

HF Frequency Card

KZ7K · When the Grid Goes Down · qsojourney.com · Keep one in the go-box lid

OUR CLUB: MARA & CFAR PACE PLAN

P • Sacaton Peak repeater **447.725**
N7ULY, -5.000 MHz, PL 100.0

A • Simplex **145.210**
No tone, no offset. No answer on Sacaton in 10 min → here

C • HF phone **7.275 LSB**
40 m regional NVIS · 20 m long-haul **14.275 USB**

E • HF digital **7.115 · 14.115**
40 m regional · 20 m long-haul

Weekly nets **1900**
MARA Monday · CFAR Tuesday

LISTEN FOR NEWS

Hurricane Watch Net **14.325 · 7.268**
Day · night

Maritime Mobile Service Net **14.300**
Daytime

WWV **2.5 · 5 · 10 · 15 · 20**
MHz. Space weather at :18 past the hour

FT8: who can I hear? **3.573 · 7.074 · 14.074**
USB dial, MHz

NVIS BY TIME OF DAY

Day **40 m**
Highest band that still reaches your closest stations

Dawn and dusk **60 m**
When 40 is too high and 80 is too noisy

Night **80 m**
Antenna: horizontal wire 10–30 ft up

DIGITAL AND 60 M

JS8Call **3.578 · 7.078 · 14.078**
USB dial, MHz

60 m channels **5330.5 · 5346.5**
USB dial, kHz, 100 W ERP **5371.5 · 5403.5**

60 m band segment **5351.5–5366.5**
General and up, 9.15 W ERP, 2.8 kHz max

BEFORE YOU TRANSMIT

Listen first. Stay off any net handling emergency traffic. Say who and where you are, ask one specific question, and log time, frequency, call sign, location, and what they said. Three regions that agree is information; one is a data point.

60 m rules as of Feb. 13, 2026 (FCC R&O 25-60). Verify band rules and net schedules before relying on this card.