

160 Meters (1.8-2.0 MHz)

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| 1.800 – 2.000 | CW |
| 1.800 – 1.810 | Digital Modes |
| 1.810 | CW QRP |
| 1.843-2.000 | SSB, SSTV and other wideband modes |
| 1.910 | SSB QRP |
| 1.995 – 2.000 | Experimental |
| 1.999 – 2.000 | Beacons |

80 Meters (3.5-4.0 MHz)

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| 3.590 | RTTY/Data DX |
| 3.570-3.600 | RTTY/Data |
| 3.790-3.800 | DX window |
| 3.845 | SSTV |
| 3.885 | AM calling frequency |

60 Meters (5 MHz channels)

*Only one signal at a time is permitted on any channel

*Maximum effective radiated output is 100 W PEP

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| 5330.5 | USB phone ¹ and CW/RTTY/data ² |
| 5346.5 | USB phone ¹ and CW/RTTY/data ² |
| 5357.0 | USB phone ¹ and CW/RTTY/data ² |
| 5371.5 | USB phone ¹ and CW/RTTY/data ² |
| 5403.5 | USB phone ¹ and CW/RTTY/data ² |

1. USB is limited to 2.8 kHz

2. CW and digital emissions must be centered 1.5 kHz above the channel frequencies indicated in the above chart

40 Meters (7.0-7.3 MHz)

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| 7.040 | RTTY/Data DX |
| 7.080-7.125 | RTTY/Data |
| 7.171 | SSTV |
| 7.290 | AM calling frequency |

30 Meters (10.1-10.15 MHz)

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| 10.130-10.140 | RTTY |
| 10.140-10.150 | Packet |

20 Meters (14.0-14.35 MHz)

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| 14.070-14.095 | RTTY |
| 14.095-14.0995 | Packet |
| 14.100 | NCDXF Beacons |
| 14.1005-14.112 | Packet |
| 14.230 | SSTV |
| 14.286 | AM calling frequency |

17 Meters (18.068-18.168 MHz)

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| 18.100-18.105 | RTTY |
| 18.105-18.110 | Packet |

15 Meters (21.0-21.45 MHz)

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| 21.070-21.110 | RTTY/Data |
| 21.340 | SSTV |

12 Meters (24.89-24.99 MHz)

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| 24.920-24.925 | RTTY |
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24.925-24.930

Packet

10 Meters (28-29.7 MHz)

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| 28.000-28.070 | CW |
| 28.070-28.150 | RTTY |
| 28.150-28.190 | CW |
| 28.200-28.300 | Beacons |
| 28.300-29.300 | Phone |
| 28.680 | SSTV |
| 29.000-29.200 | AM |
| 29.300-29.510 | Satellite Downlinks |
| 29.520-29.590 | Repeater Inputs |
| 29.600 | FM Simplex |
| 29.610-29.700 | Repeater Outputs |

6 Meters (50-54 MHz)

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|---------------|--------------------------|
| 50.0-50.1 | CW, beacons |
| 50.060-50.080 | beacon subband |
| 50.1-50.3 | SSB, CW |
| 50.10-50.125 | DX window |
| 50.125 | SSB calling |
| 50.3-50.6 | All modes |
| 50.6-50.8 | Nonvoice communications |
| 50.62 | Digital (packet) calling |

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| 50.8-51.0 | Radio remote control (20-kHz channels) |
| 51.0-51.1 | Pacific DX window |
| 51.12-51.48 | Repeater inputs (19 channels) |
| 51.12-51.18 | Digital repeater inputs |
| 51.5-51.6 | Simplex (six channels) |
| 51.62-51.98 | Repeater outputs (19 channels) |
| 51.62-51.68 | Digital repeater outputs |
| 52.0-52.48 | Repeater inputs (except as noted; 23 channels) |
| 52.02, 52.04 | FM simplex |
| 52.2 | TEST PAIR (input) |
| 52.5-52.98 | Repeater output (except as noted; 23 channels) |
| 52.525 | Primary FM simplex |
| 52.54 | Secondary FM simplex |
| 52.7 | TEST PAIR (output) |
| 53.0-53.48 | Repeater inputs (except as noted; 19 channels) |
| 53.0 | Remote base FM simplex |
| 53.02 | Simplex |
| 53.1, 53.2, 53.3, 53.4 | Radio remote control |
| 53.5-53.98 | Repeater outputs (except as noted; 19 channels) |
| 53.5, 53.6, 53.7, 53.8 | Radio remote control |
| 53.52, 53.9 | Simplex |

2 Meters (144-148 MHz)

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| 144.00-144.05 | EME (CW) |
| 144.05-144.10 | General CW and weak signals |
| 144.10-144.20 | EME and weak-signal SSB |
| 144.200 | National calling frequency |
| 144.200-144.275 | General SSB operation |
| 144.275-144.300 | Propagation beacons |
| 144.30-144.50 | New OSCAR subband |
| 144.50-144.60 | Linear translator inputs |
| 144.60-144.90 | FM repeater inputs |
| 144.90-145.10 | Weak signal and FM simplex (145.01,03,05,07,09 are widely used for packet) |
| 145.10-145.20 | Linear translator outputs |
| 145.20-145.50 | FM repeater outputs |
| 145.50-145.80 | Miscellaneous and experimental modes |
| 145.80-146.00 | OSCAR subband |
| 146.01-146.37 | Repeater inputs |
| 146.40-146.58 | Simplex |
| 146.52 | National Simplex Calling Frequency |
| 146.61-146.97 | Repeater outputs |
| 147.00-147.39 | Repeater outputs |

147.42-147.57 Simplex

147.60-147.99 Repeater inputs

Notes: The frequency 146.40 MHz is used in some areas as a repeater input. This band plan has been proposed by the ARRL VHF-UHF Advisory Committee.

1.25 Meters (222-225 MHz)

222.0-222.150 Weak-signal modes

222.0-222.025 EME

222.05-222.06 Propagation beacons

222.1 SSB & CW calling frequency

222.10-222.15 Weak-signal CW & SSB

222.15-222.25 Local coordinator's option; weak signal, ACSB, repeater inputs, control

222.25-223.38 FM repeater inputs only

223.40-223.52 FM simplex

223.52-223.64 Digital, packet

223.64-223.70 Links, control

223.71-223.85 Local coordinator's option; FM simplex, packet, repeater outputs

223.85-224.98 Repeater outputs only

Note: The 222 MHz band plan was adopted by the ARRL Board of Directors in July 1991.

70 Centimeters (420-450 MHz)

420.00-426.00 ATV repeater or simplex with 421.25 MHz video carrier control links and experimental

426.00-432.00 ATV simplex with 427.250-MHz video carrier frequency

432.00-432.07 EME (Earth-Moon-Earth)

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| 432.07- 432.10 | Weak-signal CW |
| 432.10 | 70-cm calling frequency |
| 432.10- 432.30 | Mixed-mode and weak-signal work |
| 432.30- 432.40 | Propagation beacons |
| 432.40- 433.00 | Mixed-mode and weak-signal work |
| 433.00- 435.00 | Auxiliary/repeater links |
| 435.00- 438.00 | Satellite only (internationally) |
| 438.00- 444.00 | ATV repeater input with 439.250-MHz video carrier frequency and repeater links |
| 442.00- 445.00 | Repeater inputs and outputs (local option) |
| 445.00- 447.00 | Shared by auxiliary and control links, repeaters and simplex (local option) |
| 446.00 | National simplex frequency |
| 447.00- 450.00 | Repeater inputs and outputs (local option) |