Family radio plan

Fill it in together, then print a copy for every home and every radio.

OUR CHANNELS

Main channel or frequency: *Example: GMRS 15, tone 100.0*

Backup channel: *Example: FRS 3, no tone*

Privacy tone or code (if we use one): _____

Repeater we can use (and its tone): _____

Our license call sign(s): _____

WHEN WE CHECK IN

Turn radios on at: *Example: 9 am, noon, 3, 6 and 9 pm (the 3-3-3 plan)*

Listen for at least: *Example: 3 minutes*

If nobody answers, we try: _____

Batteries charged and spares kept at: _____

WHO IS WHO ON THE RADIO

PERSON	RADIO NAME	RADIO TYPE	USUALLY AT
Example: Mom	*Base*	*GMRS handheld*	*Home*

SIMPLE CODE WORDS

WORD	IT MEANS
Example: Pizza	*I'm safe and heading home*

IF WE CAN'T REACH EACH OTHER

Meet at: *Example: the library parking lot*

Leave notes at: *Example: inside the shed door*

Out-of-area contact: _____

Radio frequencies to know

Keep this page by your radios. Every family member should have the same copy.

CHANNEL	FREQUENCY	WHAT IT'S FOR	LICENSE TO TALK?
NOAA weather radio	162.400-162.550 MHz	Listen only. Weather and emergency alerts.	No
FRS/GMRS channel 1	462.5625 MHz	Default channel on most radios. Commonly suggested for SOS.	FRS: no, GMRS: yes
FRS/GMRS channel 3	462.6125 MHz	Used by the 3-3-3 check-in plan.	FRS: no, GMRS: yes
GMRS channel 20	462.675 MHz	Often used for travel help, tone 141.3. A custom, not a rule.	GMRS license
CB channel 9	27.065 MHz	The official CB emergency channel.	No
CB channel 19	27.185 MHz	Truckers. Great for road and traffic news.	No
MURS channel 3	151.940 MHz	License-free VHF, up to 2 watts.	No
Ham 2-meter calling	146.520 MHz	The national VHF simplex calling frequency.	Ham license
Ham 70-cm calling	446.000 MHz	The national UHF simplex calling frequency.	Ham license
Marine VHF channel 16	156.800 MHz	Distress and calling on the water.	Boats only

Anyone may listen to any of these. Talking needs the license shown. Channel uses are common customs, not FCC rules, so agree on your own channels as a family. In a true life-or-death emergency when nothing else works, FCC rules allow any radio to be used to call for help.

THE 3-3-3 CHECK-IN PLAN

Every 3 hours (9 am, noon, 3, 6 and 9 pm, and so on), turn on your radio, go to channel 3 or your family channel, and listen for at least 3 minutes. Make a short call if you need to. It saves batteries and means everyone knows when to listen.

LEAVING A NOTE WHEN NOBODY ANSWERS

- Write the date and time, who wrote it, where you went, and when you'll be back.
- Leave it in your agreed spot, out of sight. Don't post a note on the front door saying the house is empty.
- Use a permanent marker and painter's or duct tape. Sticky notes fall off in rain and heat.

Radio cards

One for every radio in the family, so everyone has the same information.

Cut on the dashed lines. Tape one to the back of every radio or keep it in the case.

OUR RADIO CARD — **Prepping with Katie**

Main channel: _____
Tone / code: _____
Backup channel: _____
Check-in times: _____
Our radio names: _____
Meet at: _____
Notes left at: _____
Out-of-area contact: _____

OUR RADIO CARD — **Prepping with Katie**

Main channel: _____
Tone / code: _____
Backup channel: _____
Check-in times: _____
Our radio names: _____
Meet at: _____
Notes left at: _____
Out-of-area contact: _____

OUR RADIO CARD — **Prepping with Katie**

Main channel: _____
Tone / code: _____
Backup channel: _____
Check-in times: _____
Our radio names: _____
Meet at: _____
Notes left at: _____
Out-of-area contact: _____

OUR RADIO CARD — **Prepping with Katie**

Main channel: _____
Tone / code: _____
Backup channel: _____
Check-in times: _____
Our radio names: _____
Meet at: _____
Notes left at: _____
Out-of-area contact: _____