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 & 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 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 personal minimums 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. Never make your minimums less restrictive when you are planning a specific flight, or else external pressures will influence you.

### PILOT

**Experience/Recency**

- Takeoffs/Landings ____ In the last ____ days
- Hours in make/model ____ In the last ____ days
- Instrument approaches ____ In the last ____ days
- Instrument flight hours ____ In the last ____ days
- Terrain and airspace ____ Familiar?

**Physical Condition**

- Illnesses, none in the last ____ days
- Medication/Drugs, none in ____ days
- Stressful Event, none in ____ days
- Alcohol, none in the last ____ in last 24hrs
- Fatigue: hours of sleep ____ In last 24hrs
- Eating/Nourishment/Water ____ hours ago

### AIRCRAFT

**Fuel Reserves**

- VFR Day ____ hours
- IFR Day ____ hours

**Experience in type**

- Takeoffs/Landings, number ____ in aircraft type, in the last ____ days

**Aircraft Performance**

- Gross weight
- Load distribution
- Density Altitude
- Performance Charts

Ensure you have a margin of safety

### ENVIRONMENT

**Airport Conditions**

- Crosswind, Departure ____ % max POH
- Crosswind, Arrival ____ % max POH
- Runway length, Departure ____ % over POH
- Runway length, Arrival ____ % over POH

**Weather**

- Forecast, not more than ____ Hours old
- Icing conditions, familiar ____

**Weather for VFR**

- Ceiling Day ____ feet
- Visibility Day ____ miles

**Weather for IFR**

- Ceiling ____ ft above min
- Visibility ____ mi above min
- Non-Precision Approaches
- Ceiling ____ ft above min
- Visibility ____ mi above min
- Missed Approaches
- No more than ____ before divert
- Takeoff Minimums
- Ceiling ____ feet
- Visibility ____ miles

### EXTERNAL PRESSURES

**Trip Planning**

- Allowance for delays, ______ minutes

**Diversion/Cancellation Alternate Plans**

- Notification of person(s) you are meeting.
- Passengers briefed on diversion/cancellation plans and alternates.
- Modification or cancellation of car rental, restaurant, or hotel reservations.
- Alternate transportation (air/car/etc)

**Personal Equipment**

- Credit card & telephone numbers available for alternate plans.
- Appropriate clothing or personal needs (eyewear, medication…) in the event of unexpected stay.

### For More Information, Call:

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The Ohio State University
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**Importance of Trip**

The more important the trip, the more tendency there is to compromise your personal minimums, and the more important it becomes to have alternate plans.

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