

DEAD RECKONING & FREQUENCY LOG

DR CALCULATION: WINDS & TC = ± WCA = TH ± VAR = MH ± DEV = CH



Paragon Air Adventures'

VFR CROSS COUNTRY FLIGHT LOG

DEPARTURE FREQUENCIES:	TC	WCA R+ / L-	TH	VAR W+ / E-	DEV & CH (IGNORE)	Leg Fuel
AWOS, ASOS, ATIS:						
GROUND:						
TOWER:						
DEPARTURE:						
CTAF:						
FSS:						
FLIGHT FOLLOWING:						
FBO UNICOM:						
TURN POINT FREQUENCIES:						
AWOS, ASOS, ATIS:						
TOWER:						
DEPARTURE:						
CTAF:						
FSS:						
FLIGHT FOLLOWING:						
TURN POINT FREQUENCIES:						
AWOS, ASOS, ATIS:						
TOWER:						
DEPARTURE:						
CTAF:						
FSS:						
FLIGHT FOLLOWING:						
TURN POINT FREQUENCIES:						
AWOS, ASOS, ATIS:						
TOWER:						
DEPARTURE:						
CTAF:						
FSS:						
FLIGHT FOLLOWING:						
DESTINATION FREQUENCIES:						
ATIS:						
APPROACH:						
TOWER:						
GROUND:						
AWOS / ASOS:						
CTAF:						
FSS:						
FBO UNICOM:						
EMERGENCY FREQUENCIES:						
121.5 MHz.						
Squawk 7700						

TOTAL ESTIMATED TRIP FUEL:

DEPARTURE FROM:	Dist	TIME OFF	GROUND SPEED		TIME ENROUTE		Wind Dir & Speed	MH
			EST	ACT	EST	ACT		
FROM TOP OF CLIMB ALTITUDE:	Dist	Time Over	GROUND SPEED EST	GROUND SPEED ACT	TIME ENROUTE EST	TIME ENROUTE ACT	Wind Dir & Speed	MH
PILOTAGE POINTS							RADIO NAV	FREQ & ID: MC
FROM TURN POINT:	Dist	Time Over	GROUND SPEED EST	GROUND SPEED ACT	TIME ENROUTE EST	TIME ENROUTE ACT	Wind Dir & Speed	MH
Altitude:								
PILOTAGE CHECKPOINTS							RADIO NAV	FREQ & ID: MC
FROM TURN POINT:	Dist	Time Over	GROUND SPEED EST	GROUND SPEED ACT	TIME ENROUTE EST	TIME ENROUTE ACT	Wind Dir & Speed	MH
Altitude:								
PILOTAGE CHECKPOINTS							RADIO NAV	FREQ & ID: MC
FROM TURN POINT:	Dist	Time Over	GROUND SPEED EST	GROUND SPEED ACT	TIME ENROUTE EST	TIME ENROUTE ACT	Wind Dir & Speed	MH
Altitude:								
PILOTAGE POINTS							RADIO NAV	FREQ & ID: MC
FROM TOP OF DESCENT TO DESTINATION:	Dist	Time Over	GROUND SPEED EST	GROUND SPEED ACT	TIME ENROUTE EST	TIME ENROUTE ACT		
TRIP TOTALS:								

DESTINATION OR FUEL STOP:	Wind Dir & Speed	Vis	Sky & Clouds	Temp / Dew Point	Runway in Use	Freqs / Other	ATIS	TIME DOWN

AIRCRAFT PERFORMANCE

DEPARTURE FIELD ELEVATION:	Altimeter Setting ("Hg)	Pressure Altitude	Surface Temperature	Density Altitude
	Wind Dir & Speed (Actual °M or TAF °T)	Runway in Use (° Magnetic)	Crosswind Component	Headwind Component

DESTINATION FIELD ELEVATION:	Altimeter Setting ("Hg)	Pressure Altitude	Surface Temperature	Density Altitude
	Wind Dir & Speed (Actual °M or TAF °T)	Runway in Use (° Magnetic)	Crosswind Component	Headwind Component

CRUISE PRESSURE ALTITUDE:	Temp °C @ Cruise	Power Setting	Expected IAS	Expected TAS	Estimated GPH	ACTUAL GPH
	HOBBS STOP			HOBBS TOTAL	ACTUAL Fuel Used	
HOBBS START						

WEIGHT & BALANCE CALCULATIONS

ITEM	TAKEOFF			LANDING
	MOMENT	WEIGHT	ARM	WEIGHT
A/C EMPTY WEIGHT (w/ full oil?)				
FUEL: _____ gal. @ 6 lbs. per				
PILOT				
FRONT SEAT PASSENGER				
REAR SEAT PASSENGER				
REAR SEAT PASSENGER				
BAGGAGE				
TOTALS				
WITHIN LIMITS?	YES / NO	YES / NO	YES / NO	

- | | | | |
|---|--|---|--|
| CHECKED
<input type="checkbox"/> Airworthiness Certificate
<input type="checkbox"/> Registration
<input type="checkbox"/> Radio Station License
<input type="checkbox"/> Operating Handbook
<input type="checkbox"/> Weight and Balance Papers & Equipment List
<input type="checkbox"/> STC – Required Items
<input type="checkbox"/> Spare Fuses (for night flight) | CURRENT
<input type="checkbox"/> Annual Inspection
<input type="checkbox"/> 100-Hour Inspection
<input type="checkbox"/> Oil Change
<input type="checkbox"/> Transponder / Encoder / Static Inspection
<input type="checkbox"/> ELT Battery
<input type="checkbox"/> Charts and A/FD
<input type="checkbox"/> Medical, BFR & Proficiency | REMEMBER
<input type="checkbox"/> E6B / Plotter / Flashlight
<input type="checkbox"/> Hood (if second pilot)
<input type="checkbox"/> Sick Sacks
<input type="checkbox"/> Cash or Credit Card for Fuel
<input type="checkbox"/> Extra Engine Oil
<input type="checkbox"/> Survival and/or First Aid Kit
<input type="checkbox"/> Tie Down Ropes
<input type="checkbox"/> Engine Pre-Heat or Covers | OTHER CONSIDERATIONS
<input type="checkbox"/> Food, Drink, Gum
<input type="checkbox"/> Overnight Kit or for Contact Lenses
<input type="checkbox"/> Medication
<input type="checkbox"/> Glasses; Sun or Reading
<input type="checkbox"/> For Maintenance, CFI or A/C Rental Company: Call |
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WEATHER AND FLIGHT PLANNING

FLIGHT DATE: _____

INITIAL FLIGHT (PLAN) INFORMATION TO GIVE TO BRIEFER								
TYPE V F R	AIRCRAFT ID N	A/C TYPE / SPCL EQUIP	DEPT POINT	ETD (Z)	CRUISING ALTITUDE	ROUTE OF FLIGHT	DESTINATION AIRPORT	ETE HR + MIN

STANDARD WEATHER BRIEFING

ADVERSE CONDITIONS:

SYNOPSIS:

CURRENT CONDITIONS:

EN ROUTE FORECAST:

DESTINATION FORECAST:

WINDS ALOFT:

NOTAMS:

PILOT'S WEATHER "GO OR NO GO" CHECKLIST

SYNOPSIS & AREA WEATHER	DESTINATION WX FORECAST	TEMP/DEW POINT SPREAD (FOG)
ADVERSE WX, INCLUDING SIGMETS / AIRMETS	WINDS & TEMPERATURES ALOFT FORECAST	BETTER WX AREA FORECAST
CURRENT EN ROUTE WX	PIREPS, INCLUDING TOPS REPORTS (FOR IFR)	ALTERNATE AIRPORT WX FORECAST
FORECAST EN ROUTE WX	FREEZING LEVELS	NOTAMS, MOAs, MTRs

REMAINING FLIGHT PLAN INFORMATION TO GIVE TO BRIEFER

TAS KTS	FUEL ON BOARD HR + MIN	PILOT'S NAME, ADDRESS, PHONE & BASE	NUMBER ABOARD	AIRCRAFT COLOR	REMARKS
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CLOSE WITH:

FLIGHT PLAN CLOSED?