

General Bands & Frequencies

	Band (meters)	MHz	Common Use	Side band	
HF	160	1.800 - 2.000	night	LSB	
	80	3.525 - 3.600	RTTY/Data - No Phone	LSB	
	60		5.330.5		USB
			5.346.5		
			5.366.5		
			5.371.5		
			5.403.5		
	40	7.175 - 7.300	night and local day	LSB	
	20	14.225 - 14.350	world-wide day and night		
	17	18.110 - 18.168	world-wide day and night		
15	21.275 - 21.450	primarily a daytime band			
12	24.930 - 24.990	primarily a daytime band			
VHF	10	28.300 - 29.700	daytime during sunspot highs		
	6	50.1 - 54.0	Local to world-wide		
	2	144.1 - 148.0	Local and medium distance		
	1.25	222.0 - 225.0			
UHF	70 cm	420.0 - 450.0	local		
	33 cm	902.0 - 928.0			
	23 cm	1240 - 1300			

Favorites

160m	1.800 – 2.000
80m	3.600 – 4.000
40m	7.125 – 7.300
20m	14.150 – 14.350
17m	18.110 – 18.168
15m	21.200 – 21.450
12m	24.930 – 24.990
10m	28.300 – 29.700
6m	50.1 – 54.0
2m	144.1 – 148.0
70cm	420.0 – 450.0

Codes

QRL	Is the frequency busy?	The frequency is busy.
QRM	Interference from other signals - Man-made.	
QRN	Interference from natural or static.	
QRO	Shall I increase power? & > 100w	Increase power.
QRP	Shall I decrease power? & <100w	Decrease power.
QRS	Shall I send more slowly?	Send more slowly (___wpm).
QRT	Shall I stop sending or transmitting? I'm QRT...for a while, will be back in 10, etc.	Stopping sending or transmitting.
QRU	Have you anything more for me?	I have nothing more for you.
QRV	Are you ready? Ready to Tx - "because we are always ready to assist" - motto	I am ready.
QRX	Stand by.	
QRZ	Who is calling me?	
QSB	Signal fading.	
QSL	Did you receive and understand?	Received and understood.
QSO	A contact or conversation with someone. Q-so	
QST	General call preceding a message addressed to all amateurs.	
QSX	I am listening on ___ kHz.	
QSY	Change to transmission on another frequency (or to ___ kHz.	
QTH	What is your location?	My location is _____.
CQ	Calling anyone -HF only	CQ <u>NOT</u> on 2m / Repeater
CQ YL	Calling any YL	
CQ DX	Calling to other than NA	
CQ NA	Calling North America	
CQ Contest	Calling in Contesting - can be specific	

A	Alfa	N	November
B	Bravo	O	Oscar
C	Charlie	P	Papa
D	Delta	Q	Quebec
E	Echo	R	Romeo
F	Foxtrot	S	Sierra
G	Golf	T	Tango
H	Hotel	U	Uniform
I	India	V	Victor
J	Juliet	W	Whiskey
K	Kilo	X	X-ray
L	Lima	Y	Yankee
M	Mike	Z	Zulu