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 simplex frequencies allowed by the RAC band plans:

For 2m:	For 70cm:
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	**446.000**[†], 446.025, 446.050, 446.075, 446.100, 446.125, 446.150, 446.175
15 kHz spread between each channel.	25 kHz spread between each channel.

†: National calling frequencies.

Or more succinctly:

- 2m: 146.415 – 146.595, Δ=15 kHz
- 70cm: 446.000 – 446.175, Δ=25 kHz