

**ARFCOM Amateur Radio Frequencies**

Band	Primary	Alternate	Mode	Notes
160m	1.861	1.961	LSB	
80m	3.861	3.961	LSB	
40m	7.213	7.285	LSB	Daily net at 0100 UTC
20m	14.261	14.283	USB	2nd alt 14.223
15m	21.361		USB	
10m	28.445	28.525	USB	
6m	52.560		FM	
2m	145.560	147.445	FM	CTCSS 100Hz
1.25m	223.560		FM	CTCSS 100Hz
70cm	440.975	445.560	FM	CTCSS 100Hz

**Useful Nets and Frequencies**

MARINE	2.182	3.023	USB	International Marine Distress
HAM	3.791	7.1855	USB	HFPACK QRP calling
HAM	3.873	7.285	USB	Gulf Coast Hurricane Net
HAM	3.970	7.2685	LSB	Noontime Net
HAM	7.255		LSB	ECARS Net
HAM	14.265	7.265	USB	SATERN Net
HAM	14.300		USB	Marine Maritime Net
HAM	14.325	3.950	USB/LSB	National Hurricane Net
HAM	14.332	7.273	USB	YLISSB Net
HAM	14.3425	18.1575	USB	HFPACK QRP calling
CB	27.065	27.185	AM	Emergency Ch 9 / Ch 19
HAM	28.400	29.600	USB/FM	National 10m calling
ARC	47.420	155.160	FM	Red Cross primaries
AIR	121.500	3.920	AM/LSB	Emergency / Locator
CAP	123.100	148.150	AM/FM	Aviation SAR / simplex
HAM	146.520	147.420	FM	National 2m simplex
MURS	151.820	151.880	FM	Channels 1 + 2
MARINE	156.800	157.100	FM	USCG channels 16 + 22A
HAM	446.000	52.525	FM	National 70cm/6m simplex
FRS	462.5625	462.5875	FM	Channels 1 + 2
GMRS	462.6750	462.5500	FM	Ch 20/6 + 15/1 (PL 141.3)
HAM	3.580	7.070	USB	PSK31
HAM	14.070	28.120	USB	PSK31

**Shortwave Broadcasts**

BBC	15.400	6.015	AM	BBC News (12.095, 7.325)
CBC	6.160	9.515	AM	CBC/RCI (6.100, 9.880, 9.755)
RN	9.845	6.165	AM	Radio Netherlands News

**Time and National Interest Announcements**

WWV	2.500	5.000	AM	USA (Ft Collins, Colorado)
WWV	10.000	15.000	AM	USA (Ft Collins, Colorado)
WWV	20.000		AM	USA (Ft Collins, Colorado)
CHU	3.330	7.335	AM	Canada (Ottawa, Ontario)
CHU	14.670		AM	Canada (Ottawa, Ontario)

**Weather and Local Interest Announcements**

NOAA	162.550	162.400	FM	WX1,2
NOAA	162.475	162.425	FM	WX3,4
NOAA	162.450	162.500	FM	WX5,6
NOAA	162.525		FM	WX7
NOAA	6.604	10.051	USB	east coast HF weather
NOAA	13.270		USB	east coast HF weather

**Local Frequencies / Notes**

POLICE				
FIRE				
EMS				
RACES				
ARES				

<http://losdos.dyndns.org:8080/public/ham/EMCOMM-FREQ-REF-CARD.pdf>  
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