

## ARES/RACES Multiple State Frequency List (Updated 23 November 2014)

In a disaster situation, the following frequencies may be an invaluable resource for monitoring for news and information, especially in a grid-down/communications-down environment. The following are popular HF frequencies used by government operated RACES (Radio Amateur Communications Emergency Service) and the ARRL operated ARES (Amateur Radio Emergency Service). The government will likely be using these to aid in coordination of response efforts.

NOTE: This list is not conclusive, but was developed ahead of the Ferguson Grand Jury situation and lists most of the areas designated as locations for planned protests, which could turn violent in some locations. See the [Ferguson SITREP page](#) for more information about that specific situation.

### FREQUENCY LIST:

#### Alabama:

3.935.00 LSB Alabama ARES  
3.935.00 LSB Alabama Emergency  
3.965.00 LSB Alabama Emergency Primary State wide  
7.243.00 LSB Alabama Emergency  
7.240.00 LSB Alabama state-wide NET  
3.950.00 LSB Regional net  
3.570.00 USB Alabama emergency Digital primary

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#### Alaska:

5.167.50 USB Alaska (ONLY) Statewide Emergency Frequency (shared with non-ham users)  
3.930.00 LSB State wide Emergency Frequency  
3.920.00 LSB  
7.193.00 LSB  
14.290.00 USB  
14.292.00 Emergency Traffic

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#### Arizona:

3.900.00 LSB  
3.973.00 LSB  
3.986.00 LSB Emergency  
3.990.00 LSB Arizona RACES  
3.995.00 LSB  
7.248.00 LSB

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#### Arkansas

3.890.00 LSB Delta Division MOU  
3.987.50 LSB Primary  
7.260.00 LSB Secondary  
7.275.00 LSB Delta Division MOU  
7.285.00 LSB Alternate

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- 3.570.00 CW MTN/OZKCW Traffic Net
- 3.594.00 Digital, Pactor I, II, III Primary
- 7.101.20 Digital, Pactor I, II, III Primary
- 3.593.00 Digital, Pactor I, II, III Alternate
- 7.101.40 Digital, Pactor I, II, III Alternate
- 144.390 APRS
- 145.010 Packet
- 145.590 Packet
- 147.495 Packet

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**California:**

**All Sections:**

- 1.916.00 "up" (NTS/ARES/traffic/calling Alternate Sacramento Valley
- 1.982.00 LSB alternate nighttime Sacramento Valley
- 3.906.00 LSB Alternate Sacramento Valley
- 3.987.00 LSB Primary Sacramento Valley
- 5.332.00 USB (alternate: 5.348 USB) Sacramento Valley 7.232.00 LSB secondary Sacramento Valley
- 7.111.00 "up" CW: (NTS/ARES/traffic/calling Daytime Sacramento Valley 3.711.00 "up" (NTS/ARES/traffic/calling CW: Daytime Sacramento Valley

- 1.987.00 LSB Secondary Nights San Diego
- 3.905.00 LSB ARES Central/San Diego Section
- 3.913.00 LSB ARES Southern District HF Net San Diego
- 3.925.00 LSB ARES Eastern District HF Net San Diego
- 3.992.00 LSB Primary Nights San Diego
- 7.070.00 LSB Manana (Baja California) San Diego
- 7.235.00 LSB Baja California San Diego
- 462.5625 FRS Emergency San Diego
- 462.675 GMRS Emergency San Diego
- 27.065 CB Emergency San Diego

- 3.867.26 LSB Santa Barbara Section ARES HF Net
- 3.905.00 LSB ARES Central
- 3.924.00 LSB ARES Northern District HF Net
- 3.933.00 LSB Imperial County District ARES HF Net
- 3.945.00 LSB Riverside Co RACES/ARES
- 3.952.00 LSB Western Public Service System
- 3.965.00 LSB Orange County ARES Public Service
- 3.987.00 LSB Siskiyou / Modoc County ARES
- 3.987.00 LSB Southern OR -Northern CA-NV ARES Net
- 3.987.50 LSB San Bernardino Co RACES
- 7.250.00 LSB Rescue Communications
- 144.390 APRS

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**Colorado:**

- 3.810.00 LSB Primary ARES
- 3.990.50 LSB Primary RACES
- 3.713.00 CW ARES
- 3.615.00 Digital ARES
- 7.063.00 Digital ARES
- 7.235.00 Alternate ARES
- 7.250.00 Alternate RACES

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**Connecticut:**

- 3.965.00 LSB ARES Emergency
- 3.973.00 LSB
- 7.280.00 LSB Emergency

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**Delaware:**

- 1.900.00 MHz LSB Alternate Voice
- 3.905.00 MHz LSB Primary Voice
- 3.580.00 MHz USB Primary Digital
- 5.346.50 MHz USB Alternate Voice
- 7.280.00 MHz LSB Alternate Voice

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**Florida:**

**Northern Section**

- 3.950.00 LSB Emergency
- 7.247.50 LSB North Florida ARES Emergency Alternate
- 7.254.00 LSB Emergency
- 3.651.00 CW
- 7.051.00 CW

**West Central Section:**

- 3.911.00 LSB Night
- 7.281.00 LSB Day

**Southern Section:**

- 3.940.00 Southern Florida ARES Nighttime 7.242.00 Southern Florida ARES Daytime

**Regional ARES Emergency Nets:**

- 3.911.00 LSB Night
- 7.281.00 LSB Day

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**Georgia:**

- 1.975.00 LSB
- 3.975.00 LSB ARES
- 3.982.50 LSB Alternate
- 5.330.50 USB
- 7.275.00 LSB ARES
- 7.277.00 LSB Georgia Statewide
- 3.582.00 USB Digital (PSK and other)
- 3.549.00 CW

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**Hawaii:**

- 3.905.00 LSB Pacific ARES 3.993.50 LSB State RACES
- 7.290.00 LSB Hawaii Emergency
- 14.340.00 USB California-Hawaii

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**Idaho:**

- 3.929.00 LSB +/- INTERFERENCE

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**Illinois:**

- 3.890.00 LSB Central Region ARES
- 3.905.00 LSB ARES
- 3.940.00 LSB
- 3.949.00 LSB Emergency

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**Indiana:**

**RACES**

- 3.920.00 LSB, ± INTERFERENCE
- 7.290.00 LSB, ± INTERFERENCE
- 7.298.00 LSB, ± INTERFERENCE
- 146.520 MHZ
- 223.500 MHZ
- 446.000 MHZ
- CITIZENS BAND = CHANNEL 19
- FRS/GMRS = CHANNEL 1- (462.5625)

**ARES**

- 3.910.00 LSB, ± INTERFERENCE
- 7.280.00 LSB, ± INTERFERENCE
- 146.490 MHZ Simplex
- 446.100 MHZ Simplex
- ARES WINLINK = 145.610 MHZ
- CITIZENS BAND = CHANNEL 19
- FRS/GMRS = CHANNEL 1- (462.5625)

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**Iowa:**

- 3.970.00 LSB Primary for ARES
- 3.990.50 LSB Primary for RACES
- 7.250.00 LSB RACES Day

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**Kansas:**

- 3.920.00 LSB
- 3.940.00 LSB 7.250.00 LSB
- 7.270.00 LSB
- 7.253.50 LSB

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**Kentucky:**

- 3.888.00 LSB
- 3.960.00 LSB State -Wide Health &Welfare Traffic
- 3.993.50 LSB State-Wide Tactical Net
- 3.590.00 Packet State-Wide Tactical/Resource (no established regular nets)
- 3.585.00 RTTY State -Wide Tactical/Resource (no established regular nets)
- 7.228.00 LSB State -Wide Tactical
- 7.198.00 LSB State -Wide backup
- 7.090.00 Packet State-Wide Tactical/Resource (no established regular nets)
- 7.087.00 RTTY State -Wide Tactical/Resource (no established regular nets)
- 28.400.00 SSB State -Wide Tactical (no established regular nets)

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**Louisiana:**

- 3.673.00 LSB CW Net
- 3.711.00 LSB Nighttime
- 3.873.00 LSB Nighttime HF Emergency Net
- 3.890.00 LSB Delta Division MOU nighttime
- 3.910.00 LSB LA Traffic Net at 6:00 pm daily (local time, year round)
- 3.925.00 LSB Louisiana Emergency alternate
- 3.935.00 LSB Louisiana ARES Health & Welfare
- 7.111.00 LSB Daytime
- 7.235.00 LSB Louisiana Emergency
- 7.245.00 LSB Southern Louisiana
- 7.275.00 LSB Daytime Delta Division MOU
- 7.280.00 LSB Daytime
- 7.290.00 LSB Louisiana ARES Health & Welfare

HF FACTOR: The simplex LSB mark point-to-point frequencies will be 3.630.00/nighttime and 7.080.00/daytime (the equivalent center frequencies are 3.629.90 and 7.079.90, respectively) for utilization inside the state.

VHF Packet (TELPAC/Winlink 2000): 145.010 MHz

APRS: 144.390 MHz

3595.90 Digital

7079.90 Digital

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**Maine:**

- 3.940.00 Statewide Night
- 52.525.00 Statewide 6 M Coordination
- 7.262.00 Statewide Day

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**Maryland and District of Columbia:**

- 3.820.50 LSB
- 3.920.00 LSB Emergency

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**Massachusetts:**

- 3.915.00 LSB +/- ARES
- 3.937.00 LSB Western Massachusetts ARES
- 3.943.00 LSB +/- RACES
- 7.245.00 LSB
- 145.010 Packet
- 144.390 APRS

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**Michigan:**

- 1.812.00 CW Alternate Emergency Frequency (Winter/low flux) 1.932.00 LSB Alternate Emergency Frequency (Winter/low flux)
- 3.563.00 LSB CW Emergency
- 3.584.00 Digital (Olivia 8/500) 3.920.00 LSB Traffic (Upper Peninsula)
- 3.932.00 LSB Emergency
- 3.953.00 LSB Traffic 7.068.00 CW Alternate Emergency Frequency (Summer/high flux) 7.232.00 LSB Alternate Emergency Frequency (Summer/high flux)

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**Minnesota:**

- 3.568.00 CW ARES
- 3.860.00 LSB ARES
- 3.883.00 LSB ARES
- 3.937 LSB ARES
- 3.990.00 LSB
- 7.260.00 LSB Alternate
- 3.710.00 LSB Primary
- 7.223.00 LSB ARES
- 7.275.00 Region Phone ARES
- 7.283.00 LSB ARES
- 14.237.00 USB ARES
- 14.272.00 USB ARES
- 7.060.00 LSB Alternate
- HF DIGITAL
- 3.625.00 Primary
- 7.095.00 Secondary

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**Missouri:**

3.963.00 LSB  
7.263.00 LSB (Daytime alternate  
145.07 Packet

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**Mississippi:**

3.862.00 LSB Statewide Net for H/W Traffic and overflow from 3873 3.890.00 LSB Delta MOU ARES Emergency Net for tactical traffic – Nighttime 7.238.00 LSB Statewide Net for H/W Traffic and overflow from 7275. Because of long skip this frequency has never been used. 7.275.00 LSB Delta MOU ARES Emergency Net – Daytime 3.570.00 CW MS/AR CW Traffic Net 3.598.00 USB MS Digital Traffic Net MT63

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**Montana:**

3.880.00 LSB  
3.910.00 LSB  
3.947.00 LSB RACES

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**Nebraska:**

3.950.00 LSB Alternate 3.982.00 LSB Primary 7.282.00 LSB Alternate and longer range 3.540.00 Primary CW

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**Nevada:**

3.965.00 LSB ARES  
3.996.50 LSB  
7.280.00 LSB ARES

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**New Hampshire:**

3.945.00 LSB ARES 7.273.00 LSB ARES  
3.582.00 USB primary Nighttime PSK for statewide communications  
7.072.00 USB primary Daytime PSK for statewide communications  
Winlink 2000 HF RMS Pactor station 1 and 2 on 3.596.00, 7.063.00, 10.122.00, and 14.101.20. Pactor 3 on 7.103.20, 10.145.00, and 14.101.20 Center frequencies

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**New Jersey:**

**All Sections:**

3.950.00 LSB  
3.970.00 LSB ARES  
3.990.50 LSB RACES  
3.996.50 LSB Alternate  
7.230.00 LSB

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**New Mexico:**

- 3.939.00 LSB voice
- 3.950.00 LSB Alternate 3.982.00 LSB Primary
- 7.236.50 LSB voice
- 7.282.00 LSB Alternate and longer range 3.540.00 CW Primary
- 3.594.50 MT-63 data (USB, 1 kHz, 500 Hz start, long interleave)
- 7.100.50 MT-63 data (USB, 1 kHz, 500 Hz start, long interleave)
- 7.103.50 MT-63 data (USB, 1 kHz, 500 Hz start, long interleave)

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**New York:**

- 3.913.00 LSB New York State Emergency
- 3.925.00 LSB New York State Emergency
- 3.993.50 LSB New York State RACES
- 3.995.00 LSB Western New York State Coordination
- 7.230.00 LSB New York State Emergency
- 7.245.00 LSB New York State RACES

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**North Carolina:**

- 3.907.00 LSB Carolina Coast Emergency
- 3.923.00 LSB Primary
- 3.927.00 LSB North Carolina ARES Health & Welfare 3.935.00 LSB RACES Primary
- 7.232.00 LSB North Carolina ARES Emergency Secondary
- 3.573.00 LSB CW Primary
- 3.571.00 LSB CW Alternate
- 3.594.00 LSB Digital (Pactor) Primary
- 7.104.00 LSB Digital (Pactor)
- 7.250.00 LSB RACES Secondary
- 14.340.00 (USB) is designated for NC State RACES tertiary use if frequency restrictions are invoked.
- 3.938.00 (LSB) is the North Carolina Single Sideband Net. This frequency may be pressed into service in the event of a National Emergency.

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**North Dakota:**

- 3.937.00 LSB
- 7.232.00 LSB

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**Ohio:**

- 3.875.00 LSB Administrative
- 3.972.50 LSB Traffic
- 3.987.00 LSB Emergency
- 3.605.00 LSB Data
- 3.577.00 LSB CW
- 7.240.00 LSB Administrative Alternate



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**Oklahoma:**

- 3.900.00 LSB Nights
- 7.260.00 LSB Days
- 7.290.00 LSB Health & Welfare

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**Oregon:**

- 1.978.00 LSB Winter Nighttime
- 3.964.00 LSB Primary Nighttime
- 3.980.00 LSB Daily 1800 and 1900 Oregon NTS Traffic Net
- 3.990.00 LSB Daily 0800 Oregon Weather Net
- 3.993.50 LSB Daily 1730 Oregon NTS Traffic Net
- 5.346.50 USB EOC to EOC
- 7.248.00 LSB Primary Daytime
- 3.587.00 LSB Daily 1830 and 2200 Oregon Section Net
- 3.603.50 LSB AFSK Digital
- 7.067.50 LSB AFSK Digital

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**Pennsylvania:**

- 3.917.00 LSB Eastern Pennsylvania Emergency
- 3.983.00 LSB ARES Western Region
- 3.984.50 LSB RACES Back-up
- 3.987.00 LSB
- 3.990.50 LSB RACES Western Region
- 3.993.50 LSB RACES Central and Eastern Regions
- 3.999.50 LSB RACES
- 7.250.50 LSB RACES Back-up
- 7.254.50 RACES Back-up
- 7.272.00 LSB ARES
- 3.626.70 Pactor I, II, III
- 7.066.90 Pactor I, II, III
- 7.103.70 Pactor III Only
- 10.145.70 Pactor III Only
- 14.108.90 Pactor III Only

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**Puerto Rico:**

- 1.984.00 LSB
- 3.710.00 LSB
- 3.873.00 LSB
- 3.940.00 LSB
- 7.234.50 LSB
- 7.238.50 LSB

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**Rhode Island:**

- 3.915.00 LSB

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**South Carolina:**

3.915.00 LSB South Carolina NTS

3.990.00 LSB South Carolina

3.993.50 LSB ARES/RACES

7.232.00 LSB South Carolina Emergency

7.243.00 LSB South Carolina Emergency

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**South Dakota:**

3.870.00 LSB

3.960.00 LSB EMERGENCY

3.570.00 MT-63 or future possible digital mode

3.578.00 SD CW net during an emergency/drill

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**Tennessee:**

3.980.00 LSB Nights

7.238.00 LSB Days

3.890.00 LSB DELTA ARES EMERGENCY NET Night

7.275.00 LSB DELTA ARES EMERGENCY NET Day

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**Texas:**

**All Sections:**

3.873.00 LSB Texas ARES

3.910.00 LSB Central Texas Emergency

**3.935.00 LSB Texas ARES Health & Welfare**

**3.975.00 LSB Texas RACES Alternate**

**7.240.00 LSB Texas Emergency**

7.248.00 LSB Texas RACES Primary

**7.250.00 LSB Texas Emergency**

**7.273.00 LSB Texas ARES Alternate**

**7.285.00 LSB Texas ARES Emergency Day**

**7.290.00 LSB Texas ARES Health & Welfare**

**South Section:**

**3.955.00 LSB South Texas Emergency**

**West Section:**

3.922.00 LSB Big Bend Emergency Net (WTX Emergency Net)

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**US Virgin Islands:**

1.984.00 LSB Virgin Islands (VI, Puerto Rico, Lesser Antilles)

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**Utah:**

3.920.00 LSB State RACES

7.272.00 LSB

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**Vermont:**

3.857.00 LSB

3.976.00 LSB

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**Virginia:**

3.907.00 LSB Virginia Emergency

3.943.00 LSB

3.947.00 LSB Old Dominion Emergency Net-Alpha

3.980.00 LSB Southeast Virginia ARES

7.240.00 LSB

7.243.00 LSB Old Dominion Emergency Net

7.248.00 LSB Old Dominion Emergency Net-Bravo

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**Washington:**

3.985.00 LSB Primary Emergency Net frequency

3.994.00 LSB Secondary

5.373.00 USB Alternate Emergency Net Frequency

7.245.00 LSB Alternate Emergency Net frequency

3.595.00 (center) ARES Pactor

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**West Virginia:**

3.811.00 LSB ARES/RACES

3.865.00 LSB West Virginia Emergency

7.235.00 LSB West Virginia

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**Wisconsin:**

3.555.00 CW

3.967.00 LSB Primary

3.985.00 LSB

3.975.00 LSB 1st Alternate

3.994.00 LSB RACES

7.250.00 LSB 2nd Alternate

7.245.00 LSB 3rd Alternate

7.277.00 LSB RACES

3.528.50 USB Digital BPSK 31 Primary

7.077.50 USB Digital BPSK 31Alternate

7.087.00 LSB PACTOR

144.390 APRS

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**Wyoming:**

3.923.50 LSB