

**飞行前检查 (PREFLIGHT INSPECTION)****尾部 (TAIL SECTION)**

- 系留/舵面锁 (Tie-Down/Lock) ..... 移除 (REMOVE)
- 升降舵 & 方向舵 ..... 检查活动 (CHECK)
- 导航灯 (Nav Lights) ..... 完好 (白) (WHITE)  
右翼 (RIGHT WING)
- 襟翼滑轨 & 连杆 ..... 检查 (CHECK)
- 副翼 (Aileron) ..... 检查活动 (CHECK)
- 导航灯 (Nav Light) ..... 完好 (绿) (GREEN)
- 燃油量 (Fuel Quantity) ..... 目视检查 (CHECK)
- 油箱盖 (Fuel Filler Cap) ..... 锁紧 (SECURE)
- 油箱沉淀槽 (Sump) ..... 排放 (DRAIN)
- 主轮轮胎 (Main Wheel) ..... 29 PSI / 检查 (CHECK)

**机头 (NOSE)**

- 风挡 (Windshield) ..... 清洁 (CLEAN)
- 轮挡 (Wheel Chocks) ..... 移除 (REMOVE)
- 机油尺 (Oil Dipstick) ..... 6-8 勃脱 (CHECK)
- 燃油滤 (Fuel Strainer) ..... 排放 4 秒 (DRAIN)
- 前轮 (Nose Wheel) ..... 31 PSI / 检查 (CHECK)
- 减震支柱 (Shock Strut) ..... 检查充气 (CHECK)
- 进气口 (Air Inlets) ..... 无异物 (CHECK)
- 螺旋桨 & 桨毂盖 ..... 检查 (CHECK)
- 静压孔 (Static Port) ..... 检查 (CHECK)

**左翼 (LEFT WING)**

- 主轮轮胎 (Main Wheel) ..... 29 PSI / 检查 (CHECK)
- 油箱沉淀槽 (Sump) ..... 排放 (DRAIN)
- 燃油量 (Fuel Quantity) ..... 目视检查 (CHECK)
- 油箱盖 (Fuel Filler Cap) ..... 锁紧 (SECURE)
- 皮托管/盖 (Pitot Tube) ..... 检查/移除 (CHECK)
- 油箱通气口 (Vent) ..... 检查 (CHECK)
- 失速警告孔 (Stall Vent) ..... 检查 (CHECK)
- 导航灯 (Nav Light) ..... 完好 (红) (RED)
- 副翼 (Aileron) ..... 检查活动 (CHECK)

**客舱检查 (CABIN CHECK)**

- 证书/文档 (Documents) ..... 在机内 (IN AIRCRAFT)
- 适航证/注册证 ..... 检查 (CHECK)
- 无线电台执照 ..... 国际飞行 (INTL ONLY)
- 操作手册/载重平衡 ..... 检查 (CHECK)
- 停机刹车 (Parking Brake) ..... 设置 (SET)
- 驾驶盘锁 (Control Lock) ..... 移除 (REMOVE)
- 点火开关 (Ignition Switch) ..... 关 (OFF)
- 主开关 (Master Switch) ..... 开 (ON)
- 燃油量表 (Fuel Quantity) ..... 检查油量 (CHECK)
- 防撞/频闪灯 ..... 检查工作 (CHECK)
- 襟翼 (Flaps) ..... 放下检查 (DOWN)
- 主开关 (Master Switch) ..... 关 (OFF)
- 燃油选择器 (Fuel Selector) ..... 双 (BOTH)
- 行李门 (Baggage Door) ..... 检查锁定 (SECURE)

**引擎启动前检查 (BEFORE STARTING ENGINE)**

- 轮挡 (Chocks) ..... 移除 (REMOVE)
- 飞行前检查 (Preflight Inspection) ..... 完成 (COMPLETE)
- 乘客简报 (Passenger Briefing) ..... 完成 (COMPLETE)
- 座椅、安全带、安全绳 ..... 调整并锁定
- 刹车 (Brakes) ..... 测试并设定 (TEST & SET)
- 断路器 (Circuit Breakers) ..... 检查就位 (CHECK IN)
- 无线电及电子设备 (Radios & Electrical Equipment) ..... 关闭 (OFF)
- 燃油选择器 (Fuel Selector) ..... 双油箱 (BOTH)
- 拖杆 (Tow Bar) ..... 移除 (REMOVE)

**起动发动机 (STARTING ENGINE)**

- 混合比 (Mixture) ..... 富油 (RICH)
- 化油器加热 (Carb Heat) ..... 冷 (COLD)
- 注油 (Prime) ..... 2-6 次 (AS REQ)
- 油门 (Throttle) ..... 开 1/8 英寸 (OPEN 1/8)
- 主开关 (Master Switch) ..... 开 (ON)
- 防撞灯 (Anti-collision) ..... 检查工作 (CHECK)
- 螺旋桨区域 (Prop Area) ..... 净空 (CLEAR)
- 点火开关 (Ignition) ..... 起动 (START)
- 机油压力 (Oil Pressure) ..... 检查 (CHECK)
- 暖机 (Warm-up) ..... 800-1200 RPM
- 燃油泵 (Fuel Pump) ..... 关 (OFF)
- 混合比 (Mixture) ..... 贫油滑行 (LEAN TAXI)

**滑行前 (BEFORE TAXI)**

- 灯光 & 频闪灯 ..... 按需 (AS REQ)
- 无线电 (Radios) ..... 设置 (ON-SET)
- 应答机 (Transponder) ..... 待命 (STANDBY)
- 襟翼 (Flaps) ..... 收上 (UP)
- 刹车 (Brakes) ..... 测试 (TEST)

**起飞前 (BEFORE TAKEOFF)**

- 停机刹车 (Parking Brake) ..... 设置 (SET)
- 座椅/安全带 ..... 锁定 (SECURE)
- 门窗 (Doors & Windows) ..... 关闭锁定 (LOCKED)
- 飞行操纵 (Flight Controls) ..... 自由正确 (FREE)
- 燃油选择器 (Fuel Selector) ..... 双 (BOTH)
- 升降舵配平 (Elevator Trim) ..... 起飞位 (SET T/O)
- 混合比 (Mixture) ..... 富油 (RICH)
- 油门 (Throttle) ..... 1700 RPM  
— 1700 RPM 检查 —
- 磁电机 (Magnetos) ..... 检查 (CHECK)  
(最大跌落 125 / 最大压差 50)
- 化油器加热 (Carb Heat) ..... 检查 (CHECK)
- 真空表 (Suction Gage) ..... 4.6-5.4 (CHECK)
- 发动机仪表 (Engine Inst) ..... 检查 (CHECK)

- 油门 (Throttle) ..... 检查慢车 (CHECK IDLE)
  - 油门摩擦锁 (Friction Lock) ..... 调整 (ADJUST)
  - 无线电/航电 ..... 设置 (SET)
  - 应答机 (Transponder) ..... 高度 (ALTITUDE)
  - 襟翼 (Wing Flaps) ..... 起飞设置 (SET)
  - 灯光 (Lights) ..... 按需 (AS DESIRED)
  - 刹车 (Brakes) ..... 松开 (RELEASE)
- 注意记录起飞时间

**起飞 (TAKE OFF)**

- 正常起飞 (NORMAL TAKEOFF)**
- 襟翼 (Wing Flaps) ..... 0 度 (0 DEG)
  - 化油器加热 (Carb Heat) ..... 冷 (COLD)
  - 油门 (Throttle) ..... 全开 (FULL OPEN)
  - 抬轮 (Lift Nose Wheel) ..... 60 MPH
  - 爬升速度 (Climb Speed) ..... 75-85 MPH

**航路爬升 (ENROUTE CLIMB)**

- 空速 (Airspeed) ..... 80-90 MPH
- 油门 (Throttle) ..... 全开 (FULL OPEN)
- 混合比 (Mixture) ..... 富油/3000ft 以上贫油

**巡航 (CRUISE)**

- 动力 (Power) ..... 2200-2700 RPM
- 配平 (Elevator) ..... 调整 (ADJUST)
- 混合比 (Mixture) ..... 最大转速贫油 (LEAN)

**下降 (DESCENT)**

- 燃油选择器 (Fuel Selector) ..... 双 (BOTH)
- 混合比 (Mixture) ..... 富油 (RICH)
- 动力 (Power) ..... 按需 (AS DESIRED)
- 化油器加热 (Carb Heat) ..... 按需 (AS REQ)

**进近 (APPROACH)**

- 座椅/安全带 ..... 锁定 (SECURE)
- 燃油选择器 (Fuel Selector) ..... 双 (BOTH)
- 混合比 (Mixture) ..... 富油 (RICH)
- 化油器加热 (Carb Heat) ..... 全开 (FULL HEAT)
- 襟翼 (Wing Flaps) ..... 按需 (AS DESIRED)
- 空速 (襟翼收) ..... 70-80 MPH
- 空速 (襟翼放) ..... 65-75 MPH

**复飞 (GO AROUND)**

- 动力 (Power) ..... 全油门 (FULL)
- 化油器加热 (Carb Heat) ..... 冷 (COLD)
- 襟翼 (Wing Flaps) ..... 收至 20 度 (RETRACT 20)
- 空速 (Airspeed) ..... 65 MPH
- 襟翼 (Wing Flaps) ..... 缓慢收起 (RETRACT)

**着陆 (LANDING)****正常着陆 (NORMAL LANDING)**

- 空速 (襟翼收) ..... 70-80 MPH
- 襟翼 (Wing Flaps) ..... 按需 (<100 MPH)
- 空速 (襟翼放) ..... 65-75 MPH
- 接地 (Touchdown) ..... 主轮先接地 (MAINS 1st)
- 着陆滑跑 (Roll) ..... 轻放前轮 (LOWER NOSE)
- 刹车 (Braking) ..... 最低限度 (MINIMUM)

**着陆后 (AFTER LANDING)**

- 襟翼 (Wing Flaps) ..... 收上 (UP)
- 化油器加热 (Carb Heat) ..... 冷 (COLD)
- 应答机 (Transponder) ..... 待命 (STANDBY)
- 灯光 (Lights) ..... 按需 (AS REQ)

**关车 (SHUTDOWN)**

- 停机刹车 (Parking Brake) ..... 设置 (SET)
- 无线电/电气设备 ..... 关 (OFF)
- 油门 (Throttle) ..... 1000 RPM
- 混合比 (Mixture) ..... 截断 (IDLE CUT-OFF)
- 点火开关 (Ignition Switch) ..... 关 (OFF)
- 主开关 (Master) ..... 关 (OFF)
- 驾驶盘锁 (Control Lock) ..... 安装 (INSTALL)
- 霍布斯表/转速表 ..... 记录 (RECORD)
- 飞机 (Aircraft) ..... 锁定 (SECURE)

**实用信息 (USEFUL INFO)****飞机速度 (V-Speeds)**

- Vr (抬轮) ..... 60 MPH
- Vx (最佳爬升角) ..... 68 MPH
- Vy (最佳爬升率) ..... 91 MPH
- Va (机动速度) ..... 112 MPH
- Vfe (最大襟翼速度) ..... 100 MPH
- Vno (结构巡航) ..... 145 MPH
- Vne (不可超越) ..... 182 MPH
- Vs1 (失速-洁净) ..... 57 MPH
- Vso (失速-全构型) ..... 49 MPH
- Glide (滑翔) ..... 80 MPH

**重量与平衡 (Weight & Balance)**

- 最大起飞重量 ..... 2300 lbs
- 燃油容量 (42 Gal) ..... 38 Gal 可用

**发动机失火 (ENGINE FIRE)****起动时发动机起火 (FIRE DURING START)**

- 起动机 (Starter) ..... 持续运转 (CRANK)
- 油门 (Throttle) ..... 1700 RPM
- 如果起动失败: 继续运转 2-3 分钟
- 混合比 (Mixture) ..... 截断 (IDLE CUT-OFF)
- 燃油选择器 (Fuel Selector) ..... 关 (OFF)
- 飞机 (Aircraft) ..... 撤离 (ABANDON)

**起飞时动力丧失 (POWER LOSS T/O)**

- 如果剩余跑道充足: 直线前方着陆 (LAND STRAIGHT)
- 操作 ..... 保持空速/仅小角度转弯
  - 如果剩余跑道不足: 已有足够高度:
  - 操作 ..... 尝试重启 (RESTART)

**飞行中发动机失效 (ENGINE FAIL FLIGHT)**

- 空速 (Airspeed) ..... 80 MPH
- 燃油选择器 (Fuel) ..... 切换油箱 (SWITCH TANK)
- 混合比 (Mixture) ..... 富油 (RICH)
- 化油器加热 (Carb Heat) ..... 开 (ON)
- 发动机仪表 ..... 检查原因 (CHECK)
- 注油器 (Primer) ..... 锁好 (LOCKED)
- 点火开关 ..... L/R/BOTH/START
- 应答机 (Transponder) ..... 7700
- 无线电 (Radio) ..... 121.5 MAYDAY

**无动力紧急着陆 (EMERG LDING NO POWER)**

- 空速 (Airspeed) ..... 80 MPH
- 混合比 (Mixture) ..... 截断 (CUT-OFF)
- 燃油选择器 (Fuel Selector) ..... 关 (OFF)
- 点火开关 (Ignition) ..... 关 (OFF)
- 襟翼 (Flaps) ..... 按需 (AS REQ)
- 主开关 (Master Switch) ..... 关 (OFF)
- 舱门 (Cabin Doors) ..... 打开 (UNLATCH)
- 接地 (Touchdown) ..... 尾部略低 (TAIL LOW)
- 刹车 (Braking) ..... 重踩 (HEAVY)

**电气火灾 (ELECTRICAL FIRE)**

- 主开关 (Master Switch) ..... 关 (OFF)
- 所有电气开关 ..... 关 (OFF)
- 通风口/窗户 (Vents) ..... 打开排烟 (OPEN)
- 暖风 (Cabin Heat) ..... 关 (OFF)

**飞行中发动机起火 (FIRE IN FLIGHT)**

- 混合比 (Mixture) ..... 截断 (CUT-OFF)
- 燃油选择器 (Fuel) ..... 关 (OFF)
- 主开关 (Master) ..... 关 (OFF)
- 建立滑翔 (Glide) ..... 120 MPH
- 如果火未熄灭, 增加空速以尝试吹灭
- 执行 ..... 无动力紧急着陆

FOR FLIGHT SIMULATION USE ONLY – NOT FOR REAL AVIATION  
仅供飞行模拟使用 – 严禁用于真实飞行

来自于 Mentone Flying Club, Inc.  
<https://mentoneflyclub.org/>  
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