Simplex

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	147.420 , 147.450 , 147.480 , 147.510 , 147.540 , 147.570 446.000 [†] , 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	$\Delta = 15 \text{ kHz}$
2	147.420 - 147.570	$\Delta = 30 \text{ kHz}$
70cm	446.000 - 446.175	Δ = 25 kHz

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.