

# Lefty Radio League's Ham Cheat Sheet – SF Bay Area Edition

*These are the frequencies reserved for simplex phone operations, i.e. voice transmissions direct from radio to radio. You aren't exactly restricted to just these frequencies, but whether you use them or not, listen before transmitting and be mindful of others.*

Northern California VHF 2 Meter Band Plan: 144-148 MHz			
146.415-146.595	146.52 calling	147.405-147.585	26 channels total

NorCal UHF 1.25 Meter Band Plan: 219-220, 222-225 MHz			
223.40	223.42	224.44	223.46
223.48	223.50 calling		6 channels total

Northern California UHF 70 CM Band Plan: 420-450 MHz			
441.00	446.00	446.50 calling	3(!) channels total

## Phonetic Alphabet (and numbers with special pronunciation)

Alfa	Golf	Mike	Sierra	Yankee
Bravo	Hotel	November	Tango	Zulu
Charlie	India	Oscar	Uniform	
Delta	Juliett	Papa	Victor	
Echo	Kilo	Quebec	Whiskey	
Foxtrot	Lima	Romeo	X-ray	

## Radio Etiquette Reminders

1. Start a convo with the other person/group's name, then your own.
  - a. Use your callsign on a repeater. Spell it out phonetically at first.
2. Say one concise thing per transmission to keep the airwaves open.
3. Say "priority" if what you have to say is urgent, "emergency" if it's an emergency.
4. End transmissions with "Over." End conversations with "Clear."

## Bay Area VHF Repeaters (and other important frequencies)

ORCA Repeater: WB6ND, Receive 146.880 Mhz

- Minus offset, PL tone of 77.0 Hz to transmit

SF ARC: W6PW, Receive 145.150 Mhz

- Minus offset, PL tone of 114.80 Hz to transmit

Mt Diablo ARC: W6CX, Receive 147.060 Mhz

- Plus offset, PL tone of 100.00 Hz to transmit

System 35: Oakland: K6LNK, Receive 146.850

- Transmits locally and linked to other repeaters
- Minus offset, Local PL Tone 103.5 Hz, Linked 162.2

NOAA Weather: 162.4, 162.425, 162.45, 162.475, 162.5, 162.525, 162.55

Anti-capitalist, anti-authoritarian, antennas.  
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