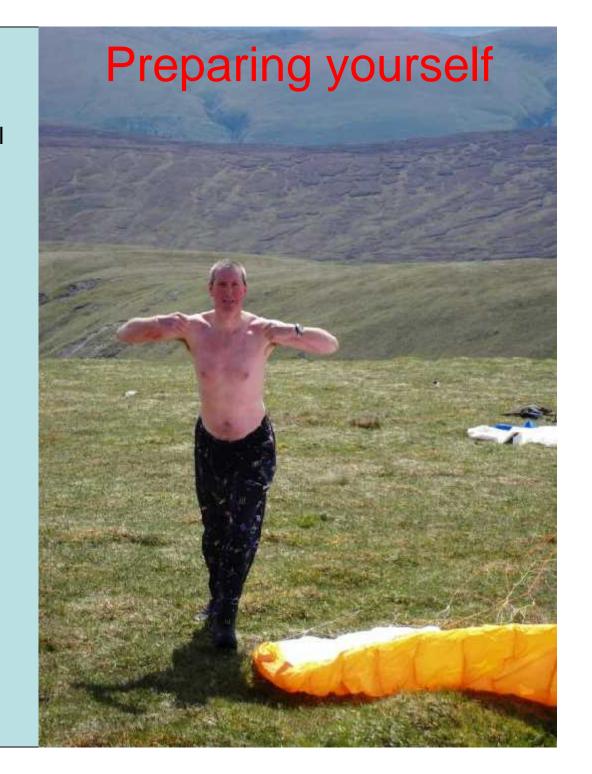


You the pilot:

- •General health
- Effects of medication/drugs/alcohol
- Effects of stress/tiredness
- Disabilities
- Confidence (inc. Over-confident)
- Skill level
- •Ability to deal with in flight pressures
- Pre flight psychology

Pre –flight planning:

- Making flight plans
- Setting small tasks
- •Formulating your Plan B
- •Joining patterns (busy days).



Ancilliary Instruments

Vario/GPS

- Set fields to suit yourself
- •Essential are altitude (QNH) asl
- •If you wish (QFE) ato
- •Essential (QNE) XC if near FL's
- Groundspeed
- Compass

Radio

- Not essential some like/some don't
- •2m most common 'illegal' but OK
- •141Mhz 145 Mhz
- •DHPC- 143.850/PSC -143.95/CSC 143.7
- •Learn radio protocol
- •Useful when learning/XC's/comps/safety.



Camera?

- Provides a visual record
- •Useful for post flight analysis