

# Hang Gliding Flight Readiness Checklist

## **[ ] Phase 1: Pre-Flight Planning (24-48 hours before)**

- [ ] Confirm weight limit (Max 205 lbs / 93 kg).
- [ ] Review weather forecast for "Sea Breeze Front" activity.
- [ ] Verify USHPA instructor certification of the provider.
- [ ] Book 4x4 shuttle transport if launch site is remote.

## **[ ] Phase 2: Personal Preparation (Morning of the flight)**

- [ ] Wear sturdy, closed-toe athletic shoes (no flip-flops).
- [ ] Apply sunscreen and bring polarized sunglasses with a safety strap.
- [ ] Hydrate well and avoid heavy meals before the flight.
- [ ] Take motion sickness medication 30 minutes prior if prone to nausea.

## **[ ] Phase 3: Gear & Safety Verification (At the launch site)**

- [ ] Inspect helmet for cracks and proper strap fit.
- [ ] Confirm your harness carabiners are locked and verified by the instructor.
- [ ] Ensure GoPro/Camera is attached with a secondary lanyard (no loose equipment).
- [ ] Listen to the full safety briefing, specifically the landing posture.

## **[ ] Phase 4: Emergency Protocol**

- [ ] Identify the location of the ballistic reserve parachute handle.
- [ ] Confirm the "Abort Launch" signal with your instructor.
- [ ] Keep emergency contact information saved on your smartphone.