

# ***The 18 Hours Before Your Checkride***

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## **The Problem**

See this short video: [youtube.com/shorts/z8Q71qZ64Bw](https://youtube.com/shorts/z8Q71qZ64Bw)

## **The Solution**

18 hours before your checkride:

1. Use the checklist on page 19 of the [ACS Companion Guide for Pilots](#) to get everything packed and ready to go (all that will be needed is a quick check/refresh of the weather)
2. Stop studying (no kidding, put all of your books and iPad away)
3. Chill and watch something mindless, but uplifting on TV (no doomscrolling)
4. Get to bed early (if 7 hours of sleep are desired, plan to be in bed for 10 hours)
5. Get up early and eat a healthy meal
6. Do whatever else is needed to relax
7. Triple-check you have everything that's needed and arrive early for the checkride.



This document is available for download at: [flywithjim.com/18hours](http://flywithjim.com/18hours)

Find other useful resources at: [flywithjim.com/checkride-preparation](http://flywithjim.com/checkride-preparation)