

UK AMATEUR BAND PLAN • HF

160 m to 10 m • sheet 1 of 2 • frequencies in MHz • yellow = calling frequencies & centres of activity • power = max PEP by licence class (F / I / Full)

160 m

F 2.5 W • I 100 W • Full 1 kW
Lowest LSB dial 1.843 (RSGB Note 1)
No AX.25 packet

80 m

F 2.5 W • I 100 W • Full 1 kW
Lowest LSB dial 3.603 (RSGB Note 1)

60 m

Full licence only • 100 W (max 200 W ERP)
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 2.5 W • I 100 W • Full 1 kW
Lowest LSB dial 7.053 (RSGB Note 1)

30 m

F 2.5 W • I 100 W • Full 400 W
CW & narrow band only • no SSB (except emergency) • no contests or bulletins

20 m

F 2.5 W • I 100 W • Full 1 kW

17 m

F 2.5 W • I 100 W • Full 1 kW
No contests or bulletins

15 m

F 2.5 W • I 100 W • Full 1 kW

12 m

F 2.5 W • I 100 W • Full 1 kW
No contests or bulletins

10 m

F 2.5 W • I 100 W • Full 1 kW
Specific conditions: within 50 km of Waddington (SK985640)
Do not transmit 29.300–29.510 (satellite downlinks)

CALLSIGN

- CW (telegraphy) (C)

Narrow band modes (≤ 500 Hz) (N)

Digital / data (incl. unattended) (D)

All modes (A)
- FM / DV channels & repeaters (F)

Beacons (B)

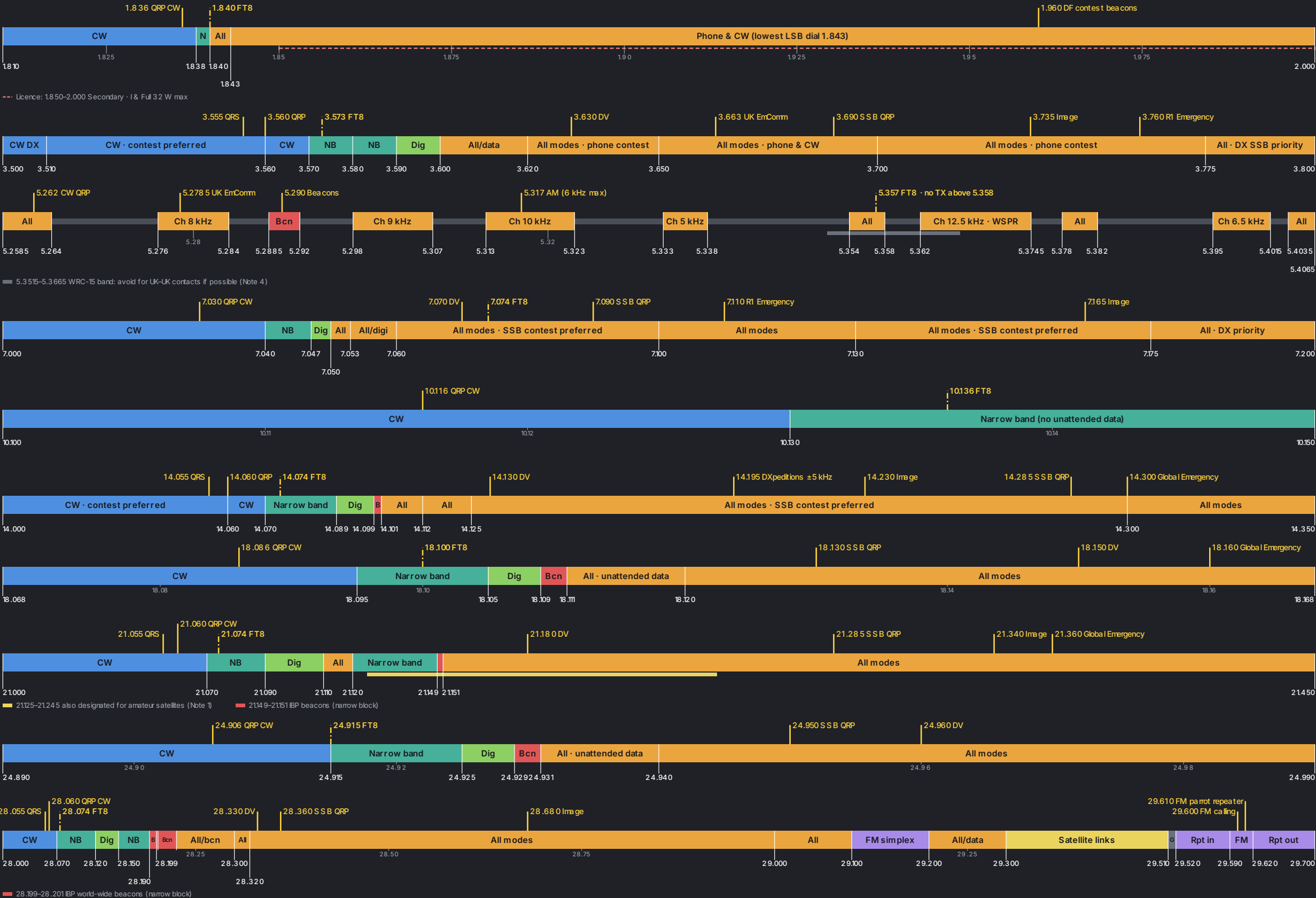
Satellite (S)

Guard / not designated (G)
- Not allocated to UK amateurs (X)

Calling freq / centre of activity

FT8 dial frequency (convention)

Ofcom licence restriction



F = Foundation • I = Intermediate • Full = Full licence. Power is maximum PEP unless ERP/ERP 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 grey 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 dashed 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 • Rpt/ptr = 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, 28.225.