

This is a condensed, slightly augmented version of the ARRL's *Considerate Operator's Frequency Guide* <https://www.arrl.org/files/file/conop.pdf> intended to help xOTA operators who want a smaller reference.

Print duplex in either long edge (portrait) or short edge (landscape) orientation, depending on which way you want to flip the resulting card from side to side.

Cut around the text. If you duplex on the long edge, you will need to cut along the left looking at the text, along the frequency; if you cut along the description you may cut off some of the frequency from the reverse side

This is sized to fit in a 3"x5" laminating pouch if you would like to laminate it.

Download the original from <https://people.danlj.org/mkj/Bandplan-Card-US.pdf>

1.800–2.000	CW
1.800–1.810	Digital Modes
1.810	CW QRP calling frequency
1.843–2.000	SSB, SSTV, other wideband modes
1.910	SSB QRP
1.995–2.000	Experimental
1.999–2.000	Beacons
3.500–3.510	CW DX window
3.560	QRP CW calling frequency
3.570–3.600	RTTY/Data
3.585–3.600	Automatically-controlled data stations
3.590	RTTY/Data DX
3.790–3.800	DX window
3.845	SSTV
3.885	AM calling frequency
3.985	QRP SSB calling frequency
7.030	QRP CW calling frequency
7.040	RTTY/Data DX
7.070–7.125	RTTY/Data
7.100–7.105	Automatically-controlled data stations
7.171	SSTV
7.173	D-SSTV
7.200	Lid operating frequency
7.285	QRP SSB calling frequency
7.290	AM calling frequency
10.130–10.140	RTTY/Data
10.140–10.150	Automatically-controlled data stations
14.060	QRP CW calling frequency
14.070–14.095	RTTY/Data
14.095–14.0995	Automatically-controlled data stations
14.100	IBP/NCDXF beacons
14.1005–14.112	Automatically-controlled data stations

14.230	SSTV
14.233	D-SSTV
14.236	Digital Voice
14.285	QRP SSB calling frequency
14.286	AM calling frequency
14.300	Maritime Mobile Net 12PM–10PM ET
14.313	Lid operating frequency
18.100–18.105	RTTY/Data
18.105–18.110	Automatically-controlled data stations
18.110	IBP/NCDXF beacons
18.1625	Digital Voice
21.060	QRP CW calling frequency
21.070–21.110	RTTY/Data
21.090–21.100	Automatically-controlled data stations
21.150	IBP/NCDXF beacons
21.340	SSTV
21.385	QRP SSB calling frequency
24.920–24.925	RTTY/Data
24.925–24.930	Automatically-controlled data stations
24.930	IBP/NCDXF beacons
28.060	QRP CW calling frequency
28.070–28.120	RTTY/Data
28.120–28.189	Automatically-controlled data stations
28.190–28.225	Beacons
28.200	IBP/NCDXF beacons
28.385	QRP SSB calling frequency
28.680	SSTV
29.000–29.200	AM
29.300–29.510	Satellite downlinks
29.520–29.580	Repeater inputs
29.600	FM simplex
29.620–29.680	Repeater outputs