



What to take cross country with you

Before embarking on a cross country task there are a number of things the pilot must remember to take not only to make the flight more comfortable but also to ensure safety.

Map

All pilots who intend to go cross country must carry a map with them at all times. The best map to use is a WAC chart which can be purchased at most major airfields such as Airsupport at Archerfield for around \$15 each. The map area DDSC pilots mostly use is the "Brisbane" map.

Drink

Keeping hydrated is very important as dehydration affects alertness, decision making and general flying skills. It is recommended that a cross country pilot take a minimum of three litres of drinking fluid as this can be easily used on long cross country flights not to mention the fluid used after an outlanding. Because of the lack of space inside the cockpit, a "Camelbak" style drink container is best suited as they can be stored in the baggage compartment and still be used. Different pilots have different fluids that they drink but straight water is not recommended. Most pilots used "Powerade" or "Gatorade" powdered sports drinks mixed at half the normal mix rate.

Food

The main thing to remember with food choice is to choose something that is easy to eat with one hand while flying and something that won't melt/spoil in a hot cockpit. Pilots all have their own favourite food choice that they like to take so it's a matter of trying out what suits you. Ask around and see what others take.

Mobile

A mobile Phone is very important in an outlanding and emergency situation. Before going cross country, make sure the mobile battery is fully charged, the pie cart mobile phone number (0409807826) and the club house phone number (0746637140) are programmed in the phones memory. Having other club member's phone numbers helps also when the main numbers are unreachable.