GMRS and FRS Frequencies and Limitations

(per FCC Rules Part 95)

GMRS up to 50W output, ±5 kHz dev		Interstitial Frequencies GMRS up to 5W (ERP, incl ant. gain), ±5 kHz dev		FRS up to ½W, ±2½ kHz dev (rubber-duck ant.)	
"550" Repeater Output / Simplex (1)	462.550	←	←	←	Handheld (ch 15)**
		462.5625	Mobile, Small base stations*	Handheld (ch 1)**	
"575" Repeater Output / Simplex (2)	462.575	←	←	←	Handheld (ch 16)**
		462.5875	Mobile, Small base stations*	Handheld (ch 2)**	
"600" Repeater Output / Simplex (3)	462.600	←	←	←	Handheld (ch 17)**
		462.6125	Mobile, Small base stations*	Handheld (ch 3)**	
"625" Repeater Output / Simplex (4)	462.625	←	←	←	Handheld (ch 18)**
		462.6375	Mobile, Small base stations*	Handheld (ch 4)**	
"650" Repeater Output / Simplex (5)	462.650	←	←	←	Handheld (ch 19)**
		462.6625	Mobile, Small base stations*	Handheld (ch 5)**	
"675" Repeater Output / Simplex (6)	462.675	←	←	←	Handheld (ch 20)**
		462.6875	Mobile, Small base stations*	Handheld (ch 6)**	
"700" Repeater Output / Simplex (7)	462.700	←	←	←	Handheld (ch 21)**
		462.7125	Mobile, Small base stations*	Handheld (ch 7)**	
"725" Repeater Output / Simplex (8)	462.725	←	←	←	Handheld (ch 22)**
"550" Repeater Input	467.550				
		467.5625	Not allowed	Handheld (ch 8)	
"575" Repeater Input	467.575				
		467.5875	Not allowed	Handheld (ch 9)	
"600" Repeater Input	467.600				
		467.6125	Not allowed	Handheld (ch 10)	
"625" Repeater Input	467.625				
		467.6375	Not allowed	Handheld (ch 11)	
"650" Repeater Input	467.650				
		467.6625	Not allowed	Handheld (ch 12)	
"675" Repeater Input	467.675				
		467.6875	Not allowed	Handheld (ch 13)	
"700" Repeater Input	467.700				
		467.7125	Not allowed	Handheld (ch 14)	
"725" Repeater Input	467.725				

*"small base stations" have antennas no higher than 20 feet above ground or existing structure

** channels shared by GMRS and FRS operators.

Table created by John Chamberlain, AC5CV