

## Profile E – Cross-Country Proficiency Profile

### Prerequisites

This profile may be flown by any CAP VFR qualified pilot. The intent is to support maintenance in cross-country proficiency, to gain familiarity with local fields, and to build time needed to meet prerequisites for additional qualifications.

### Required Items

This flight should consist of a multiple navigation legs of the requisite length to include approach to landing at two different airfields.

Plan the mission as follows:

- Compute a weight and balance for the aircraft.
- Check departure & destination runway lengths, services, ATC frequencies, & procedures.
- Obtain a standard WX briefing, NOTAMS, and active TFRs from your local FSS.
- Determine fuel requirements, alternates needed, and any known ATC delays.
- Check the currency and appropriateness of all flight information publications.
- Compute W&B, takeoff, and landing performance and compare to field data.

Address the following during your briefings:

- Review ground and in-flight emergency procedures, taxi, takeoff, and in-flight procedures with any crew members.
- Brief passengers on emergency and egress procedures prior to the pre-flight inspection.

Execute the mission, as planned and briefed, to include:

- Conduct a departure briefing and execute the departure.
- Perform an after takeoff, level off, and cruise checklist as appropriate.
- Compute ETE, ETA and fuel remaining.
- Practice or discuss simulated in-flight emergency procedures as able.
- Conduct an arrival briefing and execute the arrival and landings

Perform at least one approach (visual or instrument) at each field.

After the flight:

- Debrief the sortie with the crew
- Document completion in accordance with the provided instructions