

# US Amateur Radio Bands

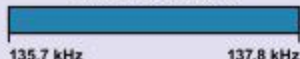
Operator license classes: **E** = Amateur Extra **A** = Advanced **G** = General **T** = Technician **N** = Novice

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

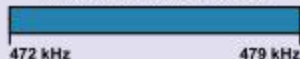
## LF – Low Frequency band

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

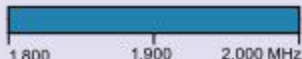


**630 Meters (472 kHz) E,A,G**

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**

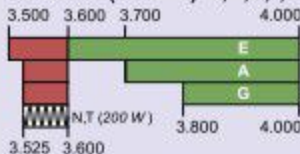


Amateurs wishing to operate on **2200 or 630 meters** must first register with the Utilities Technology Council online at <https://utcc.org/plc-database-amateur-notification-process/>. You need only register once for each band.

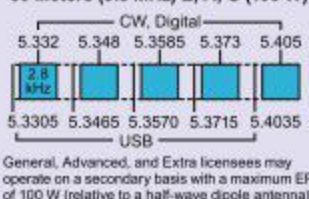
## MF – Medium Frequency bands

### HF – High Frequency bands

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

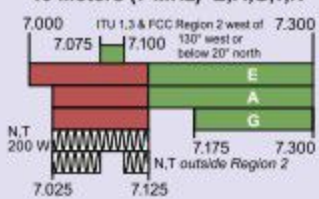


**60 Meters (5.3 MHz) E, A, G (100 W)**

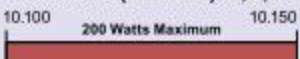


General, Advanced, and Extra licensees may operate on a secondary basis with a maximum ERP of 100 W (relative to a half-wave dipole antenna).

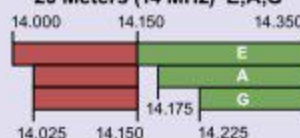
**40 Meters (7 MHz) E,A,G,T,N**



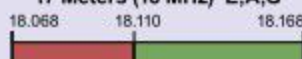
**30 Meters (10.1 MHz) E,A,G**



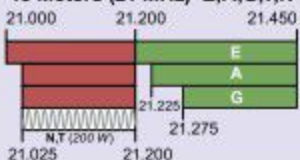
**20 Meters (14 MHz) E,A,G**



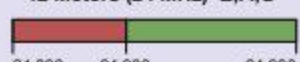
**17 Meters (18 MHz) E,A,G**



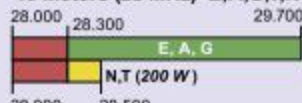
**15 Meters (21 MHz) E,A,G,T,N**



**12 Meters (24 MHz) E,A,G**



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



### VHF – Very High Frequency bands

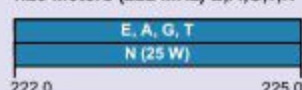
**6 Meters (50 MHz) E,A,G,T**



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

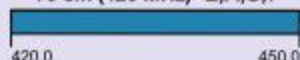


**1.25 Meters (222 MHz) E,A,G,T,N**

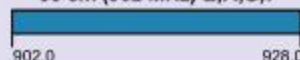


### UHF – Ultra High Frequency bands

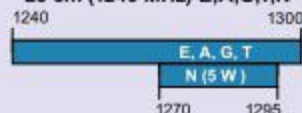
**70 cm (420 MHz) E,A,G,T**



**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](http://www.arrl.org/band-plan-for-detailed-band-plans).

Copyright © ARRL 2023  
OTAbands rev. 2-10-23