BAVirtual Flight Training

VFR NAVIGATION LOG

Aircraft Registration	G-	Notes:

Waypoints	Navaid Ident Freq	Course (Route)	Altitude	Wind Dir / Vel, Temp	CAS / TAS	TT, -L / +R WCA	TH, -E / +W Var	MH, ± Dev	CH	Dist Leg / Rem	GS Est / Act	Time Off, ETE / ATE	ETA / ATA	GPH, Fuel / Rem
		Totals >												

Airport & ATIS Advisories

Departure		Destination
	ATIS Code	
	Ceiling & Vis	
	Wind	
	QNH	
	Approach	
	Runway	
	Time Check	

Airport Frequencies

Departure		Destination	
ATIS		ATIS	
Ground		Approach	
Tower		Tower	
Departure		Ground	
CTAF		CTAF	
FSS		FSS	
UNICOM	122.800	UNICOM	122.800
Field Elev		Field Elev	
Block In		Log Time	
Block Out			

WEATHER LOG						
	Ceiling, Visibility and Precipitation		Winds Aloft	Icing and Freezing Level	Turbulence and Cloud Tops	Position of Fronts, Lows and Highs
	Reported	Forecast				
Departure						
Enroute						
Destination						
Alternate						

Notes and NOTAMs

Initial Call
Aircraft Callsign, Type, Departure Point and Destination, Present Position, Level, Additional details & intention *(e.g. flight rules, next route point)*

Emergency Message
MAYDAY MAYDAY MAYDAY *(distress) or* **PAN PAN, PAN PAN, PAN PAN** *(urgency)*, callsign of station addressed *(if appropriate & time permitting)*, aircraft callsign, aircraft type, nature of emergency, intentions, present/last known position, level and heading, qualifications *(e.g. student/no instrument qualification/IMC rating/full instrument rating)*, any other useful information *(e.g. endurance, POB, aircraft colour/markings, survival aids).*