GMRS & FRS CHANNELS AND FREQUENCIES

Channel	(MHz)	Radio Service	Max FRS	Max GMRS
1	462.5625	GMRS or FRS	2 watts	5 watts
2	462.5875	GMRS or FRS	2 watts	5 watts
3	462.6125	GMRS or FRS	2 watts	5 watts
4	462.6375	GMRS or FRS	2 watts	5 watts
5	462.6625	GMRS or FRS	2 watts	5 watts
6	462.6875	GMRS or FRS	2 watts	5 watts
7	462.7125	GMRS or FRS	2 watts	5 watts
8	467.5625	GMRS or FRS	.5 watts	.5 watts
9	467.5875	GMRS or FRS	.5 watts	.5 watts
10	467.6125	GMRS or FRS	.5 watts	.5 watts
11	467.6375	GMRS or FRS	.5 watts	.5 watts
12	467.6625	GMRS or FRS	.5 watts	.5 watts
13	467.6875	GMRS or FRS	.5 watts	.5 watts
14	467.7125	GMRS or FRS	.5 watts	.5 watts
15	462.5500	GMRS or FRS	2 watts	50 watts
16	462.5750	GMRS or FRS	2 watts	50 watts
17	462.6000	GMRS or FRS	2 watts	50 watts
18	462.6250	GMRS or FRS	2 watts	50 watts

Channel	Mhz	Radio Service	Max FRS	Max GMRS
19	462.6500	GMRS or FRS	2 watts	50 watts
20	462.6750	GMRS or FRS	2 watts	50 watts
21	462.7000	GMRS or FRS	2 watts	50 watts
22	462.7250	GMRS or FRS	2 watts	50 watts
15RP	467.5500	GMRS Repeater	Prohibited	50 watts
16RP	467.5750	GMRS Repeater	Prohibited	50 watts
17RP	467.6000	GMRS Repeater	Prohibited	50 watts
18RP	467.6250	GMRS Repeater	Prohibited	50 watts
19RP	467.6500	GMRS Repeater	Prohibited	50 watts
20RP	467.6750	GMRS Repeater	Prohibited	50 watts
21RP	467.7000	GMRS Repeater	Prohibited	50 watts
22RP	467.7250	GMRS Repeater	Prohibited	50 watts

GMRS radios operate at a wider bandwidth than FRS. Radio programming may require software to set the proper bandwidth on a radio not dedicated to FRS or GMRS only. Range and sound quality will be slightly less when the band width is set wrong on one radio and correct on the other being conversed with. (Some older FRS radios may have different channel layouts, based on the brand.)

https://en.wikipedia.org/wiki/General_Mobile_Radio_Service#:~:text=GMRS%20radios%20are%20typically%20handheld,near%20462%20and%20467%20MHz.