# 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:** | 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 | Δ = 15 kHz |
| | 147.420 – 147.570 | Δ = 30 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. |