

2 M and 70 cm Simplex Frequencies

Use simplex frequencies as a means to communicate without using an FM repeater. There are many simplex frequencies available to the ham community. One good operating practice is to move your conversation to a simplex frequency (pre-arranged of course) so you do not tie up the repeater.

There are two simplex frequencies designated as calling frequencies. Once contact is established using a calling frequency, move to a designated simplex frequency to conduct your traffic. Monitoring the calling frequencies is a good way to assist other hams.

- **2 M Calling Frequency *146.52 MHz***
- **70 cm Calling Frequency *446.000 MHz***

2 M Simplex Frequencies

146.400	146.415	146.430	146.445	146.460	146.475
146.490	146.505	146.535	146.550	146.565	146.580
146.595	147.405	147.420	147.435	147.450	147.465
147.480	147.495	147.510	147.525	147.540	147.555
147.570	147.585				

70 cm Simplex Frequencies

445.9125	445.9250	445.9375	445.9500	445.9265	446.9750
445.9875	446.0125	446.0250	446.0375	446.0500	446.0625
446.0750	446.0875	446.1000	446.1125	446.1250	446.1375
446.1500	446.1625	446.1750			
