

Theory Lesson # 10

Unit 35 – Flight Preparation

Aim

This unit covers:

- **Flight preparation**
 - The importance of preparation
 - Personal preparation
 - Glider preparation
 - Retrieve preparation
 - Check lists

General

- Preparation starts well before the flight
- Reduces stress and improves performance
- Reduces risk
- Makes flying more FUN



Personal Preparation

Hydration

Nutrition

Relief

Sunglasses: get good ones

Sun protection

Well rested pilot

Flight Planning
(covered in details in GPC 38)

Weather forecast



Glider Preparation

Ready to fly (for you)

Clean airframe

Clean canopy

Comfortable

Parachute

Instruments especially vario
and flight computer

Batteries



Trailer & Car

Retrieve crew

Road legal

Electrics are compatible

Rigging / de-rigging aids

Fittings

Tyre condition

Fuel

Insurance



Flight Preparation Checklist

Personal Preparation	Trailer and Car Preparation
<input type="checkbox"/> Hat, Sunscreen	<input type="checkbox"/> Car insurance
<input type="checkbox"/> Hydration (including emergency water)	<input type="checkbox"/> Full fuel tank
<input type="checkbox"/> Nutrition	<input type="checkbox"/> Retrieve crew available, know where the car and trailer are and can access the keys
<input type="checkbox"/> Relief	<input type="checkbox"/> Car and trailer road legal
<input type="checkbox"/> Weather forecast	<input type="checkbox"/> Electrics are compatible
<input type="checkbox"/> Flight Planning (task, airspace, frequencies)	<input type="checkbox"/> Rigging / de-rigging aids
<input type="checkbox"/> Maps	<input type="checkbox"/> Trailer fittings working
<input type="checkbox"/> Charged mobile phone (with you)	<input type="checkbox"/> Tyre condition and inflation
<input type="checkbox"/> SAR arrangements (ELT?)	<input type="checkbox"/>
<input type="checkbox"/> Flight declaration, logger and official observer	<input type="checkbox"/>
<input type="checkbox"/> Car and trailer keys not with you!	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

Glider Preparation Ready to fly Clean Comfortable Parachute Oxygen (if needed) Instruments working and use understood Batteries working and charged Tie-down kit