

**Weather reports and forecasts,**  
**Expected performance of the aircraft given expected conditions,**  
**Alternatives available,**  
**Length of runways to be used,**  
**Traffic delays and terrain avoidance, and**  
**How much fuel is required.**

Fuel minimums

Day VFR - Destination + 30 minutes at cruising speed (91.151)  
 Night VFR - Destination + 45 minutes at cruising speed (91.151)  
 IFR - Destination + alternate + 45 minutes at cruising speed (91.167).

Remember that these numbers are absolute minimum levels. Many pilots plan to have a least a 1 hour reserve for VFR, and more for IFR flight.

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- S** - seatbelts, shoulder harnesses, sterile cockpit
  - A** - air vents and environmental controls
  - F** - fire extinguisher location and operation
  - E** - exit and emergency instructions (e.g., how to open doors)
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- I** - Illness
  - M** - Medication
  - S** - Stress
  - A** - Alcohol
  - F** - Fatigue
  - E** - Emotion.
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	What	How Often	Reference
<b>A</b>	Annual inspection & ADs	12 calendar months	14 CFR 91.409(a)(1)
<b>V</b>	VOR check (if used for IFR)	30 days	14 CFR 91.171
<b>1</b>	100 hour (hire/instruction)	100 hours	14 CFR 91.409(b)
<b>A</b>	Altimeter & Pitot-Static System	24 calendar months	14 CFR 91.411(a)(1)
<b>T</b>	Transponder	24 calendar months	14 CFR 91.413
<b>E</b>	ELT operation & battery currency	12 calendar months	14 CFR 91.207