



VFR FLIGHT LOG

Pilot:		Aircraft:				Temp:		Date:							
From:		To:				Dist:		ETD/ATD:							
From	To	Alt/FL	Safe Alt	TRK (T)	W/V	HDG (T)	VAR	HDG (M)	G/S	Dist	Leg Time	Actual Time	ETA	Fuel Remain	Remarks
					/							:	:		
					/							:	:		
					/							:	:		
					/							:	:		
					/							:	:		
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					/							:	:		
					/							:	:		
					/							:	:		
Start up			Take-off				Landed			Shut-down					

30Ltrs ≈ 8 US Gallons	@30L/hr
Time to Destination	
= Route Fuel	
+ Diversion	
+ 10% Contingency	
+ 45 Minutes Holding	
= Total Required	

Place	Freq	Ident
Kemble	118.430	
Oaksey	132.230	
Brize Radar	124.275	
Brize Zone	119.000	
Bristol Radar	125.650	
London Info	124.750	
Gloucester Approach	128.555	
Shobdon	118.155	
Turweston	122.180	
Emergency	121.5	