

Radio Bands You Can Use

The Foundation Licence can operate in the bands listed below using the modes listed in the right hand column. Use of commercially manufactured transmitting equipment only is allowed.

Radio band	Frequency	Permitted Emission Modes
80 Metres	3.500 MHz - 3.700 MHz	Amplitude Modulation (AM) voice Single Side Band (SSB) voice Hand Keyed Morse Code
40 Metres	7.0 00 MHz - 7.300 MHz	
15 Metres	21.000 MHz - 21.450 MHz	
10 Metres	28.000 MHz - 29.700 MHz	Amplitude Modulation (AM) voice Single Side Band (SSB) voice Hand Keyed Morse Code Frequency Modulation (FM) voice
2 Metres	144 MHz - 148 MHz	
70 Centimetres	430 MHz - 450 MHz	

Distances You Can Work

Radio band	Distance & Coverage
3.5MHz (80 metres)	Typically up to 150KM during the day and up to 3000KM at night.
7MHz (40 metres)	Typically up to 1000KM during the day and during good conditions world wide at night.
21 MHz (15 metres)	World wide mostly during the day.
28 MHz (10 metres)	World wide during periods of high sunspot activity and up to 3000km in summer.
144MHz (2 metres)	Local coverage and world wide via "IRLP" and EchoLink.
432MHz (70cm)	Local coverage, over 2000 km using something known as tropospheric ducting and world wide via "IRLP" and EchoLink.