



IMSAFE Checklist

The IMSAFE checklist is a personal checklist that every pilot should conduct prior to every flight.

ILLNESS

Do you have any illness or prior illness that could impact your ability to fly safely?

MEDICATION

Have you taken any medication (prescription and or nonprescription) that could affect your ability to fly the aircraft safely?

STRESS

Are you under stress that may affect your ability to fly the aircraft safely?

ALCOHOL

Have you been drinking alcohol within the last 48 hours and could it affect your ability to fly the aircraft safely?

FATIGUE

Are you feeling tired and have you had adequate rest before your flight?

EMOTION and EATING

How are you feeling emotionally? Are your emotions feeling under control and calm? Have you had adequate food before your flight and are you well hydrated ?