US Band Plan
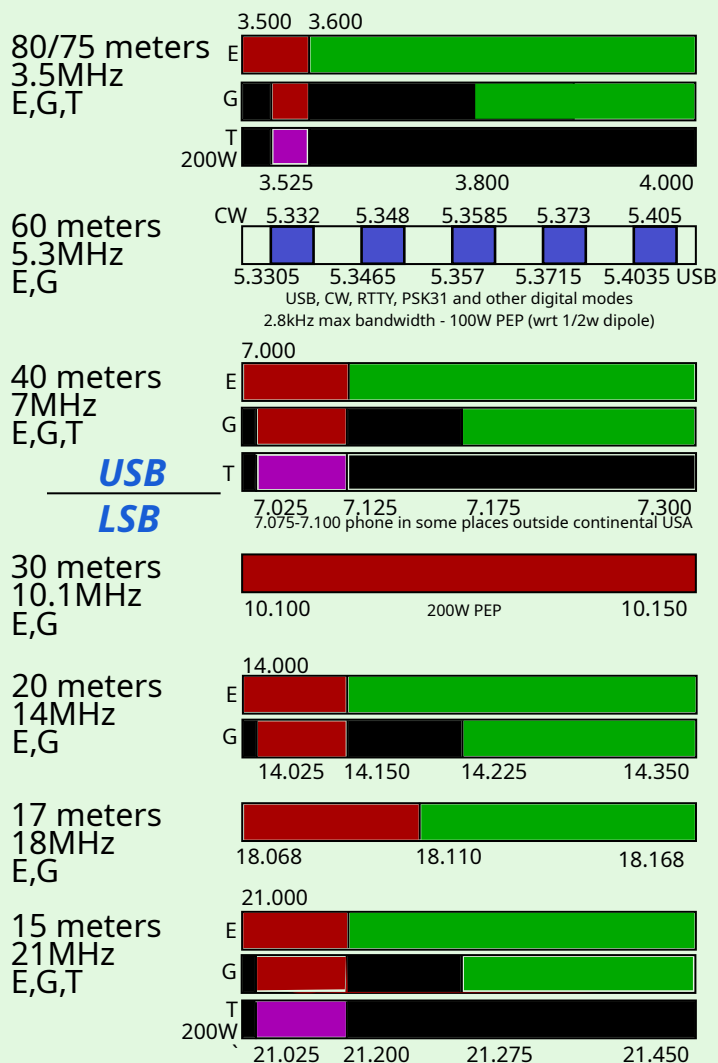
LF/MF

You must register with the UTC before using the 2200M or 630M bands
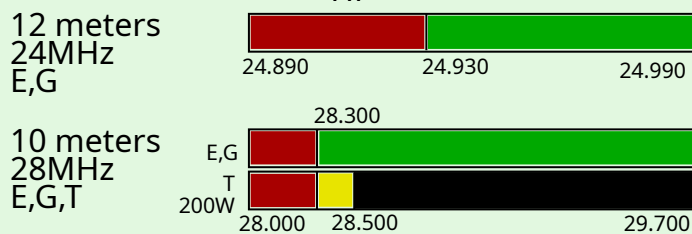
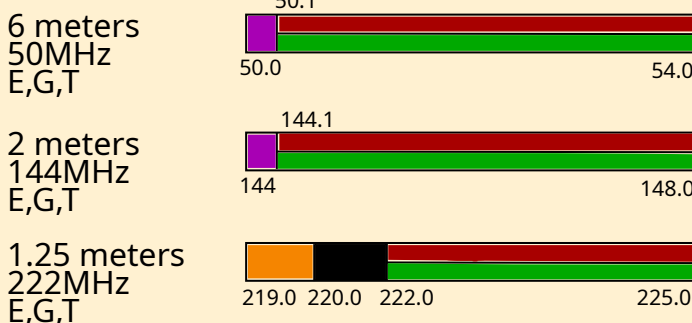**2200 meters**
135kHz
E,G
- 135.7kHz — 1W EIRP max — 137.8kHz

630 meters
472kHz
E,G
- 472kHz — 5W EIRP max (1W in AK within 496miles or Russia) — 479kHz

160 meters
1.8MHz
E,G
- 1.8 — 1.900MHz to 2.000MHz — 2.0
- Avoid interference with radiolocations

HF

80/75 meters
3.5MHz
E,G,T
- E: 3.500 — 3.600
- G
- T 200W
- 3.525 — 3.800 — 4.000

60 meters
5.3MHz
E,G
- CW: 5.332, 5.348, 5.3585, 5.373, 5.405
- USB: 5.3305, 5.3465, 5.357, 5.3715, 5.4035
- USB, CW, RTTY, PSK31 and other digital modes
- 2.8kHz max bandwidth - 100W PEP (wrt 1/2w dipole)

40 meters
7MHz
E,G,T
- E: 7.000
- G
- T
- 7.025 — 7.125 — 7.175 — 7.300
- *USB*
- *LSB*
- 7.075-7.100 phone in some places outside continental USA

30 meters
10.1MHz
E,G
- 10.100 — 200W PEP — 10.150

20 meters
14MHz
E,G
- E: 14.000
- G
- 14.025 — 14.150 — 14.225 — 14.350

17 meters
18MHz
E,G
- 18.068 — 18.110 — 18.168

15 meters
21MHz
E,G,T
- E: 21.000
- G
- T 200W
- 21.025 — 21.200 — 21.275 — 21.450

HF

12 meters
24MHz
E,G
- 24.890 — 24.930 — 24.990

10 meters
28MHz
E,G,T
- E,G: 28.300
- T 200W
- 28.000 — 28.500 — 29.700

VHF

6 meters
50MHz
E,G,T
- 50.1
- 50.0 — 54.0

2 meters
144MHz
E,G,T
- 144.1
- 144 — 148.0

1.25 meters
222MHz
E,G,T
- 219.0 — 220.0 — 222.0 — 225.0

UHF

70cm
420MHz
E,G,T
- 420.0 — 450.0

33cm
902MHz
E,G,T
- 902.0 — 928.0

23cm
1240MHz
E,G,T
- 1240 — 1300
- Power and location restrictions may apply above 420MHz

SHF/EHF

E,G,T are licensed on all modes on the following frequencies

2300-2310MHz	2390-2450MHz	3300-3500MHz 5650-5925MHz
10.0-10.5GHz*	24.0-24.25GHz	47.0-47.2GHz 76.0-81.0GHz
122.25-123.0GHz	134-141GHz	241-250GHz >275GHz

*No Pulse emissions

Legend

- Phone/Image (green)
- RTTY/Data (red)
- SSB phone (yellow)
- CW (purple)
- Fixed Digital Messaging Forwarding Systems (orange)

All bands also allow CW

E - Amateur Extra   G - General   T - Technician
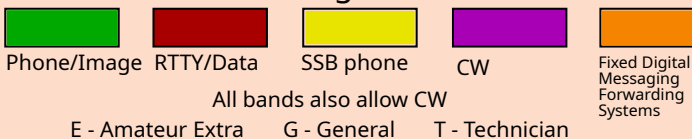
Notes

Maximum transmitter power is 1.5kW PEP
Repeater offset - 2m:600kHz, 70cm:5Mhz

Simplex Calling Frequencies
70cm: FM: 446.000MHz
      SSB: 432.10MHz
2m: FM:146.520MHz
      SSB: 144.200MHz

Baofeng
Dual Watch - menu 7, Power - menu 2
Call - FM Broadcast
1. VFO/MR for Freq Mode, A/B for side A
2. Select BAND
3R. Clear CTCSS/DCS, delete existing data (menu 28)
4. Enter Freqency
5R. Enter offset (menu 26), shift (menu 25) 1=pos, 2= neg
6. Set CTCSS/DCS
7R. Enter repeater output freq
8. Save menu27
RX DCS (menu 10), RX CTCSS (menu 11)
TX DCS (menu 13), TX CTCSS (menu12)

Yaesu FT-70D
108-137MHz/137-174MHz/174-222MHz
222-420MHz/420-470MHz/470-480MHz
HM/RV to reverse transmit and receive
To set
1. Set frequency and mode (V/M, type freq)
2. Set offset direction (F-0) RPT-/RPT+/Simplex
3. Set repeater mode (F-5)
OFF/TONE(CTCSS tone)/TSSQL(CTCSS tone and squelch)/DCS
4. Set CTCSS frequency (F-6)
5. Set power (F-1) Low:0.5W, Mid:2W, High:5W
To save
1. Press V/M for 1 sec, use dial to find spot
2. Press V/M
3. To label use dial, mode/band/gm, press V/M

Comet HFJ-350M Antenna
100W Peak/50W Average
Lengthen for lower freq, shorten for higher freq
Counterpoise - AWG12
1.8MHz: 1170mm 7kHz/cm   2 coil 40m
3.5MHz: 910mm   20kHz/cm 1 coils 20m
7MHz: 960mm   25kHz/cm 0 coils 12m
10MHz: 990mm   40kHz/cm Term1
14MHz: 800mm   60kHz/cm Term2
18MHz: 1070mm   50kHz/cm Term2,3
21MHz: 750mm   80kHz/cm Term3
24MHz: 530mm 100kHz/cm Term3
28.5MHz: 1000mm 120kHz/cm Term4
51MHz: 950mm 100kHz/cm Term 5