

FRS / GMRS Band Plan

This information is based off US FCC and Ham Radio guidelines. Transmitting on GMRS channels does require a “no-test” GMRS license from the FCC if you live in the United States. You need to know your allowed frequency ranges and power output options in your geographic area.

CH	BAND	RX	TX	FRS/GMRS	FRS/GMRS
01 CALL	FRS/GMRS	462.5625	462.5625	NFM, MFM	2W, 5W
02	FRS/GMRS	462.5875	462.5875	NFM, MFM	2W, 5W
03 EM	FRS/GMRS	462.6125	462.6125	NFM, MFM	2W, 5W
04	FRS/GMRS	462.6375	462.6375	NFM, MFM	2W, 5W
05	FRS/GMRS	462.6625	462.6625	NFM, MFM	2W, 5W
06	FRS/GMRS	462.6875	462.6875	NFM, MFM	2W, 5W
07	FRS/GMRS	462.7125	462.7125	NFM, MFM	2W, 5W
08	FRS/GMRS	467.5625	467.5625	NFM	.5W
09	FRS/GMRS	467.5875	467.5875	NFM	.5W
10	FRS/GMRS	467.6125	467.6125	NFM	.5W
11	FRS/GMRS	467.6375	467.6375	NFM	.5W
12	FRS/GMRS	467.6625	467.6625	NFM	.5W
13	FRS/GMRS	467.6875	467.6875	NFM	.5W
14	FRS/GMRS	467.7125	467.7125	NFM	.5W
15	FRS/GMRS	462.5500	462.5500/467.5500	NFM, MFM	2W, 50W
16	FRS/GMRS	462.5750	462.5750/467.5750	NFM, MFM	2W, 50W
17 EM	FRS/GMRS	462.6000	462.6000/467.6000	NFM, MFM	2W, 50W
18	FRS/GMRS	462.6250	462.6250/467.6250	NFM, MFM	2W, 50W
19	FRS/GMRS	462.6500	462.6500/467.6500	NFM, MFM	2W, 50W
20 EM/TR	FRS/GMRS	462.6750	462.6750/467.6750	NFM, MFM	2W, 50W
21	FRS/GMRS	462.7000	462.7000/467.7000	NFM, MFM	2W, 50W
22	FRS/GMRS	462.7250	462.7250/467.7250	NFM, MFM	2W, 50W

(**FRS** use is not allowed on the 467MHz GMRS Repeater inputs on chs. 15-22, but is now allowed on the 462MHz GMRS Repeater outputs)

GMRS allows “wide” FM for simplex or repeater use on chs. 1-7 & 15-22

NFM = 12.5kHz, **FM** = 20kHz, **CALL** = Calling Channel, **EM** = Emergency/Prepper freq, **TR** = Travel Safety & Assistance)