

"Call for Aid" Protocol: Seeking Help & Contact

Goal: Safely and efficiently communicate your distress, location, and needs to access support services or trusted contacts.

Focus: Clear, secure steps for communicating distress and accessing support.

Step	Action: What You Must Do Now	Why This Saves You (Survival Rationale)	Communication Focus
1. The Distress Message	Prepare a single, clear, and concise message with three details: WHO you are, WHERE you are (as specific as possible), and WHAT you need (e.g., medical aid, shelter, exfiltration).	Rescuers and contacts need specific information immediately. Long, vague messages waste time.	<i>Communication Clarity</i>
2. Use Secure Channels	ONLY use your secure, end-to-end encrypted messaging app (Signal) to contact your primary trusted helper. Do not use public social media or unencrypted email/SMS.	Encrypted channels ensure your distress call and your location are not intercepted by hostile parties.	<i>Secure FOSS Use</i>
3. Prepare Proof of Life	Agree on a simple, pre-arranged code word or question with your trusted contacts that only they would know the answer to.	In a high-risk situation, this ensures you are communicating with the actual person you trust, and not an impersonator.	<i>Identity Verification</i>
4. Check-In Window	Agree on a specific time frame to check in with your contact (e.g., "I will message you between 18:00 and 19:00"). If you miss this window, they should know to escalate your situation.	A predictable, shared schedule allows for effective monitoring and triggers aid when contact is lost.	<i>Logistics and Support</i>
5. Low-Power Contact	If your battery is low, use only a very brief text-based message over a secure app. Avoid voice calls or photo/video attachments.	Text uses far less power and bandwidth, maximizing the chances that your single, critical message gets through before the battery dies.	<i>Low-Bandwidth/Power Resilience</i>