Departure	Frequency	Altitude / Flightlevel			Aircraft reg.	Type
Destination	Frequency	ATIS	TOWER		Date	
					Day / Month	Year
Alternate	Frequency	Take-off time	Landing time	Total Time	Powersetting	
		:	:	:		

ZELF VLIEGEN
voor een sensationele vlucht, vliegles of vliegopleiding

Checkpoint/MOCA	Station	Frequency	ETO	ATO	RETO	Time LEG	Time TOT	CMP HDG	MAG HDG (DEV VAR)	TRUE HDG (WCA)	TRUE TRACK	Dist. LEG	Dist. TOT	G.S.	Winds Dir/Spd

RT - calls

Departure

Callsign - Type
Position
VFR to …
INF …
Req startup

Arrival

Callsign -Type
Position
At …Ft
VFR ….to …
EST…place/time
INF …..
For Landing

A'dam / DM

Callsign - Type
VFR ….to …
Position …
At …Ft
EST…place/time

Crossing CTR

Callsign - Type
VFR ….To …
Position …
REQ cross ctr
via ….- …. At …ft.

KNMI.NL
BUIENRADAR.NL
FIO: 020-4062315
VLIEGEN.SIETSE.NL

V.O.R.	Frequency	Dir.	Dist.

A.D.F	Frequency

EHLE FREQ	123.675
Tel. Tower	0320-284791
Tel. ZV	0320-785522

EMERGENCY FREQUENCY
121.50

Fuel	p/hr.
Route	
Alternate	
Reserve	
Needed	
Extra	