

# Simplex Channels

I decided to make some room in my radio memory banks and remove the simplex channels I had programmed. So to remember, I printed cards with the allowed simplex frequencies. According to RAC band plans, the allowed channels for FM simplex are:

For 2m:

146.415, 146.430, 146.445, 146.460, 146.475, 146.490, 146.505,  
**146.520†**, 146.535, 146.550, 146.565, 146.580, 146.595

For 70cm:

**446.000†**, 446.025, 446.050, 446.075, 446.100, 446.125, 446.150, 446.175

†: National calling frequencies.