FRS and GMRS channel card

U.S. handheld radios / Direct radio-to-radio use / All frequencies in MHz

For a direct conversation, both radios transmit and receive on the same frequency. Select the same channel, leave the repeater offset off, and start with tone squelch off on both radios.

All 22 shared simplex channels

Channel	TX and RX (MHz)	Channel	TX and RX (MHz)
1	462.5625	12	467.6625
2	462.5875	13	467.6875
3	462.6125	14	467.7125
4	462.6375	15	462.5500
5	462.6625	16	462.5750
6	462.6875	17	462.6000
7	462.7125	18	462.6250
8	467.5625	19	462.6500
9	467.5875	20	462.6750
10	467.6125	21	462.7000
11	467.6375	22	462.7250

Power and equipment

Channels	FRS maximum ERP	GMRS limits for these channels
1–7	2 W	5 W ERP (handheld, mobile, or base)
8–14	0.5 W	0.5 W ERP, handheld only
15–22	2 W	Up to 50 W output (mobile, base, or repeater)

ERP means effective radiated power; transmitter output is measured before antenna-system gain or loss. GMRS fixed stations on the main channels have a separate 15 W output limit. A radio's own rating may be lower.

Before you hand out the radios

FRS uses certified radios with integral antennas and operates by rule. GMRS requires an individual FCC license and eligible equipment. A GMRS license can cover specified immediate family members. Each person should know which service and radio they are using.

Tone codes only control which signals open the speaker. Other people can still hear your conversation. If two radios show different code numbers, compare the actual CTCSS frequency in Hz or DCS code in their manuals.

Basis: 47 CFR §§ 95.305, 95.335, 95.563, 95.567, 95.587, 95.1705, 95.1763 and 95.1767. Use the current FCC rules and your radio's manual.

Repeater pairs, MURS and weather

U.S. frequency card / Read the GMRS columns from the handheld's point of view

The 8 GMRS repeater pairs

Shared channel	Handheld listens / repeater transmits	Handheld transmits / repeater listens
15	462.5500	467.5500
16	462.5750	467.5750
17	462.6000	467.6000
18	462.6250	467.6250
19	462.6500	467.6500
20	462.6750	467.6750
21	462.7000	467.7000
22	462.7250	467.7250

Example: a repeater advertised as "675" usually transmits on 462.6750 and listens on 467.6750. Set +5.000 MHz on the handheld and use the owner's published access tone. Repeater-mode labels vary by radio. An FRS radio can hear the output but cannot use the repeater input.

MURS • 5 direct-use VHF channels

Channel	1	2	3	4	5
MHz	151.820	151.880	151.940	154.570	154.600

Eligible users operate MURS by rule with appropriate equipment. Maximum transmitter output is 2 W. Use simplex; MURS repeater and store-and-forward operation are prohibited.

NOAA Weather Radio • receive only

Seven broadcast frequencies (MHz), in ascending order						
162.400	162.425	162.450	162.475	162.500	162.525	162.550

Scan all seven and listen for the station that covers your area. Weather-channel numbering varies between radios. On a weather-alert receiver, set the SAME county code separately from the broadcast frequency.

Basis: 47 CFR §§ 95.1763, 95.2733, 95.2763 and 95.2767. NOAA National Weather Service, NOAA Weather Radio station listings (weather.gov/nwr/station_listing).