Sonoma Operational Area and Local Emergency Coordination Frequencies: (LSB = Lower Side Band)

7245 KHz LSB - Primary Daytime 40 Meter frequency. Listen on the hour if phones are down.
3925 KHz LSB - Primary Nighttime 75/80 Meter frequency. Listen on the hour if phones are down.

ARRL National Traffic System (NTS) Frequencies: (The main usage of the following frequencies is for Health and Welfare Traffic. NTS is capable of transmitting hundreds of messages a month per trained operator. If it is determined that Health and Welfare traffic needs to be passed; notify the NTS resource personnel. NTS staff can pick up messages at shelters. Or messages may be transmitted to them using simplex on 146.520 or 147.480.)

14345 KHz USB - Primary frequency for traffic to the Eastern US. Nets @ 1030 and 1430.
7275 KHz LSB - Daytime NTS Net @ 1530.
3598 KHz LSB - Nighttime NTS Net to Southern California @ 1915.
3630 KHz LSB - Nighttime NTS Net @ 1900.
3705 KHz LSB - Nighttime NTS Nets @ 1945 and 2030.

General HF Frequencies:

1987 KHz LSB - Alternate Nighttime Amateur Radio Frequency (160 Meters)
3856 KHz LSB - ARRL National Traffic System Net for Northern California (Mission Trail Net)
3997 KHz Nights - State EOC, Pleasant Hill
3952 KHz +/- Western Public Service Net
3992 KHz LSB - Primary Nighttime Amateur Radio Frequency (80 Meters)
7230 KHz LSB - Primary Daytime Amateur Radio Frequency (40 Meters)
7240 KHz LSB - National ARRL 40 Meter calling frequency.
7240 KHz Days - State EOC, Pleasant Hill
7255 KHz +/- WESTCARS

State Emergency - Primary Coordination Frequencies: (These frequencies are used by the California Emergency Services Net for weekly tests and periodic exercise. If they are occupied, check 10 KHz above or below the stated frequency.)

7230 KHz LSB - Primary Daytime Amateur Radio Frequency (40 Meters)
3992 KHz LSB - Primary Nighttime Amateur Radio Frequency (80 Meters)
3552 KHz LSB - Primary Amtor Frequency
1987 KHz LSB - Alternate Nighttime Amateur Radio Frequency (160 Meters)

National Emergency - RACES Frequencies designated by the FCC:

1987.0 L State RACES 160 meter voice primary
3545.5 L State RACES Amtor/CW
3992.0 L State RACES 80 meter voice primary
3960.0 L State RACES 80 meter voice secondary
3997.0 L State RACES 80 meter voice for military station contact & coordination communication
3999.5 L State RACES 80 meter voice Tertiary
7097.5 L State RACES CW/Amtor
7120.0 L State RACES CW/Amtor
7248.5 L State RACES 40 meter voice Primary
14050.0 State RACES CW/Amtor
14220.5 State RACES 20 meter voice Primary