

GMRS Quick Reference

A simple household radio reference for plain-language check-ins, common terms, local channels, and practice habits.

Plain-language radio habits

■ Say who you are calling first	■ Say your name or family call name
■ Keep messages short	■ Pause before transmitting
■ Use normal language	■ Confirm important details

Household channel plan

Primary channel

Backup channel

Neighborhood or travel
channel

Common reminders

■ FRS works for simple short-range use	■ GMRS requires a license for your family
■ Range depends on terrain and buildings	■ Charged radios matter more than specs
■ NOAA radio is for alerts, not two-way talk	■ Practice before you need it

Family call names

Adult 1

Adult 2

Child or dependent

Out-of-area contact

Practice drill

This month: put two radios in different rooms, confirm the primary channel, and practice one check-in without using phones.