**2021 Winter Field Day HARC Frequency Recommendations**

.70m 432.1MHz CW DIGITAL PHONE

1.25m 223.0MHz CW DIGITAL PHONE

2m 146.460MHz CW DIGITAL PHONE

6m 52.02MHz CW DIGITAL PHONE

10m 28.030-040MHz CW DIGITAL (28.400-425MHz PHONE)

15m 21.030-050MHz CW DIGITAL (21.275-305MHz PHONE)

20m 14.025-055MHz CW DIGITAL (14.225-255MHz PHONE)

40m 7.025-055MHz CW DIGITAL (7.175-205MHz PHONE)

80m 3.525-555MHZ CW DIGITAL (3.800-830MHz PHONE)

160m 1.800-830MHz CW DIGITAL PHONE