Manually Programming the BaoFeng BF-F8HP

These steps do not need to be performed if programming with Chirps/Python

Enter Frequency Mode
    Input Receive Frequency (listed frequency)
Menu 2-7
    Input Channel Number — pick channel with no CH in front of channel number
Press the down arrow
Offset Frequency
    Press Menu
    Enter offset
    Press Menu
Press the down arrow
Shift
    Press Menu
    Select – or + with up/down arrow
    Press Menu to store
Exit
Menu 1-3
Transmit T-CTCS (tone frequency)
    Enter Tone Frequency (usually 100 KHz for 2m band, 5.0 MHz for 70cm band)
    Press Menu to store
Exit
Menu 1-1 If downlink tone is required. If not, then skip this step
Receive R-CTCS (tone frequency)
    Enter Tone Frequency (usually the same as T-CTCS)
Exit
Input new Transmit Frequency
Menu 2-7
Press Menu — Transmit frequency will be stored
Exit