

Ham Radio Frequency Chart

HF, VHF & UHF Band Plan Quick Reference | radio-hobbyist.com

Complete Ham Radio Frequency Chart

Band	Frequency Range	Common Modes	Typical Usage
160m	1.800 - 2.000 MHz	CW, SSB, AM	Nighttime DX
80m	3.500 - 4.000 MHz	SSB, FT8, CW	Regional nets
60m	5 MHz channels	USB	Emergency communication
40m	7.000 - 7.300 MHz	CW, SSB, digital	International HF
30m	10.100 - 10.150 MHz	CW, FT8	Digital and CW
20m	14.000 - 14.350 MHz	SSB, FT8, SSTV	Worldwide DX
17m	18.068 - 18.168 MHz	SSB, digital	WARC operation
15m	21.000 - 21.450 MHz	SSB, FT8	DX during solar peaks
12m	24.890 - 24.990 MHz	SSB, CW	Long-distance DX
10m	28.000 - 29.700 MHz	FM, SSB, CW	Sporadic E
6m	50 - 54 MHz	SSB, FM, FT8	"Magic Band"
2m	144 - 148 MHz	FM, SSB	Repeaters and simplex
1.25m	222 - 225 MHz	FM	Regional repeater use
70cm	420 - 450 MHz	FM, DMR	Repeaters and satellites

Most Important Frequencies

Frequency	Usage
146.520 MHz	National 2m simplex calling
446.000 MHz	70cm simplex calling frequency
14.300 MHz	Maritime mobile / emergency monitoring
7.200-7.300 MHz	40m voice activity
14.000-14.350 MHz	20m HF band

Technician Class Frequencies

Frequency	Usage
146.520 MHz	National 2m simplex calling
446.000 MHz	National 70cm simplex calling
52.525 MHz	6m FM simplex
28.400 MHz	10m SSB calling
29.600 MHz	10m FM simplex

FT8 Frequencies by Band

Band	Frequency
160m	1.840 MHz
80m	3.573 MHz
40m	7.074 MHz
30m	10.136 MHz
20m	14.074 MHz
17m	18.100 MHz
15m	21.074 MHz
12m	24.915 MHz
10m	28.074 MHz
6m	50.313 MHz

Common Operating Modes by Band

Mode	Typical Bands	Main Purpose
CW	All HF bands	Weak-signal DX
SSB	HF and 6m	Voice operation
FM	2m and 70cm	Local communication
FT8	HF and 6m	Weak-signal digital
RTTY	HF	Contesting
DMR	UHF	Digital repeaters
D-STAR	VHF/UHF	Linked digital systems
C4FM	VHF/UHF	Yaesu System Fusion

Common Repeater Offsets

Band	Typical Offset
2m	±600 kHz
70cm	±5 MHz

THE EAST ALABAMA AMATEUR RADIO CLUB HAS DESIGNATED 146.420 MHz AS ITS EMCOMM SIMPLEX 2 METER (VHF) FREQUENCY (EMERGENCY FREQ) FOR LEE COUNTY, ALABAMA. PLEASE REMEMBER THIS AND PROGRAM IT INTO YOUR RADIOS.

