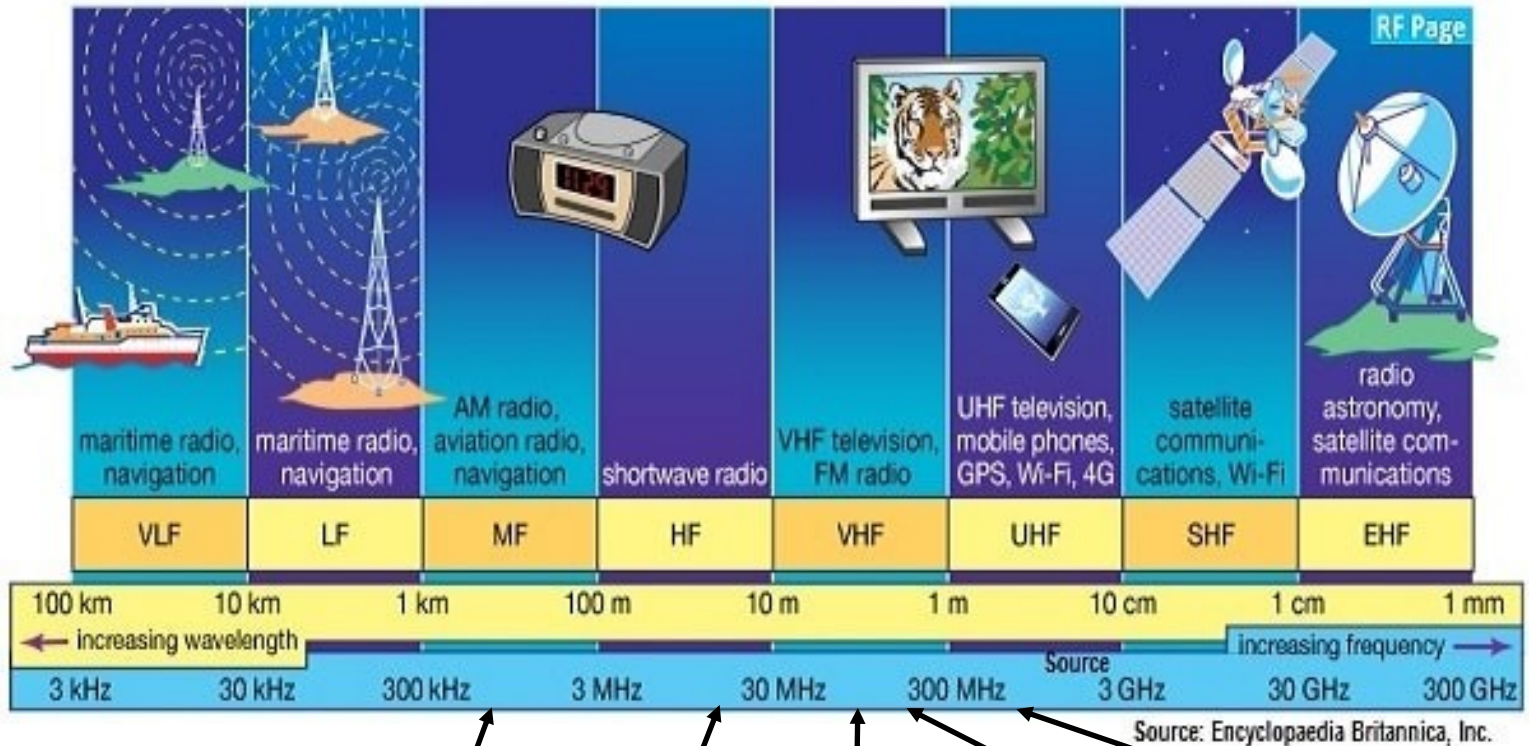


## The Radio Frequency Spectrum: Wavelength and Band Usage



KOMO 1000 = 1000 kHz = 1 MHz  
(MF="Medium Frequency" range)  
(Commercial **AM radio band** is here)

CB radio, about 27 MHz  
(Top of HF, "High Frequency" range, is at 30 MHz)

KLOI Lopez Island = 102.9 MHz ...  
(Commercial **FM radio band** is here.  
VHF="Very High Frequency." Typical TV channels are in the VHF range too)

2 meters = 145 MHz  
Heavily used **Technician class** and higher VHF **2m band**: 144 MHz to 148 MHz

70 cm = 0.7 meter = 429 MHz  
(several questions mention this UHF frequency) Many **Technician class** privileges in the **70cm band**, 420 MHz to 450 MHz

### Wavelength and Frequency calculation examples:

Divide 300 by wavelength in meters to get frequency in MHz

**Example: divide 300 by 6 meters to get 50 MHz**

Divide 300 by frequency in MHz to get wavelength in meters

**Example: divide 300 by 30 MHz to get 10 meters**