Head to Toe Preflight Checklist

Review before Flight:

1. **Illness**
   - □ No headache, allergies, upset stomach
   - □ No injury, pain

2. **Medication**
   - □ None affecting judgment
   - □ None causing drowsiness

3. **Stress**
   - □ No significant money problems
   - □ No health issues
   - □ No life changes that are stressful

4. **Alcohol**
   - □ None
   - □ 8 hours ago
   - □ 24 hours ago

5. **Fatigue**
   - □ Not tired
   - □ No interrupted sleep
   - □ No impulse to doze off

6. **Eating**
   - □ Had a nourishing meal
   - □ Had proper nutrition
   - □ Had adequate hydration

7. **Pilot**
   - □ Read
   - □ Current
   - □ Feeling fine

8. **Aircraft**
   - □ Appropriate for flight
   - □ Mechanically sound

9. **EnVironment**
   - □ Appropriate for flight
   - □ Appropriate for skill level

10. **External pressure**
    - □ Emotionally fine
    - □ Passenger briefed
      - i. discussed pilot/passenger expectations
      - ii. discussed reasons to cancel flight
Head to Toe Preflight Checklist

Review before Flight:

IMSAFE
- Illness—Am I sick?
- Medication—Am I taking medicines?
- Stress—Am I under stress?
- Alcohol—Have I been drinking?
- Fatigue—Am I tired?
- Eating—Have I eaten?

PAVE
- Pilot in Command—Am I ready?
- Aircraft—Aircraft appropriate?
- EnVironment—Weather, airspace, terrain
- External Pressure—Emotional, skills, passenger

Review during Flight:

5Ps
- Plan—Weather, route, fuel, pilot and passenger endurance
- Plane—Equipment, database updates
- Pilot—Proficiency, currency, physical wellbeing
- Passengers—Involve in decisions, physical wellbeing
- Programming—Plan ahead, consider physical endurance

3Ps
- Perceive—Identify hazards associated with the flight
  - Fatigue, dehydration, anxiety
- Process—Evaluate impact of hazards on flight safety
- Perform—Implement best course of action