

QRP Watering Holes

QRP and other good frequencies

Band	CW QRP			F PIGS	FISTS	SKCC	PSK31	SSB		HFpack			
								Americas	Europe	CW	SSB	Other Voice	
160M	1810 1816	1812 1818	1815 ^{UK} 1825	1814	1808	1820	1812 1838	1910	1843	1845.0	1997.5	1825	
80M	3530 3686*	3560 3710*	3579 3716*	3564	3558	3550	3540 3580	3985	3690	3565.0 3596.0	3791.0	3845.0 ^{east} 3996.0 ^{west}	3687.5 ^{R1&3} 3572.5 ^{R1&3}
60M								5346.5			5371.5	5403.5 ^{US/UK}	
40M	7030 7060 7112	7035 7106 7116	7040 7110 7122	7044 7104	7028 7058 7118	7055 7114 7120	7035	7285	7090	7022.5 7038.5 7065.0	7185.5 7242.5 7296.0	7087.5 ^{R1&3}	
30M	10106 10116	10110 10123		110110	10118	10120	10130 10142			10117.5 10137.5			
20M	14030	14060	14116	14062	14058	14050	14070	14285		14097.5	14342.5		
17M	18069 18096	18080 18106	18086 ^{GORP}	18100	18085	18080	18100	18130		18107.5	18157.5		
15M	21030 21110	21060 21116		21064	21058 21158	21050	21070 21080	21385	21285	21107.5	21437.5		
12M	24900 24910	24906 24916		24910	24918	24910	24920	24950 24956		24927.5	24977.5		
10M	28030 281010 ¹⁰⁻¹⁰ 28110	28060 28116		28064	28058 28158	28050	28120	28385 28885 29285^{AM}	28360	28107.5	28312.5 28327.5	28380 ¹⁰⁻¹⁰ 28425 ¹⁰⁻¹⁰ 28800 ¹⁰⁻¹⁰	28400 ¹⁰⁻¹⁰ 28600 ¹⁰⁻¹⁰ 28825 ¹⁰⁻¹⁰
6M	50.060	50.096			50.058	50.090	51.120	50.285	50.885		50.162.5	53.585 ^{FM}	
2M	144.060	144.116		145.720	144.058	144.070	144.610	144.285	144.585		144.162.5	145.585^{F1} 147.585^{FM}	

* old novice frequencies now in Extra/Advanced voice sub-bands

Primary QRP frequencies are in **BOLD** type

DISCLAIMER: All HAM frequencies are shared. No band plan recognition is intended or implied.
These are just good places to start looking for a QRP friendly contact. No guarantees.

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