



Wings of Carolina Flying Club
 702 Rod Sullivan Road
 Sanford, NC 27330
 Phone: 919-776-2003

VFR CROSS-COUNTRY NAVIGATION LOG

Route, Check Points & Fixes		VOR	Course (Route)	Altitude	Winds Aloft		CAS	TC	TH	MH	CH	Dist	GS	Dep. TIME	FUEL QTY	GPH	
FROM:	TO:	Ident			Dir.	Vel.		-L	-E								
		Freq.			Temp.	TAS MPH	+R	+W	+Dev					Leg	Est.	ETE	ETA
				TAS KTS	WCA	Var.			Rem.	Act.	ATE	ATA	Rem.				
TOTALS:																	

Airport Frequency Information					
Departure Airport		Arrival Airport		Alternate	
ATIS		ATIS		ATIS	
AWOS		AWOS		AWOS	
Cl. Del.		APPH.		Cl. Del.	
Ground		Ground		Ground	
Tower		Tower		Tower	
Dep.		Dep.		Dep.	
App.		App.		App.	
CTAF		CTAF		CTAF	
UNICOM		UNICOM		UNICOM	
FSS		FSS		FSS	
VOR		VOR		VOR	
NDB		NDB		NDB	

Enroute Navigation Aids					
Departure Airport			Arrival Airport		
IDENT.	TYPE	FREQ.	IDENT.	TYPE	FREQ.

Clearance Delivery	
Dep. Clearance:	HDG. _____ ALT. _____
Other Instructions:	
Dep. Freq:	_____ . _____
Squawk:	_____ . _____

Airport Runway Information For:						
Runway						
Length						
TPA						
L/ R Traffic						
Obstructions:						

Cross-Country Navigation Checklist	
1.	Note Takeoff Time and establish course
2.	Activate VFR Flight Plan with FSS
3.	Contact ATC for Flight Following
4.	Track Enroute Checkpoints / VOR Fixes
5.	Advise ATC when airport in sight
6.	Close VFR Flight Plan