

UK AMATEUR BAND PLAN

160 m to 70 cm · frequencies in MHz · yellow = calling frequencies & centres of activity · power = max PEP by licence class (F / I / Full)

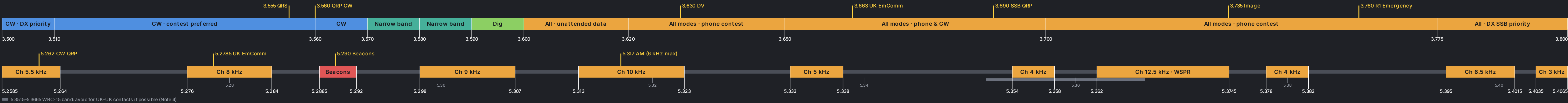
160 m

F 25 W · 100 W · Full 1 kW  
Lowest LSB dial 1.843 (RSGB Note 1)  
No AX.25 packet



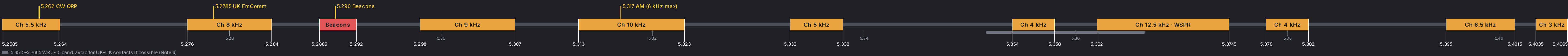
80 m

F 25 W · 100 W · Full 1 kW  
Lowest LSB dial 3.603 (RSGB Note 1)



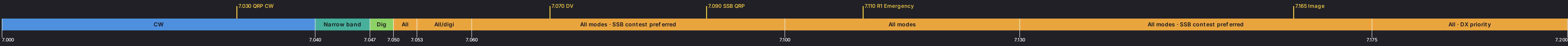
60 m

Full licence only · 100 W (max 200 W EIRP)  
Licence Note G: ≤ 6 kHz bandwidth, antenna ≤ 20 m agl, shut down on MoD request  
USB for SSB  
AM ≤ 6 kHz on channels ≥ 6 kHz wide



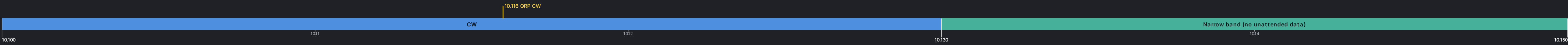
40 m

F 25 W · 100 W · Full 1 kW  
Lowest LSB dial 7.053 (RSGB Note 1)



30 m

F 25 W · 100 W · Full 400 W  
CW & narrow band only · no SSB (except emergency) · no contests or bulletins



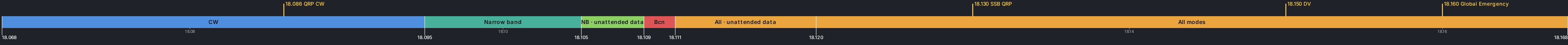
20 m

F 25 W · 100 W · Full 1 kW



17 m

F 25 W · 100 W · Full 1 kW  
No contests or bulletins



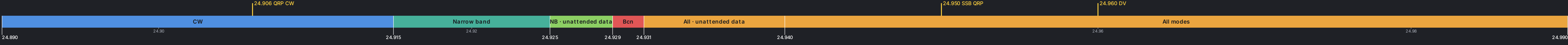
15 m

F 25 W · 100 W · Full 1 kW



12 m

F 25 W · 100 W · Full 1 kW  
No contests or bulletins



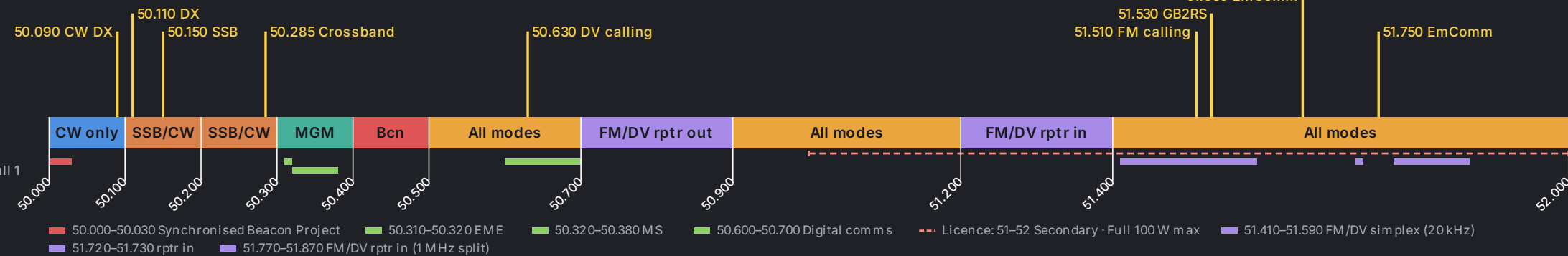
10 m

F 25 W · 100 W · Full 1 kW  
Specific conditions within 50 km of Waddington (SK 965 640)  
Do not transmit 29.300-29.510 (satellite downlinks)



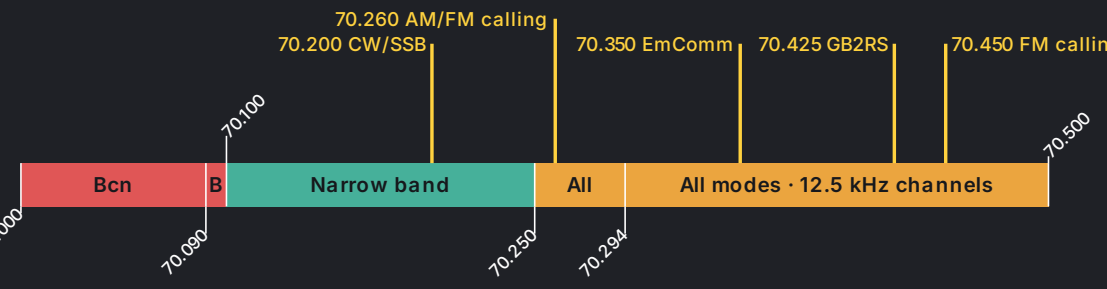
6 m

50-51.5 F 25 W · 100 W · Full 1 kW



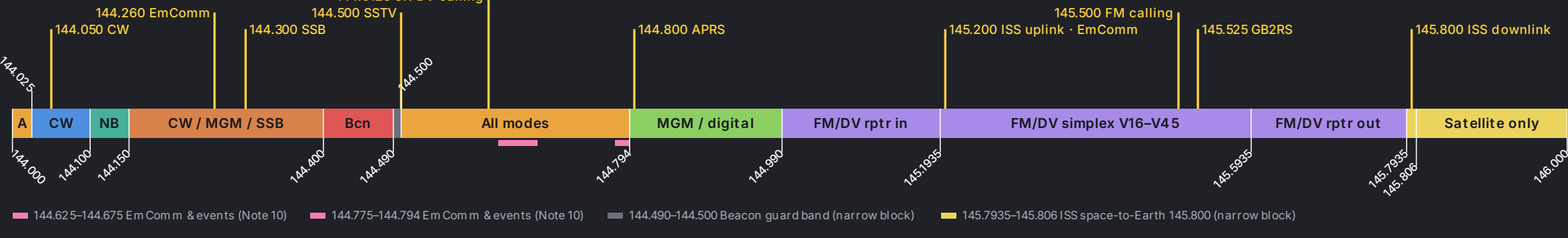
4 m

F 25 W · 100 W · Full 160 W



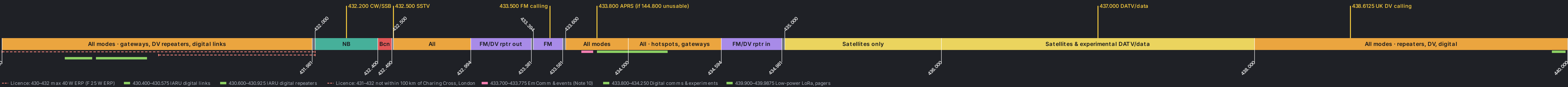
2 m

F 25 W · 100 W · Full 1 kW  
Specific conditions within 50 km of Scarborough (TA 012 869)



70 cm

432-440 F 25 W · 100 W · Full 400 W



F = Foundation · I = Intermediate · Full = Full licence. Power is maximum PEP unless ERP/EIRP is stated (Ofcom licence schedule, Feb 2024).  
Coloured blocks are RSGB voluntary band-plan recommendations. Licence limits are shown in the band headings and as dashed red brackets. On 60 m the thin gray bar between channels = not allocated to UK amateurs.  
Yellow continuous ticks: RSGB calling frequencies and centres of activity (a guide to where activity is found; they confer no precedence). Yellow dash-dot ticks: FT8 dial frequencies (USB) — an operating convention, not an RSGB designation.  
QRP = low power · QRS = slow Morse · DV = digital voice · MGM = machine-generated modes · NB = narrow band · Rprr/rprr = repeater · EmComm/EC = emergency comms & community events · IBP = International Beacon Project · Bcn = beacon · Sat = satellite · R1 = IARU Region 1.

Based on the RSGB Band Plan master workbook, Issue January-2026, and the Ofcom amateur licence schedule. Not affiliated with the RSGB or Ofcom. Always check the current band plan and your licence.  
Generated 2026-10-10. Reconciliation: 0 errors, 17 warnings — see discrepancy report.  
Labels moved off the strip for space (ticks retained): 10m: boundaries 28.201.