

C	L	E	A	R	O	F	F	S
Compass	Log	Engine	Altitude	Radio	Orientation	Fuel	Forced Landing	Sartime
Compass & DG Aligned?	10 min marks ATD/ ETA	Mixture RPM Temps & Pressures	Hemisph Assigned Limitations	Frequency? Transponder STBY, Tuned? Navaiads? Radio calls?	Where am I? Positive Fix	Contents? Log	Where? Wind Elevation	Expiry? Amending?

FREQUENCIES		
MEL CENTRE	124.9	South West Corner
	120.3	Northam Area
	123.9	Albany Area
	125.4	Kattaning Area
	123.4	Merredin Area
PH RADAR	135.25	
JANDAKOT	120.9	ATIS
	118.1	DUTY RWY
	119.4	CCT RWY
	124.3	GROUND
PH CLEARANCE DELIVERY	132.95	
PH APPROACH	123.6	
PH DEPARTURES	118.7	
PH TOWER	120.5	
PH GROUND	121.7	

NAVAIDS	FREQUENCY	IDENT	RANGE
JT NDB	281	. ---/ -	30nm
PH VOR	113.7	. --/	
CKL NDB	200	- . - / - . - / - . -	40nm
PIY NDB	233	. --/ .. / - . -	120nm (110HN)
CUN NDB	293	- . - / .. / - . -	140nm (85HN)
BLN NDB	386	- ... / - . - / - . -	50nm
MJM NDB	257	-- / . --- / --	35nm

RADIO CALLS			
DEPARTURE		DIVERSION	
Position:		Position:	
Time:		Time:	
Tracking:		Altitude:	
Climbing to:		Next Position:	
		Time:	
INBOUND		YPJT INBOUND	
..... TRAFFIC		JT TOWER,	A/C
....., A/C TYPE, POSITION,	, 1500FT INBOUND,	
INTENTIONS,		RECEIVED	(ATIS)