From a **WSJT X** standpoint, if band noise is reading upscale on your S meter, add some attenuation. There is no point in band noise running the AGC. On 630m I use the 7300's 20 dB attenuator and an external 10-dB 75-watt attenuator between my 7300 and my Monitor Sensors 160m to 630m transverter. The transverter only needs 5 watts of drive, and the rig's transmit composite noise is 9 dB lower when running at 50 watts than 5 watts. I still have 630m band noise reading about S4 with a total of 30 dB attenuation. It just depends on the band.

A couple weeks ago 12m was really hopping with FT8 signals. I may have used a preamp, and certainly no attenuation. You would like antenna noise gain to be about 10 dB. If you switch between a dummy load and your antenna, tuned to a dead spot on the band, you can tell if your attenuation or preamp is set properly. If you can barely hear your antenna connect, you need more gain / less attenuation. If your S meter isn't reading upscale on band noise, you still would like 10 dB antenna noise gain regardless of band.

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