



The Church EQ Cheat Sheet

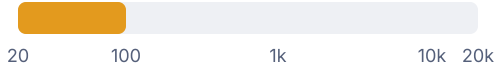
Booth Volunteer · 30 years of church sound, lights, video & stage tech

All ranges are **approximate**. They vary by voice, mic, instrument and room. Use them as a place to start sweeping, then trust your ears.

Below 80–100 Hz

Rumble

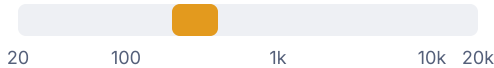
HPF on every vocal & speech mic. Start ~80–100 Hz, higher for many speakers.



200–400 Hz

Mud

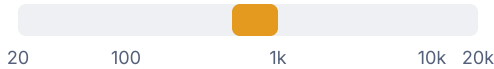
Sweep to find it, cut a few dB. Small cuts on many channels.



500 Hz–1 kHz

Honk / nasal

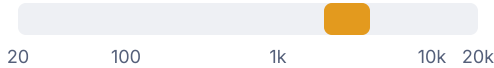
Gentle 2–4 dB cut. Don't let singers cup the mic.



2–4 kHz

Presence / clarity

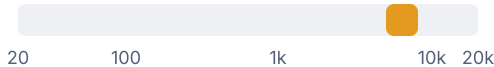
Small wide lift for words. Lav/headset feedback often rings here: narrow cut.



5–8 kHz

Sibilance

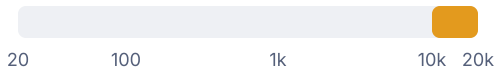
De-esser or dynamic EQ on harsh S's. Avoid big static cuts.



10 kHz+

Air

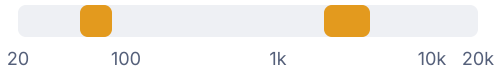
Gentle high shelf, a couple of dB. Back off if hiss or cymbals jump out.



Kick: 50–80 Hz / 2–4 kHz

Thump / click

Weight low, beater click high, clean boxiness ~300–500 Hz.



Cut before you boost

1. HPF first.
2. Find problems with a narrow sweep, then cut.
3. Boost last, small and wide.
4. Move the mic before you reach for EQ.

Compression starting points

Lead vocal: ~3:1, a few dB of reduction
Pastor / speech: gentle ~2:1–3:1, slower release
Bass: ~4:1 to even out notes
Adjust by ear. Control, don't crush.