

## FISTS Calling Frequencies

FISTS members can be found on or near any frequency ending in .x58 or .xx8 (.058, .158, .258, etc) Here are recommended calling frequencies by band. REMEMBER, these are recommended CALLING frequencies and lengthy QSO's should be moved to another frequency.

BAND	Frequency	BAND	Frequency
160m	1.808 MHz	17m	18.085 MHz
80m	3.558 MHz	15m	21.058 MHz
40m	7.058 MHz - IARU Region 2	12m	24.908 MHz
40m	7.028 MHz - All IARU Regions	10m	28.058 MHz
30m	10.118 MHz	6m	50.085 MHz
20m	14.058 MHz	2m	144.058 MHz

**\* Please Note :** The calling frequencies on 160, 80, 40, 20, 15, and 10 meters - are only 2 KHz below the QRP calling frequencies (7.030 MHz is the QRP calling frequency in Europe). Please be considerate to the QRP CW ops and only QSY \*down\* from these frequencies.