EXTERNAL PRESSURES

Trip Planning
Allowance for delays .............. _____ minutes

Alternate Plans for Diversion or Cancellation
Notification of person(s) you are meeting
Passengers briefed on diversion or cancellation plans and alternatives
Modification or cancellation of car rental, restaurant, or hotel reservations
Arrangement of alternative transportation (airline, car, etc.)

Personal Equipment
Credit card and telephone numbers available for alternate plans
Appropriate clothing or personal needs (eye wear, medication...) in the event of unexpected stay

Your Personal Minimums Checklist—
• An easy-to-use, personal tool, tailored to your level of skill, knowledge, and ability
• Helps you control and manage risk by identifying even subtle risk factors
• Lets you fly with less stress and less risk

Practice “Conservatism Without Guilt”
Each item provides you with either a space to complete a personal minimum or a checklist item to think about. Spend some quiet time completing each blank and consider other items that apply to your personal minimums. Give yourself permission to choose higher minimums than those specified in the regulations, aircraft flight manuals, or other rules.

How to Use Your Checklist
Use this checklist just as you would use one for your aircraft. Carry the checklist in your flight kit. Use it at home as you start planning a flight and again just before you make your final decision to fly.
Be wary if you have an item that’s marginal in any single risk factor category. But if you have items in more than one category, you may be headed for trouble.

If you have marginal items in two or more risk factors/categories, don’t go!
Periodically review and revise your checklist as your personal circumstances change, such as your proficiency, recency, or training. You should never make your minimums less restrictive unless a significant positive event has occurred. However, it is okay to make your minimums more restrictive at any time. And never make your minimums less restrictive when you are planning a specific flight, or else external pressures will influence you.

Have a fun and safe flight!
Developed in cooperation with:

Pilot: __________________________
Date Revised: ________________
Reviewed with: ________________
(if applicable)
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 airspace: familiar

Physical Condition

Sleep: _____ in the last 24 hours
Food and water: _____ hours
Alcohol: None in the last _____ hours
Drugs or medication: None in the last _____ hours
Stressful events: None in the last _____ days
Illnesses: None in the last _____ days

Fuel Reserves (Cross-Country)

VFR Day: _____ hours
Night: _____ hours
IFR Day: _____ hours
Night: _____ hours

Experience in Type

Takeoffs/landings: _____ in the last _____ days in aircraft type

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

Airport Conditions

Crosswind: _____ % of max POH
Runway length: _____ % more than POH

Weather

Reports and forecasts: not more than _____ hours old
Icing conditions: within 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)