When contacting a flight service weather briefer, you should provide information about your flight, including your name or aircraft identification, the type of flight (VFR or IFR), aircraft type, departure and destination points, route of flight, altitude, estimated departure and arrival times. This allows the briefer to tailor the weather information to your specific needs.

Here's a more detailed breakdown:

1. Type of Flight:

VFR (Visual Flight Rules) or IFR (Instrument Flight Rules): Indicate whether you
plan to fly under visual flight rules (relying on visual reference to the ground) or
instrument flight rules (relying on instruments for navigation).

2. Aircraft Information:

- Aircraft Identification (N-number) or Pilot's Name: Provide either the aircraft's N-number or your name as the pilot.
- Aircraft Type: Specify the type of aircraft you'll be flying (e.g., Cessna 172, Piper Archer).

3. Flight Details:

- Departure Point: State your departure airport.
- Destination: Specify your intended destination airport.
- Route of Flight: Describe your planned route, including any intermediate stops.
- Proposed Altitude(s): Indicate the altitude(s) you plan to fly at.
- Estimated Time of Departure (ETD): Provide your estimated time of departure.
- Estimated Time En Route (ETE) or Estimated Time of Arrival (ETA): State either
 the estimated time it will take to reach your destination or your estimated time of
 arrival.

4. Request Type:

- Standard Briefing: A comprehensive briefing including all available weather information for your route.
- **Abbreviated Briefing:** A brief update to a previous briefing or to get information on a specific weather element.
- Outlook Briefing: Requested when the ETD is more than six hours away.

By providing this information, the weather briefer can give you the most relevant and helpful information for your flight.