

## Cross-Country Checklist for Flight Review

### PILOT - Review Personal Minimums Checklist

*revise/review "PAVE Personal Minimums Development Guide (PILOT Factors)"*

- Recency (time/practice in last 30 days)
- Currency (takeoffs & landings, IFR currency [if applicable])
- Terrain & Airspace (level of familiarity)
- Health & Well-being (IM SAFE)

### AIRCRAFT

- Mechanical Condition (pre-flight & walk-around)
- Avionics & Systems (pre-flight, walk-around, & runup)
- Performance Calculations (takeoff, climb, cruise, & landing)
- Fuel Requirements (reserves & alternates [if required])
- Other Equipment (checklists, EFBs, chocks, tie-downs, extra oil, etc.)

### ENVIRONMENT

- Weather
  - Reports & Forecasts (departure, en route, destination, alternates [if required])
  - Severe Weather (AIRMETs, SIGMETs, icing, turbulence, & wind shear avoidance)
  - Weather Stability (fronts & pressure systems)
  - Alternates (if, when, & how to add to the plan)
- Night - Lighting (cockpit & flashlights)
- Airspace
  - TFRs or Other Restrictions
  - COM/NAV Equipment Requirements & Availability
  - Cruising Altitude(s)
- Terrain - VFR & IFR Charts (MEF, MSA, & MEA altitudes)  
*review "AOPA Safety Brief: Terrain Avoidance Plan"*
- Airports
  - COM/NAV Requirements & Frequencies
  - Runway Lengths
  - Services Available

### EXTERNAL PRESSURES

- Family Expectations
- Passenger Needs & Expectations
- Weather Concerns
- Prepared for Diversion (money, accommodations, etc.)
- Other Time Pressures ("get-there-itis")