

Student Pilot Prep Flight Checklist: Solo Cross Country

All Students are **REQUIRED** to comply with the following:

- **PRIOR** to the commencement of a SOLO Cross Country flight, students need to complete this checklist and present it for an Instructor review.
- Instructor Review: Students should be prepared to discuss the information outlined on this checklist and any other relevant information that the student determines may be a factor in determining if the flight is a GO or NO GO.

Date: _____ Student Name: _____ Flight Instructor: _____

Airports ID's - Landing and/or Departing from: _____

Alternate Airports ID's: _____

Flight Plan – Route of Flight: _____

Review the METAR weather from the following locations.

- KCRQ: Wind: _____ Clouds: _____ Visibility: _____
- _____: Wind: _____ Clouds: _____ Visibility: _____
- _____: Wind: _____ Clouds: _____ Visibility: _____
- _____: Wind: _____ Clouds: _____ Visibility: _____
- _____: Wind: _____ Clouds: _____ Visibility: _____
- _____: Wind: _____ Clouds: _____ Visibility: _____
- _____: Wind: _____ Clouds: _____ Visibility: _____
- _____: Wind: _____ Clouds: _____ Visibility: _____
- _____: Wind: _____ Clouds: _____ Visibility: _____
- _____: Wind: _____ Clouds: _____ Visibility: _____
- _____: Wind: _____ Clouds: _____ Visibility: _____
- _____: Wind: _____ Clouds: _____ Visibility: _____

Review the Terminal Area Forecast, (TAF) for the following for the period of ONE hour before to ONE hour after the scheduled flight.

- **KCRQ Forecasted Time Period:** _____
 - FM / TEMPO / BECOM: (circle one)
Time: _____ Winds: _____ Clouds: _____ Visibility: _____
 - FM / TEMPO / BECOM: (circle one)
Time: _____ Winds: _____ Clouds: _____ Visibility: _____
 - FM / TEMPO / BECOM: (circle one)
Time: _____ Winds: _____ Clouds: _____ Visibility: _____
 - FM / TEMPO / BECOM: (circle one)
Time: _____ Winds: _____ Clouds: _____ Visibility: _____
- _____ **Forecasted Time Period:** _____
 - FM / TEMPO / BECOM: (circle one)
Time: _____ Winds: _____ Clouds: _____ Visibility: _____
 - FM / TEMPO / BECOM: (circle one)
Time: _____ Winds: _____ Clouds: _____ Visibility: _____
 - FM / TEMPO / BECOM: (circle one)
Time: _____ Winds: _____ Clouds: _____ Visibility: _____
 - FM / TEMPO / BECOM: (circle one)
Time: _____ Winds: _____ Clouds: _____ Visibility: _____

- _____ **Forecasted Time Period:** _____
 - FM / TEMPO / BECOM: (circle one)
Time: _____ Winds: _____ Clouds: _____ Visibility: _____
 - FM / TEMPO / BECOM: (circle one)
Time: _____ Winds: _____ Clouds: _____ Visibility: _____
 - FM / TEMPO / BECOM: (circle one)
Time: _____ Winds: _____ Clouds: _____ Visibility: _____
 - FM / TEMPO / BECOM: (circle one)
Time: _____ Winds: _____ Clouds: _____ Visibility: _____

- _____ **Forecasted Time Period:** _____
 - FM / TEMPO / BECOM: (circle one)
Time: _____ Winds: _____ Clouds: _____ Visibility: _____
 - FM / TEMPO / BECOM: (circle one)
Time: _____ Winds: _____ Clouds: _____ Visibility: _____
 - FM / TEMPO / BECOM: (circle one)
Time: _____ Winds: _____ Clouds: _____ Visibility: _____
 - FM / TEMPO / BECOM: (circle one)
Time: _____ Winds: _____ Clouds: _____ Visibility: _____

- Wind Aloft Information:
 - Reporting Station: _____ : 3,000: _____ 6,000: _____ 9,000: _____ 12,000: _____
 - Reporting Station: _____ : 3,000: _____ 6,000: _____ 9,000: _____ 12,000: _____
 - Reporting Station: _____ : 3,000: _____ 6,000: _____ 9,000: _____ 12,000: _____
 - Reporting Station: _____ : 3,000: _____ 6,000: _____ 9,000: _____ 12,000: _____

Calculated W&B for the flight:

NOTAMS: _____

Hazardous Weather Conditions: Note any of the following that exist within your route of flight.

- AIRMETS: _____
- SIGMETS: If one exists, no flying for you today.
- Convective SIGMET: If one exists, no flying for you today.

Calculated **Short Field Takeoff Distances** for EACH airport you have an endorsement to operate AND you're planning to land at during today's flight.

Airport Identifier: _____

- Ground Roll: _____
- Clear 50ft OBS. _____

Airport Identifier: _____

Cross wind Component: _____

Gust Component: _____

Calculated **Short Field Landing Distances** for EACH airport you have an endorsement to operate AND you're planning to land at during today's flight.

Airport Identifier: _____

- Ground Roll: _____
- Clear 50ft OBS. _____