that help can be a matter of life or death. This card explains the UK Standard signalling for help.**



**To signal for help:**

- **six short blasts / flashes followed by a 1 minute pause is the standard UK signal for 'help'**

**If you hear someone else signalling, you should respond with:**

- **three short blasts / flashes**

**Continue signalling until you find each other**

**Top tips**

- **Don't rely on a mobile phone or other digital devices**
- **Always pack a torch and a whistle**
- **Let someone know where you are planning to go**

