

Radio Frequency Name	ITU Band #	Frequency Range
Ultra-low frequency (ULF)	1	3 - 30 Hz
Super low frequency(SLF)	2	30Hz - 300Hz
Extremely low frequency (ELF)	3	300 Hz - 3 kHz
Very low frequency (VLF)	4	3 kHz - 30 kHz
Low frequency (LF)	5	30 kHz - 300 kHz
Medium frequency (MF)	6	300 kHz - 3 MHz
High frequency (HF)	7	3 MHz - 30 MHz
Very high frequency (VHF)	8	30 MHz - 300 MHz
Ultra-high frequency (UHF)	9	300 MHz - 3 GHz
Super high frequency (SHF)	10	3 GHz - 30 GHz
Extremely high frequency (EHF)	11	30 GHz - 300 GHz
Far Infrared (FIR)		300 GHz - 3 THz
Moderate Infrared (MIR)		3 THz - 30 THz
Near Infrared (NIR)		30 THz - 300 THz
Visible Light		300 THz - 3 PHz
Near Ultraviolet(NUV)		3 PHz - 30 PHz
Extreme Ultraviolet(EUV)		30 PHz - 300 PHz
Soft X-Rays(SX)		300 PHz - 3 EHz
Hard X-Rays(HX)		3 EHz - 30 EHz
Gamma Rays		30 EHz - 300 EHz
Microwave	IEEE US #	Frequency Range
L Band	L	1 GHz - 2 GHz
S Band	S	2 GHz - 4 GHz
C Band	C	4 GHz - 8 GHz
X Band	X	8 GHz - 12 GHz
Ku Band	Ku	12 GHz - 18 GHz
K Band	K	18 GHz - 26 GHz
Ka Band	Ka	26 GHz - 40 GHz
V Band	V	40 GHz- 75 GHz
W Band	W	75 GHz- 110 GHz