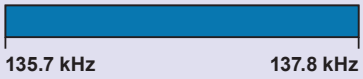
US Amateur Radio Bands

Operator license classes: **E** = Amateur Extra **A** = Advanced **G** = General **T** = Technician **N** = Novice
CW operation is permitted throughout all amateur bands. Except as noted, all frequencies are in megahertz (MHz).

= RTTY, data, phone, image = USB phone, RTTY, data and CW = RTTY and data = phone and image
= SSB phone = CW only

LF – Low Frequency band

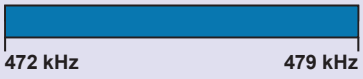
2200 Meters (135 kHz) E,A,G
1 W EIRP maximum



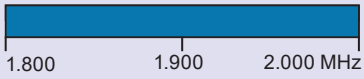
Amateurs wishing to operate on **2200 or 630 meters** must first register with the Utilities Technology Council online at **https://utc.org/plc-database-amateur-notification-process/.** You need only register once for each band.

MF – Medium Frequency bands

630 Meters (472 kHz) E,A,G
5 W EIRP max, except in Alaska within 496 miles of Russia where the limit is **1 W EIRP**

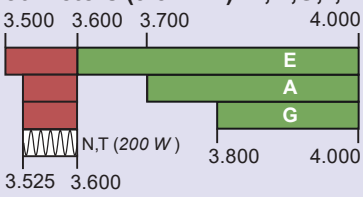


160 Meters (1.8 MHz) E,A,G

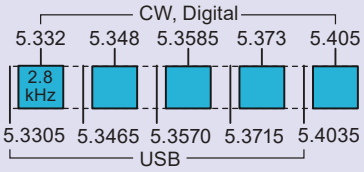


HF – High Frequency bands

80 Meters (3.5 MHz) E,A,G,T,N

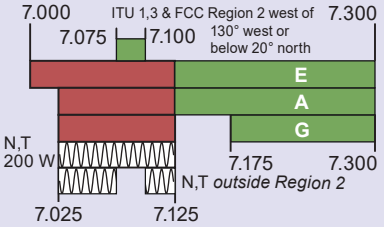


60 Meters (5.3 MHz) E, A, G (100 W)

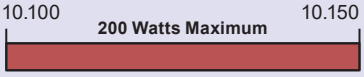


General, Advanced, and Extra licensees may operate on a secondary basis with a maximum ERP of 100 W (relative to a half-wave dipole antenna).

40 Meters (7 MHz) E,A,G,T,N

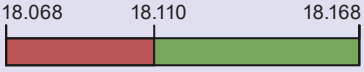


30 Meters (10.1 MHz) E,A,G

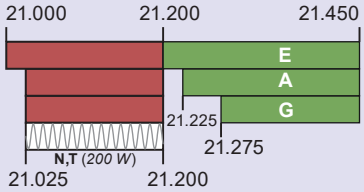


20 Meters (14 MHz) E,A,G

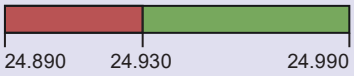
17 Meters (18 MHz) E,A,G



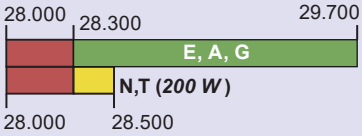
15 Meters (21 MHz) E,A,G,T,N



12 Meters (24 MHz) E,A,G



10 Meters (28 MHz) E,A,G,T,N



VHF – Very High Frequency bands

6 Meters (50 MHz) E,A,G,T

2 Meters (144 MHz) E,A,G,T

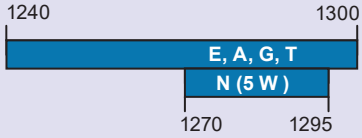
1.25 Meters (222 MHz) E,A,G,T,N

UHF – Ultra High Frequency bands

70 cm (420 MHz) E,A,G,T

33 cm (902 MHz) E,A,G,T

23 cm (1240 MHz) E,A,G,T,N



SHF&EHF – Super and Extremely High Frequency bands

All licensees except Novices are authorized all modes on the following frequencies:

2300-2310 MHz	3400-3450 MHz	10.0-10.5 GHz	47.0-47.2 GHz	122.25-123.0 GHz	241-250 GHz
2390-2450 MHz	5650-5925 MHz	24.0-24.25 GHz	76.0-81.0 GHz	134-141 GHz	All above 275 GHz

See www.arrl.org/band-plan for detailed band plans.

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