

Your Personal Minimums Checklist—

- An easy-to-use, personal tool, tailored to your level of skill, knowledge, and ability
- Helps you control and manage risk by identifying even subtle risk factors
- Lets you fly with less stress and less risk

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 and consider other items that apply to your personal minimums. Minimums may be adjusted to be more restrictive than appropriate regulations but not less.

How to Use Your Checklist

Use this checklist just as you would use 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 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. And never make your minimums less restrictive when you are planning a specific flight, or else external pressures will influence you.

Have a fun and safe flight!

© UPPER LIMIT AVIATION, INC.



UPPER LIMIT AVIATION

PERSONAL MINIMUMS CHECKLIST

Illness

Medication

Stress

Alcohol

Fatigue

Eating

Student: _____

Date: _____

Reviewed with: _____
(if applicable)

PILOT

Experience/Recency

Takeoffs/landings..... _____ in the last
90 days

Hours in make/model _____ in the last
30 days

Terrain familiarity..... Yes or No

Airspace familiarity Yes or No

Certificates/ Personal Items

Current Medical Yes or No*

Current Drivers License..... Yes or No*

Current Certificates..... Yes or No*

Logbook (Student Pilot) Solo..... Yes or No*

Appropriate Clothing Yes or No*

Credit Card Yes or No

Cell Phone Yes or No

* No Go

Physical Condition

Sleep _____ in the last
24 hours

Food in the last 2 hours Yes or No

Water in the last 2 hours Yes or No

1- Alcohol in the last 8 hours Yes or No
Residual effects..... Yes or No

2- Drugs/medication in last 24 hrs... Yes or No

3- Stressful events in last 24 hours.. Yes or No

Current Illness..... Yes or No

- 1- Yes, No Go
- 2- Yes, No Go unless cleared by AME
- 3- Yes, No Go unless cleared by AME

Could I pass my Medical Exam Today?

Yes or No

AIRCRAFT

Fuel Reserves

Fuel Required _____ gallons

Fuel On Board..... _____ gallons

Aircraft Performance

HOGUE _____ HIGE _____

MAX GW _____ TOGW _____

CG _____

Aircraft Equipment in Flight

Familiar with Avionics..... Yes or No

Appropriate COM/NAV Freq..... Yes or No

Current Charts..... Yes or No

Appropriate Survival gear..... Yes or No
For flight/terrain

Windows Clean..... Yes or No

Flight Plan (FAA)..... Yes or No

ULA Flight Following Yes or No
Board Complete

ENVIRONMENT

Weather

Reports and forecasts less
than 8 hours old Yes or No

PIREPS (Turb/Icing)..... Yes or No

Carburetor Icing conditions Yes or No

NOTAMS Yes or No

TFR's Yes or No

Departure

	Current Conditions	personal minimum
Ceiling	_____	_____

Visibility _____

Wind Direction..... _____

Wind Velocity..... _____

Enroute

	Current Conditions	personal minimum
Ceiling	_____	_____

Visibility _____

Wind Direction..... _____

Wind Velocity..... _____

Destination

	Current Conditions	personal minimum
Ceiling	_____	_____

Visibility _____

Wind Direction..... _____

Wind Velocity..... _____
