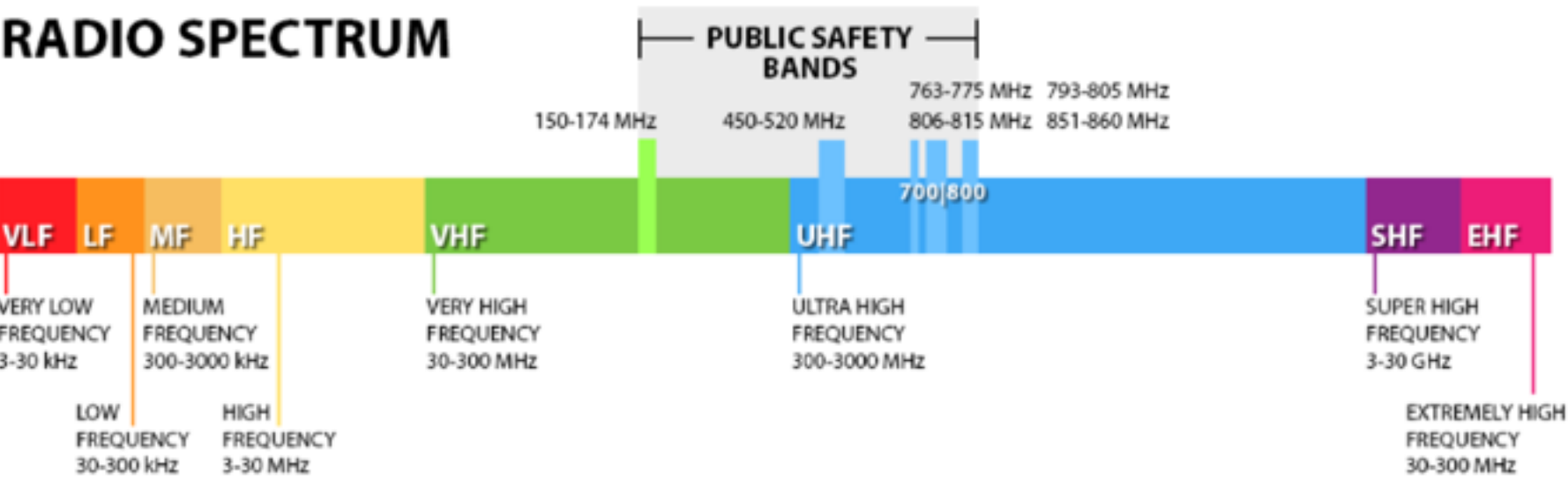




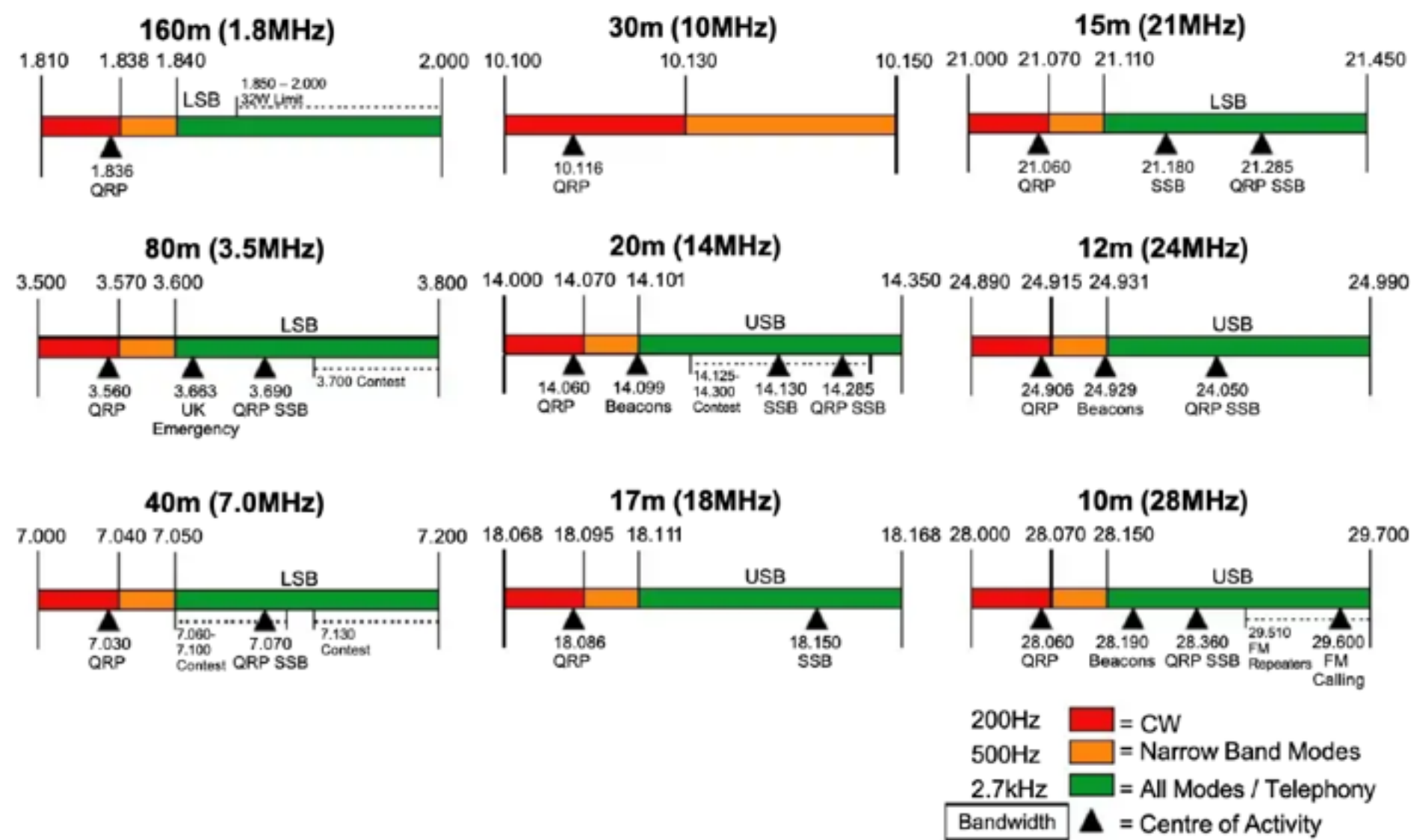
HF Broadcast Bands Plan

Band	Megahertz (MHz)	Kilohertz (KHz)	Type
Long Wave	0.1485 - 0.2835 MHz	148.5 - 283.5 KHz	Broadcast Band
Medium Wave	0.531 - 1.700 MHz	531 - 1700 KHz	Broadcast Band
120 Metres	2.300 - 2.500 MHz	2300 - 2500 KHz	Broadcast Band
90 Metres	3.200 - 3.400 MHz	3200 - 3400 KHz	Broadcast Band
75 Metres	3.900 - 4.000 MHz	3900 - 4000 KHz	Broadcast Band
60 Metres	4.750 - 5.060 MHz	4750 - 5060 KHz	Broadcast Band
49 Metres	5.950 - 6.200 MHz	5950 - 6200 KHz	Broadcast Band
48 Metres	6.201 - 6.350 MHz	6201 - 6350 KHz	Pirate Band
41 Metres	7.100 - 7.600 MHz	7100 - 7600 KHz	Broadcast Band
31 Metres	9.200 - 9.900 MHz	9200 - 9900 KHz	Broadcast Band
25 Metres	11.600 - 12.200 MHz	11600 - 12200 KHz	Broadcast Band
22 Metres	13.570 - 13.870 MHz	13570 - 13870 KHz	Broadcast Band
19 Metres	15.100 - 15.800 MHz	15100 - 15800 KHz	Broadcast Band
16 Metres	17.480 - 17.900 MHz	17480 - 17900 KHz	Broadcast Band
13 Metres	21.450 - 21.850 MHz	21450 - 21850 KHz	Broadcast Band
11 Metres	25.600 - 26.100 MHz	25600 - 26100 KHz	Broadcast Band

UK HF Amateur Radio Bands

Band	Megahertz (MHz)	Kilohertz (KHz)	Type
160 Metres	1.810 - 2.000 MHz	1810 - 2000 KHz	Ham
80 Metres	3.500 - 3.800 MHz	3500 - 3800 KHz	Ham
40 Metres	7.000 - 7.200 MHz	7000 - 7200 KHz	Ham
30 Metres	10.100 - 10.150 MHz	10100 - 10150 KHz	Ham
20 Metres	14.000 - 14.350 MHz	14000 - 14350 KHz	Ham
17 Metres	18.068 - 18.168 MHz	18068 - 18168 KHz	Ham
15 Metres	21.000 - 21.450 MHz	21000 - 21450 KHz	Ham
12 Metres	24.890 - 24.990 MHz	24890 - 24990 KHz	Ham
10 Metres	28.000 - 29.700 MHz	28000 - 29700 KHz	Ham

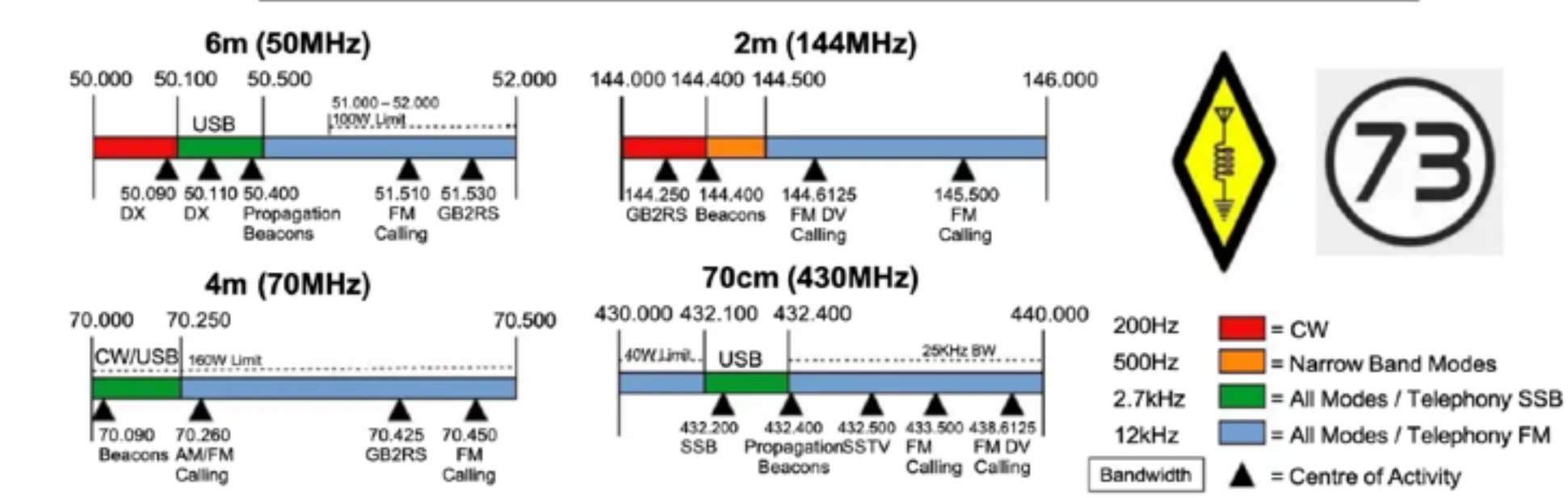
UK HF Amateur Radio Bands - Quick Reference



Common Q Codes

Q Code	Meaning	Q Code	Meaning
QRL	Frequency busy?	QRX	Stand by.
QRM	Interference from other signals.	QRZ	Who is calling me?
QRN	Interference from static	QSB	Signal fading.
QRO	Increase Power?	QSL	Did you receive / understand?
QRP	Decrease Power?	QSO	Abbreviation for a contact.
QRQ	Send Faster?	QST	General call.
QRS	Send Slower?	QSX	I am listening on ___ kHz.
QRT	Stop Transmitting?	QSY	Change to another frequency.
QRU	Anything more for me?	QTH	What is your location?
QRV	Are you ready ?		

UK VHF Amateur Radio Bands - Quick Reference



Frequency Allocation Table	
Frequency (MHz)	Use
87.5 - 108.0	Broadcasting
108.0 - 117.975	Aeronautical Radionavigation
117.975 - 137.0	Aeronautical Mobile
137.0 - 138.0	Space Operations & Space Research
138.0 - 144.0	Land Mobile
144.0 - 146.0	Amateur & Amateur Satellite
146.0 - 149.9	Mobile (except aeronautical mobile)
149.9 - 150.05	Radionavigation-Satellite
150.05 - 152.0	Radio Astronomy
152.0 - 156.0	Land Mobile
156.0 - 158.525	Maritime Mobile
158.525 - 160.6	Land Mobile
160.6 - 160.975	Maritime Mobile

The ITU Phonetic Alphabet + Morse

A	Alpha	• —	N	November	— •	1	One	• — — — —
B	Bravo	— • • •	O	Oscar	— — —	2	Two	• • — — —
C	Charlie	— • — •	P	Papa	• — — •	3	Three	• • • — —
D	Delta	— • •	Q	Quebec	— — • —	4	Four	• • • • —
E	Echo	•	R	Romeo	• — •	5	Five	• • • • •
F	Foxtrot	• • — •	S	Sierra	• • •	6	Six	— • • • •
G	Golf	— — •	T	Tango	—	7	Seven	— — • • •
H	Hotel	• • • •	U	Uniform	• • —	8	Eight	— — — • •
I	India	• •	V	Victor	• • • —	9	Nine	— — — — •
J	Juliet	• — — —	W	Whiskey	• — —	0	Zero	— — — — —
K	Kilo	— • —	X	X-Ray	— • • —			
L	Lima	• — • •	Y	Yankee	— • — —			
M	Mike	— —	Z	Zed/Zulu	— — • •			