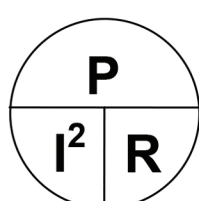
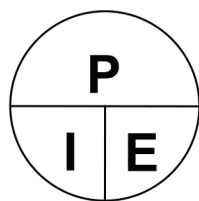
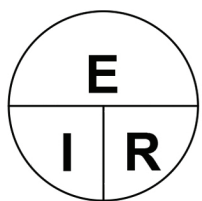


Designation		Frequency	Wavelength
ELF	extremely low frequency	3Hz to 30Hz	100'000km to 10'000 km
SLF	superlow frequency	30Hz to 300Hz	10'000km to 1'000km
ULF	ultralow frequency	300Hz to 3000Hz	1'000km to 100km
VLF	very low frequency	3kHz to 30kHz	100km to 10km
LF	low frequency	30kHz to 300kHz	10km to 1km
MF	medium frequency	300kHz to 3000kHz	1km to 100m
HF	high frequency	3MHz to 30MHz	100m to 10m
VHF	very high frequency	30MHz to 300MHz	10m to 1m
UHF	ultrahigh frequency	300MHz to 3000MHz	1m to 10cm
SHF	superhigh frequency	3GHz to 30GHz	10cm to 1cm
EHF	extremely high frequency	30GHz to 300GHz	1cm to 1mm

	Meters	Frequency	Frequencies	Voice	Power	RTTY	Notes
HF	160m	1.8MHz	1800-2000 kHz	LSB	1500w	300	Night Owl
	80m	3.5MHz	3525 - 3600kHz and 3800-4000kHz	LSB	200w	300	Evenings & Nights
	60m	5.4MHz	5 channels 2.8kHz wide	LSB	100w	300	USB Channels
	40m	7MHz	7025-7125 and 7175-7300kHz	LSB	200w	300	Best Days & Evenings
	30m	10.1MHz	10100-10150kHz (CW & Data)		200w	300	CW & Data
	20m	14MHz	14025-14150 kHz and 14225-14350 kHz	USB	1500w	300	Best Days & Nights
	17m	18MHz	18068-18168 kHz	USB	1500w	300	Best Days & Evenings
	15m	21MHz	21025-21200 kHz and 21275-21450 kHz	USB	200w	300	Best Days
	12m	24MHz	24890-24990 kHz	USB	1500w	300	Best Days
	10m	28MHz	28000-29700 kHz	USB	200w	1200	Best Days
VHF	6m	50MHz	50-54 MHz	USB	1500w		19.6k
	2m	144MHz	144-148 MHz	USB	1500w		19.6k
	1.25m	222MHz	222-225 MHz	USB	1500w		56k
UHF	.70m	420MHz	420-450 MHz	USB	1500w		56k
	.33m	902MHz		USB	1500w		
	.23m	1240MHz	1240-1300 MHz	USB	1500w		



E = Voltage in Volts
 I = Current in Amperes
 R = Resistance in Ohms
 P = Power in Watts

Cover the value you need and divide or multiply the remaining values as appropriate

Examples: $P = I \times E$

$P = I^2 \times R$

$P = E^2 / R$