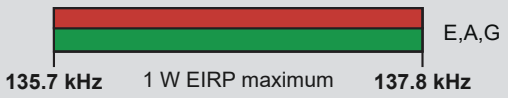
US Amateur Radio Bands

US AMATEUR POWER LIMITS — FCC 97.313 An amateur station must use the minimum transmitter power necessary to carry out the desired communications. (b) No station may transmit with a transmitter power exceeding 1.5 kW PEP.

ARRL The National Association for Amateur Radio®

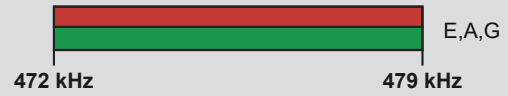
Amateurs wishing to operate on either 2,200 or 630 meters must first register with the Utilities Technology Council online at **https://utc.org/plc-database-amateur-notification-process/** You need only register once for each band.

2,200 Meters (135 kHz)



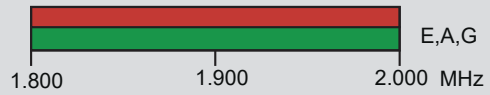
630 Meters (472 kHz)

5 W EIRP maximum, except in Alaska within 496 miles of Russia where the power limit is 1 W EIRP.

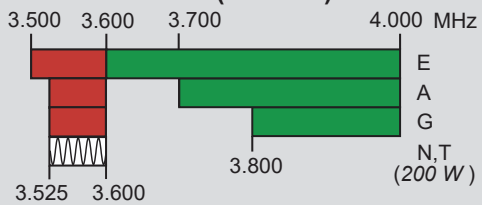


160 Meters (1.8 MHz)

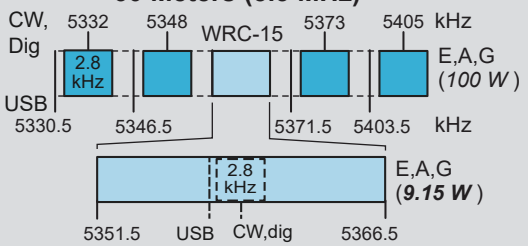
Avoid interference to radiolocation operations from 1.900 to 2.000 MHz



80 Meters (3.5 MHz)

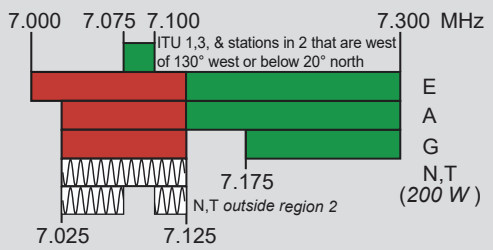


60 Meters (5.3 MHz)



General, Advanced, and Extra licensees may operate on a *secondary* basis with an operating bandwith of 2.8 kHz, maximum ERP of 100 W (relative to a half-wave dipole antenna) on individual channels. As February 13, 2026 the WRC-15 band 5351.5 to 5366.5 kHz is available with a max. ERP of ***9.15 W***.

40 Meters (7 MHz)



See Sections 97.305(c), 97.307(f)(11) and 97.301(e).These exemptions do not apply to stations in the continental US.

30 Meters (10.1 MHz)

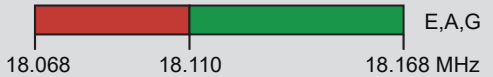
Avoid interference to fixed services outside the US.



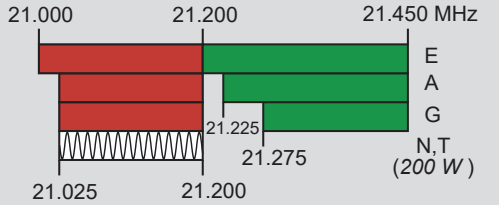
20 Meters (14 MHz)



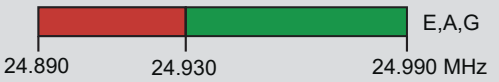
17 Meters (18 MHz)



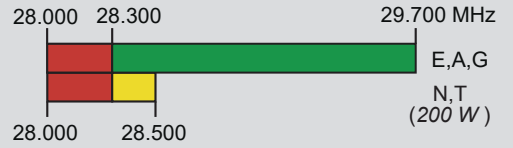
15 Meters (21 MHz)



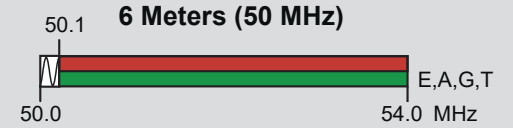
12 Meters (24 MHz)



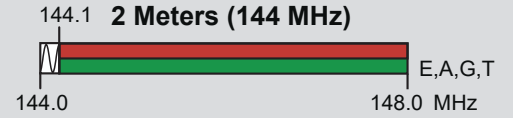
10 Meters (28 MHz)



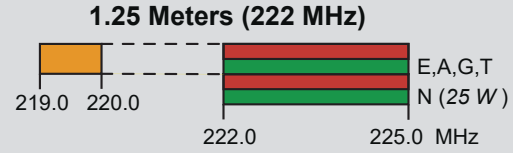
6 Meters (50 MHz)



2 Meters (144 MHz)



1.25 Meters (222 MHz)



*Geographical and power restrictions may apply to all bands above 420 MHz. For information about your area, See *FCC **97.303** Frequency sharing requirements.*

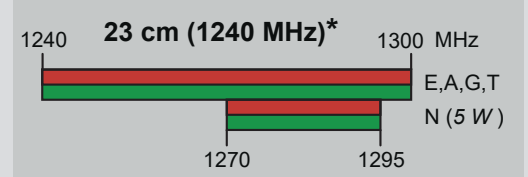
70 cm (420 MHz)*



33 cm (902 MHz)*



23 cm (1240 MHz)*



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

2300-2310 MHz	10.0-10.5 GHz ‡	122.25-123.0 GHz
2390-2450 MHz	24.0-24.25 GHz	134-141 GHz
3300-3450 MHz	47.0-47.2 GHz	241-250 GHz
5650-5925 MHz	76.0-81.0 GHz	All above 275 GHz

‡ No pulse emissions

KEY

Note:

CW operation is permitted throughout all amateur bands.

MCW is authorized above 50.1 MHz, except for 144.0-144.1 and 219-220 MHz.

Test transmissions are authorized above 51 MHz, except for 219-220 MHz

= RTTY and data
= phone and image
= CW *only*
= SSB phone
= USB phone, CW, RTTY, and data
= Fixed digital message forwarding systems *only*

E = Amateur Extra
A = Advanced
G = General
T = Technician
N = Novice

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

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