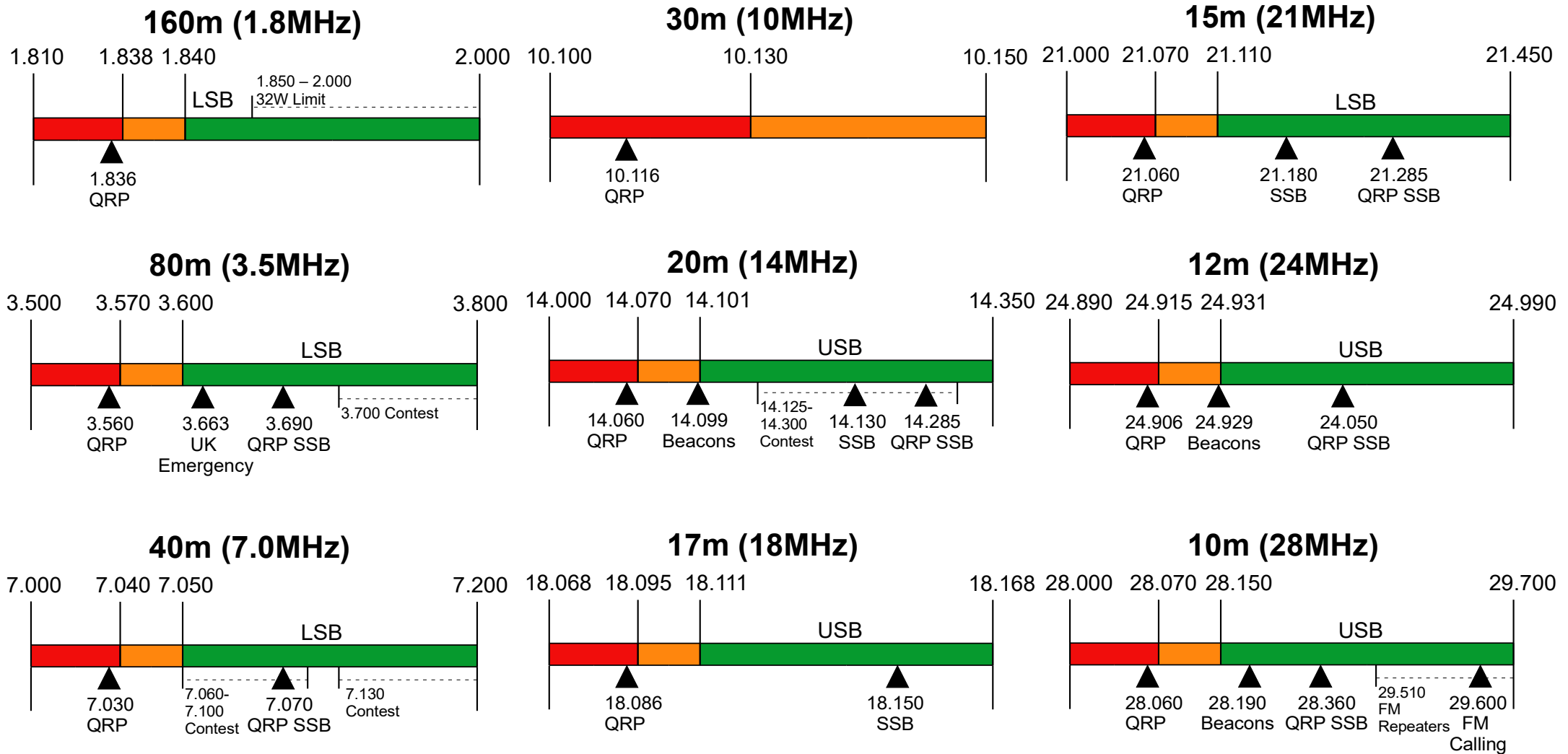


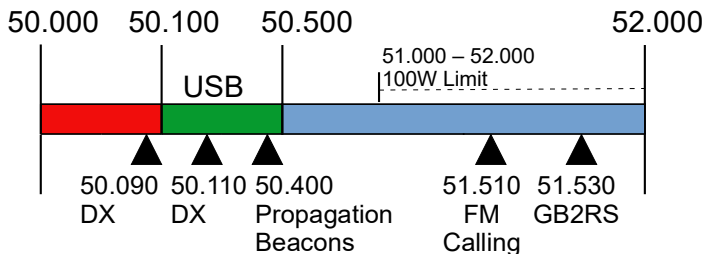
UK HF Amateur Radio Bands - Quick Reference



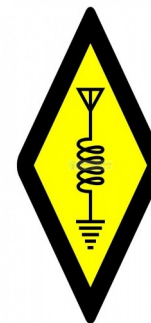
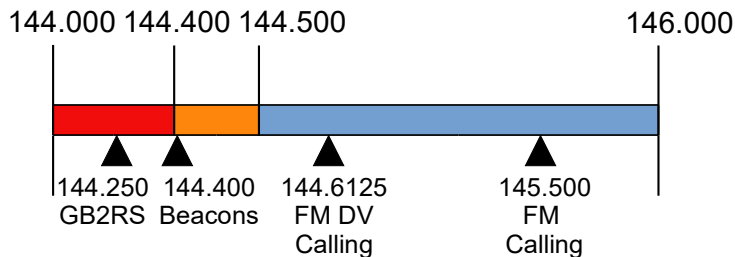
200Hz ■ = CW
 500Hz ■ = Narrow Band Modes
 2.7kHz ■ = All Modes / Telephony
 ▲ = Centre of Activity

UK VHF Amateur Radio Bands - Quick Reference

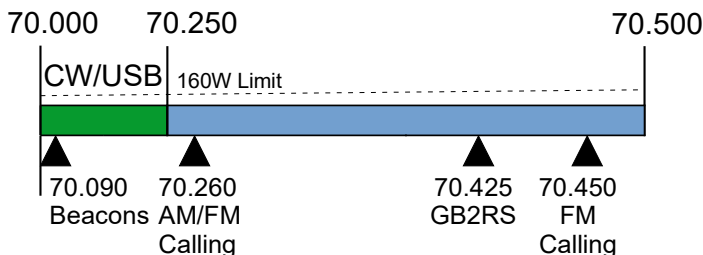
6m (50MHz)



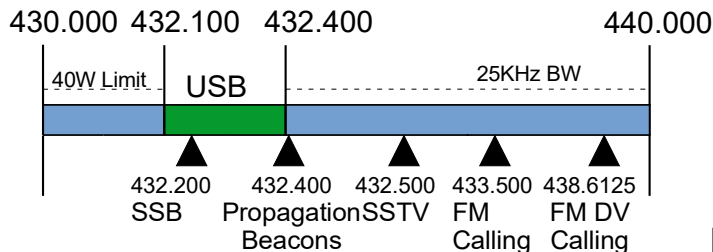
2m (144MHz)



4m (70MHz)



70cm (430MHz)



- 200Hz = CW
- 500Hz = Narrow Band Modes
- 2.7kHz = All Modes / Telephony SSB
- 12kHz = All Modes / Telephony FM
- Bandwidth
- = Centre of Activity

The ITU Phonetic Alphabet + Morse

A	Alpha	• —	N	November	— •	1	One	• — — —
B	Bravo	— • • •	O	Oscar	— — —	2	Two	• • — — —
C	Charlie	— • — •	P	Papa	• — — •	3	Three	• • • — —
D	Delta	— • •	Q	Quebec	— — • —	4	Four	• • • • —
E	Echo	•	R	Romeo	• — •	5	Five	• • • • •
F	Foxtrot	• • — •	S	Sierra	• • •	6	Six	— • • • •
G	Golf	— — •	T	Tango	—	7	Seven	— — • • •
H	Hotel	• • • •	U	Uniform	• • —	8	Eight	— — — • •
I	India	• •	V	Victor	• • • —	9	Nine	— — — — •
J	Juliet	• — — —	W	Whiskey	• — —	0	Zero	— — — — —
K	Kilo	— • —	X	X-Ray	— • • —			
L	Lima	• — • •	Y	Yankee	— • — —			
M	Mike	— —	Z	Zed/Zulu	— — • •			

Common Q Codes

Q Code	Meaning	Q Code	Meaning
QRL	Frequency busy?	QRX	Stand by.
QRM	Interference from other signals.	QRZ	Who is calling me?
QRN	Interference from static	QSB	Signal fading.
QRO	Increase Power?	QSL	Did you receive / understand?
QRP	Decrease Power?	QSO	Abbreviation for a contact.
QRQ	Send Faster?	QST	General call.
QRS	Send Slower?	QSX	I am listening on ___ kHz.
QRT	Stop Transmitting?	QSY	Change to another frequency.
QRU	Anything more for me?	QTH	What is your location?
QRV	Are you ready?		