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**WALLET SIZE**

**PREPPER & SURVIVALIST SHTF FREQUENCIES  
2-WAY RADIO COMMUNICATIONS**

RADIO SERVICE	CHANNEL NAME	FREQUENCY MHZ	MODE	DESCRIPTION
FRS UHF	FRS 3	462.6125	FM	PREPPER
GMRS UHF	GMRS17	462.6000	FM	SURVIVALIST
GMRS UHF	GMRS20	462.675+	FM	PL141.3RPTR+5MHz
PMR UHF	PMR 3	446.03125	FM	PREPPER
MURS VHF	MURS 3	151.940	FM	PREPPER
CB AM	CB 3AM	26.985	AM	PREPPER
CB AM	CB 9AM	27.065	AM	HIGHWAY SAFETY
CB SSB	CB 36U	27.365	USB	SURVIVALIST
CB SSB	CB 37U	27.375	USB	PREPPER
CB FREEBAND	FB368U	27.368	USB	SURVIVALIST
CB FREEBAND	FB378U	27.378	USB	PREPPER
CB FREEBAND	FB425U	27.425	USB	SURVIVALIST
LOWBAND VHF	LOW334	33.400	FM	SURVIVALIST
HAM UHF	HAM U3	446.030	FM	PREPPER
HAM VHF	HAM 42	146.420	FM	PREPPER
HAM VHF	HAM 52	146.520	FM	HAM CALLING
HAM VHF	HAM 55	146.550	FM	SURVIVALIST
HAM HF	HAM10M	28.305	USB	PREPPER
HAM HF	HAM20M	14.242	USB	PREPPER
HAM HF	HAM40M	7.242	LSB	PREPPER NETS
HAM HF	HAM60M	5.357	USB	SURVIVALIST NVIS
HAM HF	HAM80M	3.818	LSB	PREPPER NETS
LAND SAR VHF	SAREMT	155.160	FM	SEARCH&RESCUE
MARINE VHF	MAR 16	156.800	FM	SAFETY CALLING
MARINE VHF	MAR 72	156.625	FM	BOAT PREPPER

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**SHTF FREQUENCY LIST**

THIS CHART OF ACTIVE SURVIVALIST AND PREPPER FREQUENCIES WAS RELEASED INTO THE PUBLIC DOMAIN IN 2013 BY RADIOMASTER REPORTS.



More information about this list, and frequency charts with programming files are available at [RADIOFREEQ.WORDPRESS.COM](http://RADIOFREEQ.WORDPRESS.COM)

**3-3-3 Radio Plan**



**3-3-3 RADIO PLAN - The Survivalist Radio Schedule**

This is the "When, Where, and How" to make radio contact with each other for SHTF. The 333 Radio Plan was designed for SHTF communications, when normal methods of communication fail. Versions of the 3-3-3 are used by survivalist, prepper, and emergency communications groups worldwide. It is based on the easy-to-remember "Survival Rule of Threes". It is often called an emergency radio schedule or *sked*.

**DESK SIZE**

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**ABOUT THE 3-3-3 RADIO PLAN**

Here's how the 3-3-3 Radio Plan works:  
Turn on your radio. Every 3 hours. For 3 minutes. Channel 3.

**WHEN: EVERY 3 HOURS**

Always use your Local Time for local area communications with the 3-3-3 Radio Plan. At the "top of the hour", each 3 hours:  
Noon, 3pm, 6pm, 9pm.  
Midnight, 3am, 6am, 9am.

**HOW LONG: FOR 3 MINUTES**

At the top of every 3rd hour, turn on your radio. Even if you don't need to make a call yourself, always turn on your radio and listen for calls for at least 3 minutes. This is because you never know if someone may be trying to reach you, or may need help. If you need to check in, make a short transmission at this time. Say "This is me, just checking in." If you have sufficient battery power, or if you have not connected in for a while, then you should listen for 15 minutes.

**ACCURATE TIME KEEPING**

Synchronize your watch with others whenever possible. If you doubt your watch accuracy, compensate by keeping your radio on for a longer duration, before and after every 3rd hour. If you don't have a watch, try listening to an AM broadcast radio station, they always identify their call letters at the top of each hour.

**WHERE: CHANNEL 3**

Channel 3 usually applies to CB, FRS, or MURS. These are the most common types of radios used. If your group has a different designated SHTF channel or Prepper SHTF HAM frequency, you should use it instead of Channel 3. For example, the ham 2 meter simplex calling channel 146.520 MHz. The rest of the 3-3-3 Radio Plan remains the same. Keep it simple.

**HOW IT WORKS: FEATURES OF THE 3-3-3 RADIO PLAN**

1. Easy for everyone to remember the "Rule of Three".
2. Conserves precious battery life for walkie talkies.
3. Gets everyone on the air at the same time.
4. Sets a schedule of 8 times per day to call each other.
5. Avoids impractical hourly schedules.
6. Enables the use of short transmissions for optimum success and security.
7. Three hours is enough time to rest in a survival situation.
8. A person can walk 8 miles in 3 hours, the practical distance limit of handheld radios over average terrain.