

Simplex

FM

On VHF and UHF, not all frequencies are available for use on simplex. The RAC band plans specifies these channels for simplex use:

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	15 kHz between each channel.
	147.420, 147.450, 147.480, 147.510, 147.540, 147.570	30 kHz between each channel.
For 70cm:	446.000 [†] , 446.025, 446.050, 446.075, 446.100, 446.125, 446.150, 446.175	25 kHz between each channel.

†: National calling frequencies.

Or more succinctly:

2m	146.415 – 146.595	$\Delta = 15$ kHz
	147.420 – 147.570	$\Delta = 30$ kHz
70cm	446.000 – 446.175	$\Delta = 25$ kHz

Digital

Note that on 2m, there are digital channels interwoven between some of the FM channels:

2m digital	147.435, 147.465, 147.495, 147.525, 147.555, 147.585	30 kHz between each channel.
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