

1. Type <input type="checkbox"/> VFR <input type="checkbox"/> IFR <input type="checkbox"/> DME		2. Aircraft Identification		3. Aircraft Type/Special Equip		4. True Airspeed (kts)		5. Departure Point		6. Departure Time		7. Cruising Altitude	
8. Route													
9. Destination (Airport and City)													
10. Est. Time Enroute		Hours		Mins		11. Remarks							
12. Fuel on Board		Hours		Mins		13. Alternate Airports							
14. Pilot's Name, Address, Phone # and Acft Home Base		15. # on Board		16. Aircraft Color									
9. Destination Contact/Telephone (Optional)													
Special Equipment Suffix													

Key Phone Numbers	
Weather	1-800-992-7433
Woc Hanger	919-776-2003
KTTA FBO (Fuel)	919-708-5549
KTTA AWOS	919-708-5382
KRDU AWOS	919-840-0816

<input type="checkbox"/> Emotion
<input type="checkbox"/> Fatigue
<input type="checkbox"/> Alcohol
<input type="checkbox"/> Stress
<input type="checkbox"/> Medication
<input type="checkbox"/> Illness
I'M SAFE

Engine-Out
A: Best Airspeed
B: Best Field
C: Cockpit Check
D: Dialogue
E: Egress

Light Gun Signals		
Signal	on Ground	In Flight
Green	cleared for takeoff	cleared for land
Flashing Green	cleared to return to taxi	Flashing Green
Red	stop	Red
Flashing Red	taxi clear of runway	do NOT land
Flashing White	return to ramp	White
Alternating Green/Red	Warning-- Use Caution	

<input type="checkbox"/>	Preflight
<input type="checkbox"/>	Flight Plan Filed
<input type="checkbox"/>	WX Briefing
<input type="checkbox"/>	Airplane Performance
<input type="checkbox"/>	W&B Calc
<input type="checkbox"/>	Route Charted
<input type="checkbox"/>	I'M SAFE
<input type="checkbox"/>	Aircraft Mechanical Records
<input type="checkbox"/>	Check Squawk Book/Club/Rental Papers
<input type="checkbox"/>	Pilot documentation
Flight Preparation Checklist	

VHF Frequencies	
EMERGENCY/ELT	121.5
FSS (General)	122.2
EFAS/ "Flight Watch"	122.0
Unicom (Towered Airports)	122.95
Air to Air	122.75/122.85
Military VHF	126.2

$V_R =$ $V_Y =$ $V_X =$ $V_A =$ $V_S =$ $V_{MAX\ GLIDE} =$

AIRPORT DATA			
AIRPORT			
ATIS			
Clearance Del.			
Ground			
Tower			
Apprch/Dep			
CTAF			
FSS			
Unicom			
Runway(s)			
Runway Length(s)			
TPA			
Field Elev.			

NOTES



CLEARANCE DELIVERY	
Heading:	Squawk:
Altitude:	Other:
Frequency:	

CLEARANCE DELIVERY	
Heading:	Squawk:
Altitude:	Other:
Frequency:	

<i>flight plan</i>	Time Off:	Activated? <input type="checkbox"/>	CLOSED? <input type="checkbox"/>	with	FSS
<i>flight plan</i>	Time Off:	Activated? <input type="checkbox"/>	CLOSED? <input type="checkbox"/>	with	FSS

ATIS/AWOS			
AIRPORT			
Code/Time			
Wind			
Visibility			
Sky Condition			
Temp/Dewpt			
Altimeter			
Apprch/Rnwy			