

PILOT

Experience/Recency

Takeoffs/landings..... ____ in the last
____ days

Hours in make/model ____ in the last
____ days

Instrument approaches ____ in the last
(simulated or actual) ____ days

Instrument flight hours ____ in the last
(simulated or actual) ____ days

Terrain and airspacefamiliar

Physical Condition

Sleep ____ in the last
24 hours

Food and water in the last
____ hours

AlcoholNone in the last
____ hours

Drugs or medication.....None in the last
____ hours

Stressful eventsNone in the last
____ days

IllnessesNone in the last
____ days

AIRCRAFT

Fuel Reserves (Cross-Country)

VFR Day ____ hours
Night..... ____ hours

IFR Day ____ hours
Night..... ____ hours

Experience in Type

Takeoffs/landings..... ____ in the last
in aircraft type ____ days

Aircraft Performance

Establish that you have additional performance available over that required. Consider the following:

- Gross weight
- Load distribution
- Density altitude
- Performance charts

Aircraft Equipment

Avionics..... familiar with equipment
(including autopilot and GPS systems)

COM/NAV..... equipment appropriate
to flight

Charts current

Clothing..... suitable for preflight and
flight

Survival gear appropriate for flight/terrain

ENVIRONMENT

Airport Conditions

Crosswind ____ % of max POH
Runway length..... ____ % more than POH

Weather

Reports and forecastsnot more than
____ hours old

Icing conditionswithin aircraft/pilot
capabilities

Weather for VFR

Ceiling Day..... ____ feet
Night ____ feet

Visibility Day..... ____ miles
Night ____ miles

Weather for IFR

Precision Approaches

Ceiling ____ feet above min.
Visibility ____ mile(s) above min.

Non-Precision Approaches

Ceiling ____ feet above min.
Visibility ____ mile(s) above min.

Missed Approaches

No more than ____ before diverting

Takeoff Minimums

Ceiling ____ feet
Visibility ____ mile(s)

▶ _____

▶ _____

▶ _____

