Wheels Up: _____	Estimated Duration: _____	Date: DD / MM / YY
Wheels Down: _____	Destination ETA UTC: _____ Local: _____	Aircraft Registration: **C -** __ __ __ __

	Checkpoint-Location	0	1	2	3	4	5	6	7
	Compass Heading (degrees)	Planned							
		Corrected							
	Altitude (ASL) (feet)								
A	Zulu Time Over (hr : min)	:	:	:	:	:	:	:	:
B	Time Over Previous (hr : min)		:	:	:	:	:	:	:
C	Elapsed Time (min) **(A – B)**								
D	Distance Covered (nm)								
E	Ground Speed (kts) **(D ÷ C x 60)**								
F	Distance Remaining **(F – D)**								
G	Time Required **(F ÷ E) [2nd][6]**	:	:	:	:	:	:	:	:
	Revised ETA **(G + A)**		:	:	:	:	:	:	:
	Report Position, Time Over & ETA								

Notes: **[2nd][6]** refers to **CX-2** key entries.

Radio Frequencies

Emergency / ELT	121.5
En Route FSS	126.7
Rockcliffe **UNICOM**	123.5

Transponder Codes

Assigned VFR	
Emergency	7700
Lost Radio	7600
ATC < 12,500 ft	1200

Fold Along Line

X-Country Check-List

- Record take-off time
- Open Flight Plan (FSS 126.7 Mhz)
-
- Lean Mixture > 3000ft
-
- Set heading-indicator with compass
- Revise ETA
- Adjust course & speed as required
- Position Report:
  - Aircraft type & call-sign
  - At time _____ (Zulu) over
  - Position / checkpoint
  - Altitude, Airspeed & Heading
  - VFR flight plan to _____
  - (Revised) ETA of _____ (Z)
- Verify fuel rate & quantity
-
- Check Engine Gauges
- Check Electrical Load
- Check For Carb' Ice
- Check Brakes
-
- Obtain ATIS / get weather info.
- Set altimeter's barometer
- Check runway cross-wind
  CX-2 [Flight] [5] [4]
- Make landing approach radio calls
-
- Close Flight Plan
-

Emergency Action-List

- 1st Priority: Fly The Airplane
- Climb
- Set Transponder Code 7700
-
- Contact ATC / transmit on 121.5
  - MAYDAY, MAYDAY, MAYDAY
  - Call-sign x 3
  -
  - MAYDAY
  - Aircraft type & call-sign
  - Nature of distress / urgency
  - Pilot's intensions / request
  - Particulars:
    - **Position** _____
    - **Altitude** _____
    - **Airspeed** _____
    - **Heading** _____
  - No. of people on-board
  - Call-sign
  -
- Land (as appropriate):
  - Divert to nearest airport;
  - Precautionary landing; or
  - Forced landing.
-
-