The 60 meter, or 5 MHz, band, which became available to U.S. amateurs on July 3, 2003, in a small number of countries, is attractive to skilled, amateur radio operators who enjoy a challenge of connecting with other Ham operators, while observing specific limitations.

Two limitations for operating a 60 meter band are described (at Wikipedia) as:

- "Lying approximately halfway between 80m (3.5 MHz) and 40m (7 MHz), the 60 meter (5 MHz) band forms a communication bridge when propagation effects make use of 80 or 40m impossible for local-to-medium distance communications.
- Extra care needs to be taken to stay within the 60 Meter channel limits, remembering that Amateurs are only secondarily allocated on 60 Meters, a privilege that's easily lost if we cause interference to the primary service that has agreed to share their frequencies with us. Further, in contrast to operation on bands in which we have primary privileges, if we hear a strange, non-Ham signal on 60 Meters, then we should not thoughtlessly talk over it, but rather move to another frequency."

Beginning March 5, 2012 there were frequency, power and mode changes.

- Any US amateur radio operator holding a General, Advanced or Amateur Extra Class license may only transmit USB, CW or Digital Modes on CH1=5330.5, CH2=5346.5, CH3=5357.0, CH4=5371.5 & CH5=5403.5 khz. with an effective radiated power (ERP) not to exceed 100 W ERP (Effective Radiated Power).
- The Federal Communications Commission (FCC) regulations state that US stations may only transmit USB, CW Digital Modes with an effective radiated power (ERP) not to exceed 100 W PEP. PLEASE do not crank up the transmitter power to work a DX station on 60 meters. Let's not lose our 60 meter privileges!

CH5 is the unofficial DX calling frequency! The Common UK/USA frequencies are = 5371.5 - CH 4 & 5403.5 - CH 5. You may check the "Worldwide 5MHz Frequency and Channel List"!