

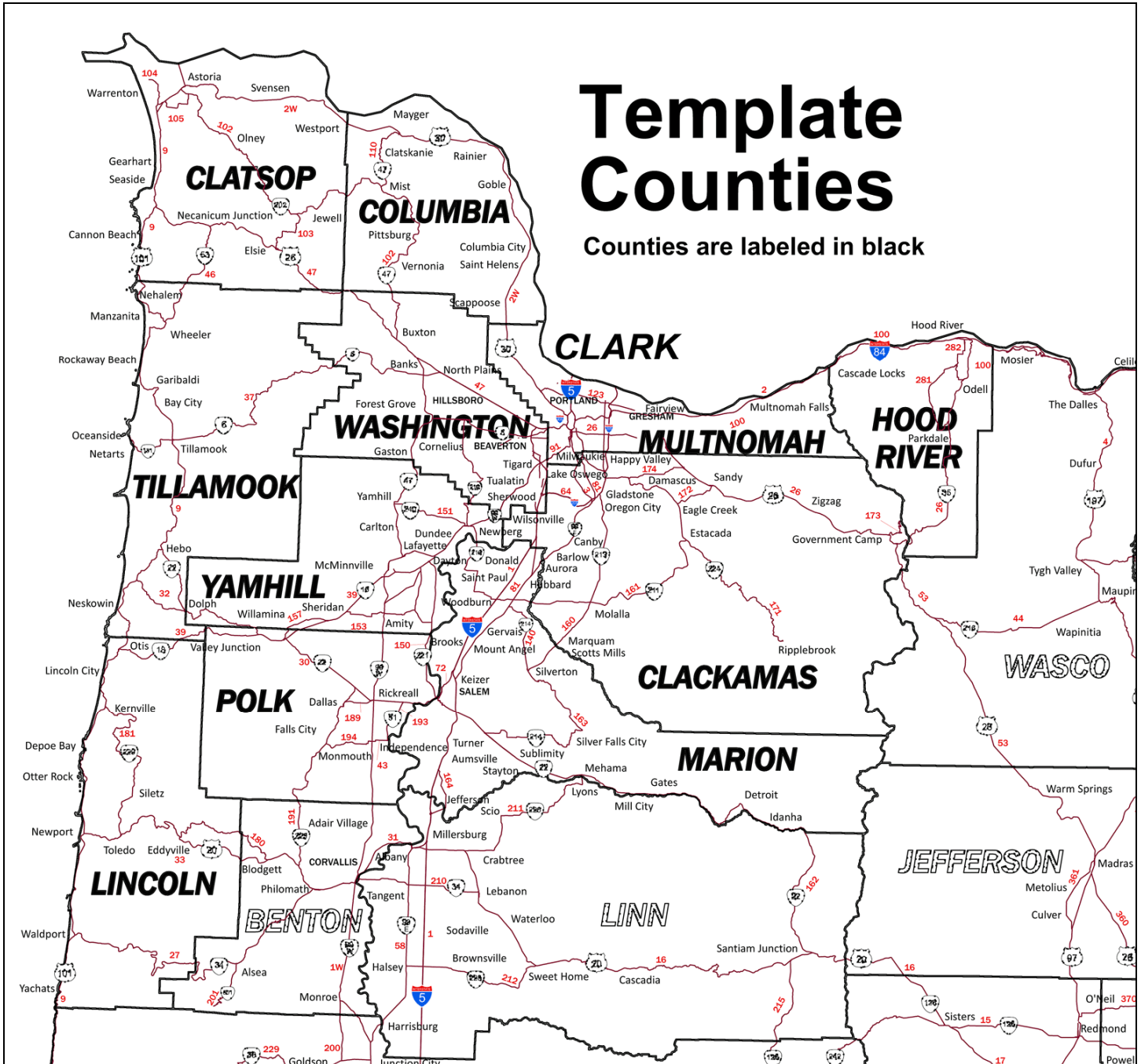
# Regional VHF / UHF Ham Template

Emergency Response Frequencies

July 4, 2015 (version 2)

## Template Counties

Counties are labeled in black



Contact: Kent Powloski N7KPN, [N7KPN@arrl.net](mailto:N7KPN@arrl.net)

# 2015 Ham Regional Template

Version 2 - 7/4/2015 by N7KPN

## PERSONAL USE SECTION – Add the channels you need here

Channel	Alias	Freq	Offset	Tone	Description
1	<b>N CALL</b>	<b>146.520</b>	--	--	National VHF Simplex Calling Frequency
2	<b>NUCALL</b>	<b>446.000</b>	--	--	National UHF Simplex Calling Frequency
3					
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## CLACKAMAS COUNTY

Channel	Alias	Freq	Offset	Tone	Description
21	<b>CLAC 1</b>	<b>147.120</b>	<b>+0.600</b>	<b>100.0</b>	Clackamas Primary Repeater
22	<b>CLAC 2</b>	<b>147.140</b>	<b>+0.600</b>	<b>107.2</b>	Clackamas Secondary Repeater
23	<b>CLAC 3</b>	<b>146.415</b>	--	--	Clackamas Primary Simplex
24	<b>CLAC 4</b>	<b>146.960</b>	<b>-0.600</b>	<b>127.3</b>	Clackamas Tertiary Repeater (W7OTV)
25	<b>CLAC 5</b>	<b>146.920</b>	<b>-0.600</b>	<b>107.2</b>	Clackamas South County ARES Repeater
26	<b>CLAC 6</b>	<b>146.580</b>	--	--	Clackamas South County ARES Simplex
27	<b>CLAC 7</b>	<b>442.075</b>	<b>+5</b>	<b>103.5</b>	Oregon City ARES Repeater
28	<b>CLAC 8</b>	<b>146.560</b>	--	--	Oregon City ARES Simplex
29	<b>CLAC 9</b>	<b>146.500</b>	--	--	Lake Oswego ARES Simplex
30	<b>CLAC 10</b>	<b>145.770</b>	--	--	Packet Clackamas Co. EOC (kd7zdo@w7szs.or.us.noam)
31	<b>CLAC 11</b>	<b>145.570</b>	--	--	RMS packet gateway KD7ZDO-10
32	<b>CLAC 12</b>	<b>147.500</b>	--	--	Clackamas North County ARES Simplex
33	<b>CLAC 13</b>	<b>147.510</b>	--	--	Clackamas West County ARES Simplex

## CLARK COUNTY

Channel	Alias	Freq	Offset	Tone	Description
34	CLRK01	147.240	+0.6	94.8	Clark Secondary Repeater - W7AIA
35	CLRK02	443.925	+5	94.8	Clark Primary Repeater - W7AIA
36	CLRK03	443.125	+5	94.8	Clark Tertiary Repeater - W7AIA
37	CLRK04	147.240	--	--	Clark No-Repeater Simplex - NCS (Talk-Around Secondary Rptr.)
38	CLRK05	147.530	--	94.8	Clark Common Simplex
39					
40	CLRK26	442.375	+5	123	Clark Traffic Repeater - AB7F
41	CLRK27	443.675	+5	107.2	Clark Traffic Repeater - KE7FUW
42	CLRK28	443.975	+5	123	Clark Traffic Repeater - KB7APU
43					
44	CLRK45	223.700	--	--	RMS K7YFJ-10, K7GJT-10 (1200Bd)
45	CLRK46	144.990	--	--	Packet BBS K7CLL-8 (1200Bd)
46	CLRK47	441.060	--	--	Packet BBS K7CLL-8 (9600Bd)
47	CLRK48	144.920	--	--	RMS K7YFJ-10, KA7CTT-10 (1200Bd)
48	CLRK49	441.525	--	--	RMS K7YFJ-10, K7GJT-10 (9600Bd)
49	CLRK50	144.940	--	--	RMS K7GJT-10, KB7APU-10 (1200Bd)

## COLUMBIA COUNTY

Channel	Alias	Freq	Offset	Tone	Description
50	COL 1	146.880	-0.6	114.8	Columbia Primary Repeater
51	COL 2	444.625	+5	107.2	Columbia Secondary Repeater
52	COL 3	146.500	--	--	Columbia Primary Simplex
53	COL 4	147.470	--	--	Columbia Secondary Simplex
54	COL 5	146.440	--	--	Columbia Tactical Simplex
55	COL 6	146.680	-0.6	114.8	Columbia South County
56	COL 7	145.350	-0.6	114.8	Clatskanie
57	COL 8	145.270	-0.6	107.2	Timber Repeater (Clatsop - Tillamook Co. D1 link)
58	COL 9				
59	COL 10				
60	COL 11	145.510	--	--	Packet N7EI-1
61	COL 12	144.920	--	--	RMS N7EI-10
62	COL 13	144.990	--	--	Hocksens Packet Node East County N7EI-1

## MULTNOMAH COUNTY

Channel	Alias	Freq	Offset	Tone	Description
63	MC 1	146.840	-0.6	--	Multnomah Primary Repeater
64	MC 2	147.280	+0.6	167.9	Multnomah Secondary Repeater
65	MC 3	146.940	-0.6	--	Multnomah Tertiary Repeater
66	MC 4	146.480	--	--	Multnomah Primary Simplex
67	MC 5	146.460	--	--	Multnomah Secondary Simplex
68	MC 6	147.040	+0.6	100.0	Multnomah Delta Repeater
69	MC 7	147.560	--	--	Gresham Simplex
70	MC 8	147.580	--	--	NET-Tac 1 (Portland Bureau of Em. Mgmt.)
71	MC 9	147.540	--	--	NET-Tac 2 (Portland Bureau of Em. Mgmt.)
72	MC 10	145.070	--	--	RMS K7MCE-10 / Packet K7EOC-1
73	MC 11	146.840	--	--	Talk-Around Multnomah Primary Repeater
74	MC 12	147.280	--	--	Talk-Around Multnomah Secondary Repeater
75	MC 13	146.940	--	--	Talk-Around Multnomah Tertiary Repeater
76	MC 14	147.040	--	--	Talk-Around Multnomah Delta Repeater

## WASHINGTON COUNTY

Channel	Alias	Freq	Offset	Tone	Description
77	WC 1	146.900	-0.6	127.3	Washington Primary Repeater
78	WC 2	147.360	0.6	107.2	Washington Secondary Repeater
79	WC 3	440.350	+5	127.3	Washington Tertiary Repeater
80	WC 4	147.400	--	--	Washington Primary Simplex
81	WC 5	146.440	--	--	Washington Secondary Simplex
82	WC 6	147.440	--	--	Land Use Transportation (LUT) Simplex
83	WC 7	147.500	--	--	TVF&R Simplex
84	WC 8	147.560	--	--	DStar-DRats 1200 Bd / WCCCA Simplex
85	WC 9	440.550	+5	--	DStar Repeater N7QQU B
86	WC 10	432.200	--	--	Washington UHF Primary Simplex
87	WC 11	145.550	--	--	Relay Post Office KC7PMU-10 (1200 Bd)
88	WC 12	144.910	--	--	KD7REX-1 BBS WCCCA
89	WC 13	144.980	--	--	RMS WC7EOC-10 Washington Co. EOC
90	WC 14		--	--	
91	WC 15	145.050	--	--	RMS K7TRP-10, N7OGM-10 (1200 Bd)
92	WC 16	145.580	--	--	Packet Hospital Direct (1200 Bd)
93	WC 17	147.540	--	--	DStar, SSTV Simplex
94	WC 18	145.040	--	--	RMS KX7YT-10 (1200 Bd)
95	WC 19	441.075	--	--	RMS K7CPU-10 Intel (1200 Bd)
96	WC 20	440.175	+ 5	110.9	Tigard CERT Repeater

## OTHER AGENCIES

Channel	Alias	Freq	Offset	Tone	Description
97	D1 1	147.320	+0.6	100.0	D-1 Primary Net Repeater
98	D1 2	146.840	-0.6	--	D-1 Secondary & Multnomah Co. ARES Primary Repeater
99	OEM 1	145.330	-0.6	186.2	Oregon Emergency Management (Salem)
100	RED C1	146.980	-0.6	123.0	Red Cross Repeater (Portland)
101	RED CR	147.420	--	--	Red Cross Simplex
102	HRT 1	145.230	-0.6	--	HEART Net Primary Repeater
103	HRT 2	442.700	+5	100.0	HEART Net Secondary Repeater
104	HRTSIM	146.600	--	--	HEART Simplex
105	BCRT 1	147.380	+0.6	100.0	Beaverton CERT Primary Repeater
106	BCRT 2	147.480	--	--	Beaverton CERT Primary Simplex
107	INTEL1	145.520	--	--	Intel Emergency Amateur Radio Service (IEARS)
108					
109	TLMK 1	147.220	+0.6	100.0	Tillamook Primary Repeater
110	TLMK 2	147.160	+0.6	118.8	Tillamook Central Repeater
111	TLMK 3	440.175	+5	100.0	Tillamook North Repeater
112	TLMK 4	441.250	+5	118.8	Tillamook South Repeater
113	TLMK 5	444.425	+5	107.2	Tillamook Nehalem Bay Repeater
114	TLMK 6	146.560	--	--	Tillamook North Simplex
115	TLMK 7	147.420	--	--	Tillamook Central Simplex
116	TLMK 8	147.500	--	--	Tillamook South Simplex
117	TLMK 9	144.950	--	--	RMS KB7EOC-10 Tillamook Co. EOC (1200 Bd)
118	CLAT 1	145.450	-0.6	118.8	Clatsop Primary Repeater
119	CLAT 2	146.760	-0.6	118.8	Clatsop Secondary Repeater
120	CLAT 3	145.490	-0.6	118.8	Clatsop Tertiary Repeater
121	CLAT 4	146.580	--	--	Clatsop North Simplex
122	CLAT 5	147.580	--	--	Clatsop South Simplex
123	CLAT 6	146.400	--	--	Clatsop Seaside Simplex
124	CLAT 7	144.960	--	--	RMS N7AST-10 Clatsop EOC (1200 Bd) Satellite
125	CLAT 8	144.960	--	--	RMS KD7IBA-10 Warrenton (1200 Bd) Satellite
126	CLAT 9	144.960	--	--	RMS WA7VE-10 Seaside (1200Bd) Satellite
127	LINC 1	145.370	-0.6	167.9	Lincoln Primary Repeater
128	LINC 2	147.040	+0.6	100.0	Lincoln Secondary Repeater
129	LINC 3	147.000	+0.6	136.5	Lincoln Tertiary Repeater
130	LINC 4	146.780	-0.6	156.7	Lincoln Alternate Repeater - Mary's Peak
131	LINC 5	146.580	--	--	Lincoln Primary Simplex
132	LINC 6	145.090	--	--	RMS Gateway W7LCS-10 Newport / W7GC-10 Lincoln City
133	LINC 7	144.950	--	--	Alternate RMS Gateway Mt. Hebo W7GC-11
134	LINC 8				

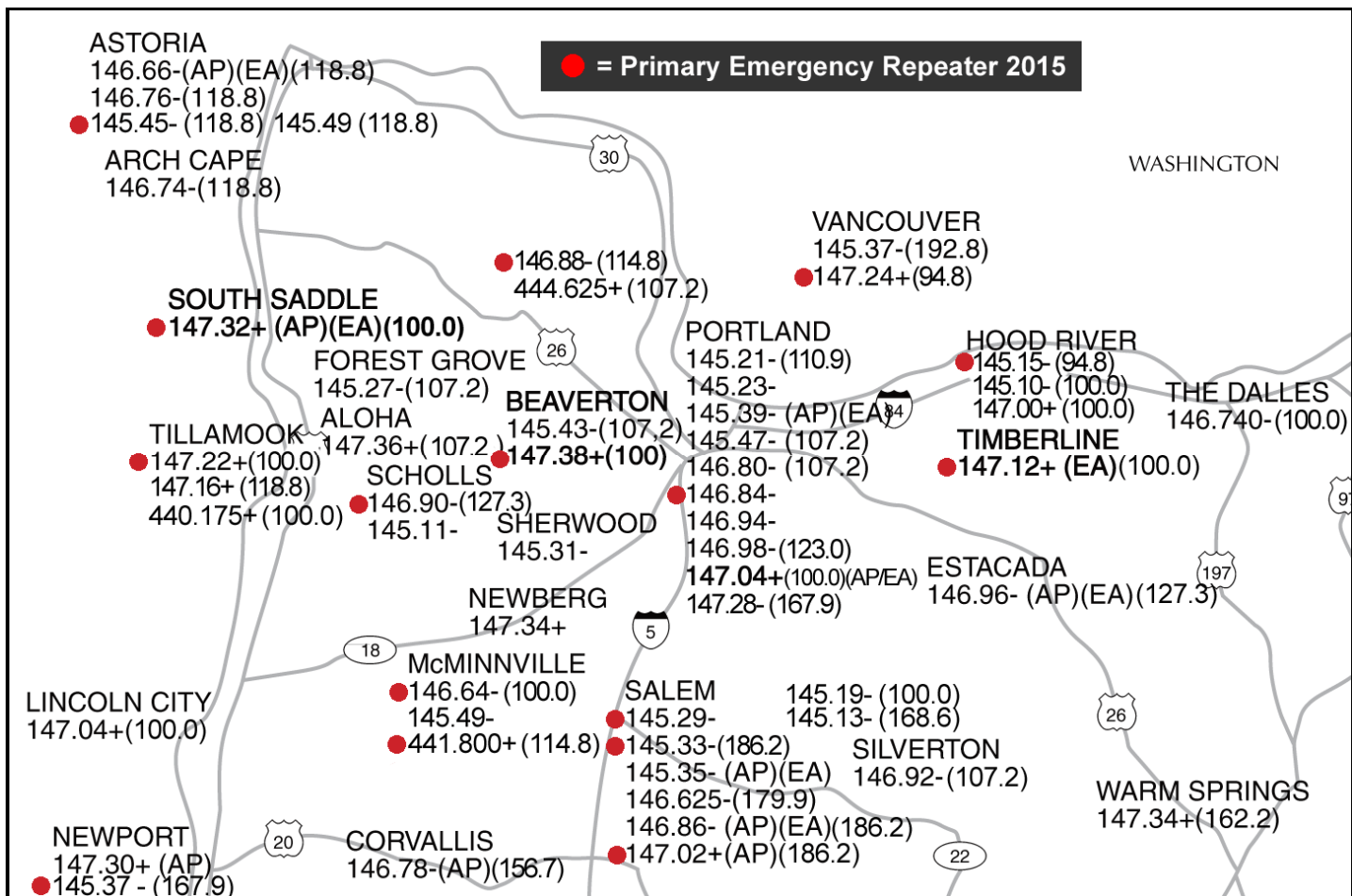
## OTHER AGENCIES Cont.

Channel	Alias	Freq	Offset	Tone	Description
135	YMHL 1	441.800	+5	114.8	Yamhill Primary Repeater
136	YMHL 2	146.640	-0.6	100.0	Yamhill Secondary Repeater
137	YMHL 3	145.490	-0.6	107.2	Yamhill Tertiary Repeater
138	YMHL 4	147.460	--	--	Yamhill Primary Simplex
139	YMHL 5	147.520	--	--	Yamhill Secondary Simplex
140	YMHL 6	441.050	--	--	RMS Yamhill Gateway W7YAM-12 w7yam@winlink.org
141	YMHL 7	144.920	--	--	RMS Yamhill Gateway W7YAM-10 / -11 w7yam@winlink.org
142	POLK 1	145.330	-0.6	186.2	Polk Primary Repeater
143	POLK 2	147.020	+0.6	186.2	Polk Secondary Repeater
144	POLK 3	145.350	-0.6	186.2	Polk Tertiary Repeater
145	POLK 4	146.500	--	--	Polk Primary Simplex
146	POLK 5	144.970	--	--	RMS Polk Gateway W7PLK-10 w7plk@winlink.org
147	POLK 6				
148	MARN 1	145.290	-0.6	--	Marion Primary Repeater
149	MARN 2	145.190	-0.6	100.0	Marion Secondary Repeater
150	MARN 3	146.480	--	--	Marion Primary Simplex
151	MARN 4	145.070	--	--	RMS Marion Gateway K7MAR-10 k7mar@winlink.org
152	MARN 5	431.200	--	--	UHF Simplex
153	HOOD 1	145.150	-0.6	94.8	Hood River Primary Repeater
154	HOOD 2	444.900	+5	100.0	Hood River Secondary Repeater
155	HOOD 3	147.100	+0.6	100.0	Hood River Tertiary Repeater
156	HOOD 4	147.500	--	--	Hood River Primary Simplex
157	HOOD 5	146.460	--	--	Hood River Secondary Simplex
158	HOOD 6	445.500	--	--	Hood River UHF Simplex
159	HOOD 7	145.750	--	--	RMS Hood River KA7HRC-10 (1200 Bd)
160	HOOD 8	440.750	--	--	RMS Hood River KA7HRC-10 (1200 Bd)



## SIMPLEX CHANNELS

Channel	Alias	Freq	Offset	Tone	Description
161	SMPX01	146.400	--	--	Seaside Simplex / Hood River Secondary
162	SMPX02	146.420	--	--	Clark County Eyewarn <i>[note: 146.415 is Clackamas primary]</i>
163	SMPX03	146.440	--	--	Washington County Secondary / Columbia Tactical
164	SMPX04	146.460	--	--	OR ARES statewide simplex / Multnomah Secondary
165	SMPX05	146.480	--	--	Multnomah Primary / Marion Primary
166	SMPX06	146.500	--	--	Polk Primary / Columbia Primary
167	SMPX07	146.520	--	--	National VHF Simplex Calling Frequency
168	SMPX08	146.540	--	--	Clackamas South Primary
169	SMPX09	146.560	--	--	Oregon City ARES Primary
170	SMPX10	146.580	--	--	Lincoln Primary / Clatsop N. / Clackamas S. / Clark (pl 94.8)
171	SMPX11	146.600	--	--	HEART
172	SMPX12	147.400	--	--	Washington County Primary
173	SMPX13	147.420	--	--	Tillamook County Central / Red Cross Primary
174	SMPX14	147.440	--	--	Washington County Land Use & Transportation Simplex Traffic
175	SMPX15	147.460	--	--	Yamhill Primary / Hood River Secondary
176	SMPX16	147.480	--	--	Beaverton CERT Primary
177	SMPX17	147.500	--	--	Washington Co. TVF&R / Tillamook Co. South / Hood R. Primary
178	SMPX18	147.520	--	--	Intel Emergency Am. Radio Service / Yamhill Secondary
179	SMPX19	147.540	--	--	PBEM NET-Tac 2 / Washington Co. SSTV Simplex Voice/Data
180	SMPX20	147.560	--	--	WashCo. WCCCA Simplex / DStar/DRats 1200 Bd./ Gresham
181	SMPX21	147.580	--	--	Clatsop County South Simplex / PBEM NET-Tac 1
<b>UHF SIMPLEX</b>					
182	SMPX22	431.025	--	--	
183	SMPX23	431.050	--	--	
184	SMPX24	431.075	--	--	
185	SMPX25	431.100	--	--	Hillsboro CERT Simplex 1
186	SMPX26	431.125	--	--	
187	SMPX27	431.150	--	--	
188	SMPX28	431.175	--	--	
189	SMPX29	431.200	--	--	Hillsboro CERT Simplex 2 / Marion Co. UHF Simplex
190	SMPX30	431.225	--	--	
191	SMPX31	431.250	--	--	
192	SMPX32	431.275	--	--	
193	SMPX33	431.300	--	--	Hillsboro CERT Simplex 3
194	SMPX34	432.125	--	--	
195	SMPX35	432.150	--	--	
196	SMPX36	432.175	--	--	
197	SMPX37	432.200	--	--	Washington Co. Primary UHF Simplex
198	SMPX38	432.225	--	--	
199	NUCALL	446.000	--	--	<b>National UHF Simplex Calling Frequency</b>



### HF Frequencies MHz

1.9780 LSB	<b>Oregon State-Wide ARES/RACES Net (Night secondary)</b>
3.5795 USB	<b>Oregon ARES PSK31 Net (Friday 8 PM)</b>
3.5690 CW	<b>Oregon NTS CW Net (Daily 6:30 &amp; 10 PM)</b>
3.9200 LSB	<b>Beaver State Net (Daily 5:30 PM)</b>
3.9520 LSB	<b>Western Public Service System Net (Daily 6 PM)</b>
3.9640 LSB	<b>Oregon State-Wide ARES/RACES Net (Night primary 1<sup>st</sup> Tue 7PM W7OEM)</b>
3.9700 LSB	<b>Noontime Net (Daily 12 – 2 PM)</b>
3.9750 LSB	<b>Washington WARTS Net (Daily 6 PM Daylight S.T. /5 PM Standard Time)</b>
3.9800 LSB	<b>Oregon Emergency Net (Daily 6 &amp; 7 PM)</b>
3.9850 LSB	<b>Washington ARES Net Primary (Mon. 6:30 PM / 5:30 winter; alt. 7.245)</b>
5.346.5 USB	<b>EOC-to-EOC &amp; Oregon Emergency Mgmt. W7OEM (50 w ERP max.)</b>
7.2480 LSB	<b>Oregon State-Wide ARES/RACES Net (Day)</b>
7.2685 LSB	<b>Noontime Net (Daily 12 – 2 PM) [alternate 7.2835]</b>
28.4000 USB	<b>Local Ground Wave SSB</b>



# US Amateur Radio Bands

## US AMATEUR POWER LIMITS

FCC 97.313 An amateur station must use the minimum transmitter power necessary to carry out the desired communications. (b) No station may transmit with a transmitter power exceeding 1.5 kW PEP.

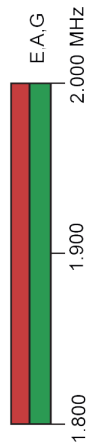
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Published by:  
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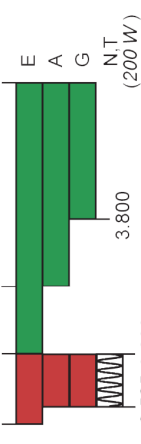
### 160 Meters (1.8 MHz)

Avoid interference to radiolocation operations from 1,900 to 2,000 MHz



### 80 Meters (3.5 MHz)

Avoid interference to radiolocation operations from 3,500 to 3,600 MHz



### 60 Meters (5.3 MHz)

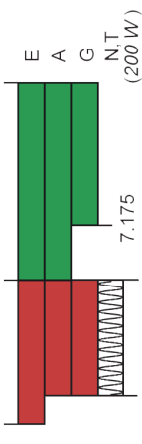
Avoid interference to radiolocation operations from 5,300 to 5,400 MHz



5330.5 5346.5 5357.0 5371.5 5403.5 kHz  
General, Advanced, and Amateur Extra licensees may operate on these five channels on a secondary basis with a maximum effective radiated output of 100 W PEP. Permitted operating modes include upper sideband voice (USB), CW, RTTY, PSK31 and other digital modes such as PACTOR III as defined by the FCC Report and Order of November 18, 2011. USB is limited to 2.8 kHz centered on 5332, 5348, 5358.5, 5373 and 5405 kHz. CW and digital emissions must be centered 1.5 kHz above the channel frequencies indicated above. Only one signal at a time is permitted on any channel.

### 40 Meters (7 MHz)

Avoid interference to radiolocation operations from 7,000 to 7,300 MHz



Phone and Image modes are permitted between 7.075 and 7.100 MHz for FCC licensed stations in ITU Regions 1 and 3 and by FCC licensed stations in ITU Region 2 West of 130 degrees West longitude or South of 20 degrees North latitude. See Sections 97.305(c) and 97.307(f)(11).  
Novice and Technician licensees outside ITU Region 2 may use CW only between 7.025 and 7.075 MHz and between 7.100 and 7.125 MHz. 7.200 to 7.300 MHz is not available outside ITU Region 2. See Section 97.301(e). These exemptions do not apply to stations in the continental US.

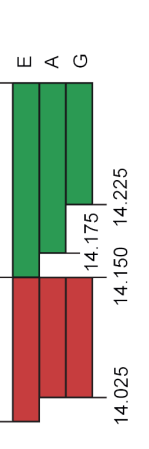
### 30 Meters (10.1 MHz)

Avoid interference to fixed services outside the US.



### 20 Meters (14 MHz)

Avoid interference to fixed services outside the US.



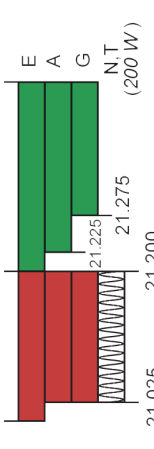
### 17 Meters (18 MHz)

Avoid interference to fixed services outside the US.



### 15 Meters (21 MHz)

Avoid interference to fixed services outside the US.



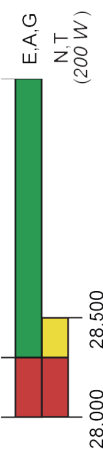
### 12 Meters (24 MHz)

Avoid interference to fixed services outside the US.



### 10 Meters (28 MHz)

Avoid interference to fixed services outside the US.



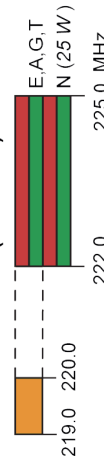
### 6 Meters (50 MHz)



### 2 Meters (144 MHz)



### 1.25 Meters (222 MHz)



\*Geographical and power restrictions may apply to all bands above 420 MHz. See *The ARRL Operating Manual* for information about your area.

### 70 cm (420 MHz)



### 33 cm (902 MHz)



### 23 cm (1240 MHz)



All licensees except Novices are authorized all modes on the following frequencies:  
2300-2310 MHz 10.0-10.5 GHz \* 122.25-123.0 GHz  
2390-2450 MHz 24.0-24.25 GHz 134-141 GHz  
3300-3500 MHz 47.0-47.2 GHz 241-250 GHz  
5650-5925 MHz 76.0-81.0 GHz All above 275 GHz

\* No pulse emissions

## KEY

Note: CW operation is permitted throughout all amateur bands.  
MCW is authorized above 50.1 MHz, except for 144.0-144.1 and 219-220 MHz.  
Test transmissions are authorized above 51 MHz, except for 219-220 MHz.

- █ = RTTY and data
- █ = phone and image
- █ = CW only
- █ = SSB phone
- █ = USB phone, CW, RTTY, and data
- █ = Fixed digital message forwarding systems only

- E = Amateur Extra
- A = Advanced
- G = General
- T = Technician
- N = Novice

See *ARRLWeb* at [www.arrl.org](http://www.arrl.org) for detailed band plans.

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