

Emergency and calling frequencies (United States)

US calling frequencies, emergency frequencies, and distress channels across amateur, marine, CB, GMRS, and FRS bands.

Calling and emergency frequencies across amateur radio, marine, CB, GMRS, and aviation bands.

Amateur radio calling and emergency frequencies

VHF/UHF simplex calling frequencies (USA)

BAND	FREQUENCY	MODE	NOTES
2m	146.520 MHz	FM	National simplex calling frequency
70cm	446.000 MHz	FM	National simplex calling frequency
2m	144.200 MHz	SSB	SSB calling frequency
6m	50.125 MHz	SSB	SSB calling frequency
2m	145.050 MHz	FM	ARES/RACES simplex (often used)

HF calling frequencies

BAND	FREQUENCY	MODE	NOTES
80m	3.860 MHz	SSB	Informal SSB calling area
40m	7.200 MHz	SSB	Informal SSB calling area
20m	14.300 MHz	SSB	Emergency/ARES/Maritime mobile net
20m	14.285 MHz	SSB	International DX calling area
40m	7.030 MHz	CW	CW calling frequency
20m	14.060 MHz	CW	CW calling frequency (QRP)

HF digital calling frequencies

BAND	FREQUENCY	MODE	NOTES
40m	7.074 MHz	FT8	FT8 standard frequency
20m	14.074 MHz	FT8	FT8 standard frequency
40m	7.0475 MHz	FT4	FT4 standard frequency
20m	14.080 MHz	FT4	FT4 standard frequency

Other service emergency frequencies

Marine VHF

CHANNEL	FREQUENCY	USE
 16	156.800 MHz	International distress and calling
9	156.450 MHz	Alternate calling / non-commercial

CB

CHANNEL	FREQUENCY	USE
 9	27.065 MHz	Emergency
19	27.185 MHz	Highway / trucker channel

GMRS/FRS

CHANNEL	FREQUENCY	USE
GMRS 16	462.675 MHz	Emergency / calling
GMRS 20	462.675 MHz + 141.3 Hz	Common repeater output

International distress

SERVICE	FREQUENCY	MODE
 Maritime HF	2.182 MHz	SSB
 Maritime VHF	156.800 MHz (Ch 16)	FM
 Aviation	121.500 MHz	AM
 Military	243.000 MHz	AM (guard)

In an actual emergency

On amateur radio: Announce "MAYDAY MAYDAY MAYDAY" or "EMERGENCY EMERGENCY EMERGENCY" on any frequency, identify with your callsign, state the nature of the emergency and your location. Any amateur frequency can be used for emergency communications. All other traffic must yield to stations communicating emergency information.