



# VFR CROSS COUNTRY FLIGHT LOG

Date	Name	Instructor	Aircraft	Air Switch / Hobbs			Ground	Tacho	
				Start	Finish	Total	Total	Start	Finish
			ZK-						

Flight Log										
FROM	TO	MSA	Alt	Mag HDG	Set HDG	EET	ETA	½ Way ATA	New ETA	ATA

Radio Frequencies		
Station	ATIS	TWR

Weather Report						
Airport						
Rwy						
Surf. Cond						
Surf. Wind						
Visibility						
Wx						
Cloud						
Cloud						
Cloud						
Temp / Dew						
QNH						
2000' Wind						
Information						

Clearances / Inflight WX / Observations	

ECT	
SAR Time / Due Back	
Land By Time (Fuel)	

A	After Take-Off
T	Top of Climb
A	ATIS / AWIB
R	Radios
C	Cruise Checks
A	Approach Brief & TCTWO
T	Top of Descent



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Navigation and Fuel Plan														
FROM	TO	MSA	Alt	TAS	TRK	W/V	T HDG	VAR	M HDG	G/S	DIST	EET	ltr/lb Hour	FBO

Pre-Flight Checklist:

- ☐ Transferred all data to next page
- ☐ Current Vol and maps
- ☐ Current weather & NOTAMS
- ☐ Weight & Balance complete
- ☐ Both Fuel Cards
- ☐ Enough fuel in aircraft
- ☐ Enough oil in engine
- ☐ Spare oil
- ☐ Spare scrim wipes & water
- ☐ Lifejackets
- ☐ Tie downs & pickets – *if applicable*
- ☐ Warm clothes / wallet / phone
- ☐ Copy of flight plan given to supervising instructor

Flight Plan & Performance Data			
Fuel Consumption		AFS Reserves	
Avgas 172N	35 ltrs / hr	Day	45 min
Avgas 152	25 ltrs / hr	Night	60 min
Contingency Fuel	10% of FBO	Taxi & Take-off	7 L per stop
Approach Fuel	15 min for every Approach (Touch & Go / Landing)		

Post Flight Checklist:

- ☐ Aircraft Tidy
- ☐ Aircraft secured
- ☐ Activity Completion before leave

Useful Phone Numbers:

- AFS 09 298 4747
- AR UNICOM (09) 296 4512
- SAR / RCC 0508 222 43368  
04 577 8030
- CH Info (03) 358 1694

**REMEMBER YOUR MET MINIMA AND  
BE ON THE GROUND 45 MIN PRIOR TO  
ECT**

FUEL BURN OFF	
+ CONTINGENCY	
+ APPROACHES	
+ TAXI AND TAKE-OFF	
+ RESERVE	
= TOTAL REQUIRED	

TOTAL ONBOARD	
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