

Program rhythm (USAF UPT model)

Fifty-two weeks organized like Air Force UPT: **Transition** → **Phase I Academics** (~6 wks) → **Phase II Primary / T-6 analog** (~6 mo) → **Phase III Advanced** → **FTU graduation**. Full syllabus: [52-week UPT program](#).

WKS 1–2 · TRANSITION

WKS 3–8 · PHASE I ACADEMICS

WKS 9–32 · PHASE II PRIMARY (PPL-IR-CPL)

WK 32 · TRACK SELECT

WKS 33–44 · PHASE III ADVANCED

WKS 45–52 · FTU / ATP

BLOCK	USAF ANALOG
0600–1800 duty day	Formal release at 1800 — same 12-hour block as Columbus UPT
Flight room	Not flying, not in sim, not in class → you are in the flight room studying until the last sortie debriefs
Formal brief (stand-up)	Daily weather, NOTAMs, EP-of-the-day — cadets run the brief; IPs correct
Phase I	Aerospace phys, systems, instruments, mission planning, weather — weekly exams (OSS schedules)
Phase II	Primary in 172 (T-6 analog): contact, instruments, navigation → track select week 32
After 1800	Off duty + 12 h crew rest minimum before next event; chair-fly optional

How the Air Force trains pilots (what we copy)

PilotRules runs a civilian Part 141 program using the same operating culture as AETC Undergraduate Pilot Training and the new Future UPT (FUPT) model — IPT at civilian partners, then military-specific competency training.

Three phases + transition

PHASE	USAF	HERE	DURATION
Transition	14 STUS in-processing, casual status, 10-days out	Reporting, gear, entry PT, dollar ride	Wks 1–2
Phase I	Academic classes & pre-flight — systems, instruments, weather, nav	Ground blocks + CBTs + weekly exams before flight line	Wks 3–8 (~6 wks)
Phase II	Primary T-6 — contact, instruments, formation, nav; ~90 hr; track select	C172 primary through PPL, IR, CPL; MASS-style ranking at wk 32	Wks 9–32 (~6 mo)
Phase III	T-1 (airlift/tanker) or T-38 (fighter/bomber) — ~105–120 hr	ME, CFI, CFII, instructional ops, ATP-CTP, ATP	Wks 33–52

Terms you will hear

TERM	MEANING
Formal release	New classes stay in the flight room all 12 hours until the class earns release through scores and discipline
Stand-up / formal brief	Morning flight-line brief — METAR/TAF, NOTAMs, emergency procedure of the day
Chair flying	Verbalize entire sortie profile — radio, power settings, flows — before stepping to the aircraft
Dollar ride	First ride in the aircraft — introductory sortie
Track select	End of Phase II merit ranking — instructor (FAIP), airlift, or fighter analog sets Phase III priority

TERM	MEANING
CAP	Commander's Awareness Program — extra help (or remediation) when an IP flags academics or flying
86 ride	Warm-up sortie after illness, weather break, or long gap — IP discretion
Crew rest	Minimum 12 hours off between scheduled events — non-negotiable

12-hour training duty day (USAF standard)

Same rule as Columbus UPT: show at **0600**, stay until **1800 formal release**. If you are not in a sortie, sim, or scheduled academic block, you are in the **flight room** studying until the last student finishes. Then minimum **12-hour crew rest** before your next event.

HOURS	CATEGORY	TYPICAL ALLOCATION
~1.0	Formation & admin	0600 muster, 1800 release muster
~0.75	Physical training	0615–0700 PT (Mon/Wed/Fri); Tue/Thu maintenance mobility
~0.5	Formal brief (stand-up)	0730 — weather, NOTAMs, EP of the day; cadets brief, IPs oversee
~3.5	Academics / CBT / flight room	0800–1130 Phase I classroom or flight-room study between sorties
~4.0	Flight line / sim	1230–1630 dual, solo, stage check, or FTD
~1.75	Debrief & study hall	1630 logbook; 1645–1800 flows, radio lab, written prep
12.0	Total on duty	0600–1800 · meals eaten in uniform on station

Standard weekday (Mon–Fri) · 0600–1800 · USAF UPT rhythm

12-hour duty day. Phase I: OSS schedules academics. Phase II–III: flight room between sorties. Formal brief daily once on the flight line.

TIME	ACTIVITY	LOCATION / NOTES
0600 — duty day begins		
0600	Formation & accountability	Parade field — flight leader reports to ops; room ready before muster
0615	Physical training (PT)	45 min — push-ups, plank, run, mobility; scored against entry standards
0700	Shower · breakfast · change	Working meal — 30 min; into duty or flight uniform
Morning academics		
0730	Formal brief (stand-up)	Weather, NOTAMs, EP of the day — cadets run brief; IP corrects METAR/TAF reads
0800	Academics or flight room	Phase I: classroom + CBT lab · Phase II–III: chair-fly & mission planning until sortie
0930	Break · study hall	15 min — flash cards, English drill, kneeboard review
0945	Ground school block II	105 min — systems, regs, chart work, oral prep
Midday		
1130	Lunch	30 min working meal — change to flight uniform if 1230 launch
1200	Preflight planning	W&B, nav log, risk sheet; IP sign-off before engine start
Afternoon · flight line		
1230	Flight / sim block A	90 min — dual, solo, stage check, or FTD (alternate days)

TIME	ACTIVITY	LOCATION / NOTES
1400	Turn · quick debrief	Fuel, squawk check, crew swap
1415	Flight / sim block B	75 min — second wave; checkride prep priority
1530	Full debrief & logbook	IP debrief; cadet logs same day (14 CFR §61.51)
Close of duty day		
1600	Quick shower / uniform change	If needed before study hall
1615	Flight room / study hall	Chair-fly next profile, stand-up prep, written tests — stay until 1800 if on formal release
1745	End-of-day muster	Flight leader — tomorrow's times, uniform, tests
1800	Formal release · off duty	12 h crew rest begins — dinner, personal time; optional chair-fly until 2200 quiet hours

Schedule variants (within 12 hours)

Flight-heavy day (checkride week)

Ground compresses to 0730 brief + 0800–0930 oral prep (1.5 h). Flight blocks extend 1200–1630. Study hall 1630–1800 mandatory for mock oral.

Ground-intensive day (written exam week)

0800–1130 and 1200–1500 in classroom (5.5 h ground). Optional 45-min proficiency flight 1530–1615. Still release at 1800.

Saturday — 6-hour duty (0600–1200)

0600	Formation & PT	45 min — scored for monthly standard
0700	Breakfast	—
0730	Flight line · primary wave	Solo XC, IR XC, commercial long XC
1200	Release	Off duty — laundry, gear, personal time

Sunday

No scheduled duty. Optional worship / off-base pass after 0900. Weekly gear inspection 1900. Flight leader posts Monday 12-hour detail sheet by 2000. Quiet hours 2200.

What to wear when

EVENT	UNIFORM
PT	PT kit — see shopping list §1
Formation, meals, ground school	Company / class uniform — formal pilot shirt, trousers, black boots, epaulets per rank
Flight line & sim	Flight duty — flight suit <i>or</i> academy flight line kit (polo + nomex pants); headset, iPad, sun glasses
Stage checks & checkrides	Company uniform until aircraft; flight suit acceptable for practical test at DPE discretion
Formal ceremonies (solo, stage, graduation)	Full dress — blazer, tie, garrison cap, polished boots

After acceptance, enter sizes in the [student portal](#). The school orders company and formal uniforms from [A Cut Above Uniforms](#).

Complete gear shopping list

Bring what you can before arrival; buy the rest during week-one in-processing. **Required** items are needed before first solo. **Phase** items are purchased before that certificate block. Budget roughly \$6,500–\$14,000 depending on headset and tablet choices (excludes tuition and flight hours).

\$1 - PT kit Required - day 1

ITEM	QTY	SPEC / NOTES	EST.
Running shoes	1 pr	Neutral support; broken in before arrival — no brand-new race day shoes	\$90–160
PT shorts	3	Mid-thigh, moisture-wicking, school colors if available	\$45
PT T-shirts	5	Plain navy or academy logo; no offensive graphics	\$50
PT sweatshirt / layer	1	For cold morning formation	\$40
PT socks	6 pr	Running / crew — white or black per SOP	\$24
Athletic supporter / sports bra	2	As needed	\$30
Water bottle (32 oz+)	1	Marked with name; required at PT	\$15
Stopwatch or sports watch	1	For plank / run self-tests — phone acceptable if allowed by flight leader	\$0–80
Foam roller	1	Recommended — recovery after runs	\$25

\$2 - Company & daily duty uniform Required - before ground start

ITEM	QTY	SPEC / NOTES	EST.
Aviation pilot shirt (short sleeve)	2	Ordered via portal — neck size + Classic/Tapered/Fitted	\$80 ea
Aviation pilot shirt (long sleeve)	2	For formal days and winter	\$85 ea

ITEM	QTY	SPEC / NOTES	EST.
Dress trousers (navy / charcoal)	2 pr	Waist + inseam in portal	\$70 ea
Black belt	1	Plain buckle — no logos	\$25
Black polishable boots	1 pr	See §5 — same boots for formation	\$120–180
Epaulet bars	1 set	Rank per enrollment — 1 bar prospect → 4 bars senior	\$12
Name wings / school patch	1 set	As specified at in-processing	\$20
Undershirts	5	White, moisture-wicking	\$35
Dress socks	5 pr	Black	\$20

§3 · Formal / ceremony uniform Required · before first solo ceremony

ITEM	QTY	SPEC / NOTES	EST.
Aviation blazer / jacket	1	Size in portal — short/regular/long	\$180–260
Necktie or aviator tie	2	Black or navy	\$30
Garrison cap or flight cap	1	Size in portal	\$35
White dress shirt	1	For graduation and DPE appearances when specified	\$45
Polish & brush kit	1	Boot maintenance — inspection standard	\$15

§4 · Flight duty & flight suits Required · before first dual

ITEM	QTY	SPEC / NOTES	EST.
Flight suit (nomex, one-piece or two-piece)	1	Navy or olive — required flight line attire from solo through ME; school patch on sleeve	\$200–350
Flight suit (spare)	1	Recommended — laundry turnaround	\$200–350
Academy flight polo	2	Alternative on hot days when flight leader authorizes	\$40 ea
Nomex or cotton flight pants	1 pr	If using polo configuration	\$80
Leather flight belt	1	Optional — keep flashlights / knife	\$35
Sunglasses (non-polarized)	1	ANSI Z87.1 recommended — no polarized for windscreens	\$80–200
Ball cap (plain navy)	1	Sun protection on ramp — no logos except school	\$20

\$5 · Boots Required · day 1

ITEM	QTY	SPEC / NOTES	EST.
Black polishable duty boots	1 pr	8–10" height, smooth leather, round toe — formation & company uniform	\$120–180
Boot socks (thick)	3 pr	Cushioned — prevent blisters on ruck / formation	\$18
Composite-toe ramp boots	1 pr	RECOMMENDED — fueling, hangar, winter ops	\$90–140

\$6 · Core pilot gear Required · before first dual

ITEM	QTY	SPEC / NOTES	EST.
Aviation headset (ANR preferred)	1	Dual GA plugs — Bose A30, Lightspeed Zulu, or David Clark	\$650–1,100

ITEM	QTY	SPEC / NOTES	EST.
Headset backup (passive or ear plugs)	1	If primary fails — school may loan spare same day	\$0–80
iPad (cellular + GPS)	1	ForeFlight or Garmin Pilot — min 64 GB; mount in portal aircraft	\$450–900
iPad kneeboard or yoke mount	1	RAM or MyGoFlight — no loose tablet in turbulence	\$45–90
Kneeboard (metal clipboard)	1	VFR & IFR clip — backup to iPad	\$25
View-limiting device (hood)	1	Foggles — required IR phase onward; buy early for practice	\$20
Flashlight (white + red LED)	1	Pre-flight & night ops — spare batteries	\$25
Fuel tester	1	Marked with name — stays in flight bag	\$12
Flight bag (soft, no wheels)	1	Holds charts, headset, iPad, logbook — fits in 172	\$60–120
Logbook (paper or digital)	1	School also maintains digital log in portal; paper for endorsements	\$15–25
E6B or approved flight computer app	1	Metal E6B for written exams; app OK for daily planning	\$30
Plotter	1	Rotating azimuth — checkride backup	\$12
Sectional charts (current)	2	Home base + XC area — iPad primary, paper backup	\$18 ea
Chart supplement (A/FD)	1	Current edition digital + paper recommended	\$35
AIM (digital)	1	FAA app — free	\$0

ITEM	QTY	SPEC / NOTES	EST.
POH / AFM (aircraft-specific)	1	172 POH in ForeFlight or paper — know your tail's supplements	\$0-40

§7 · Written exam & ground supplies PPL block · week 1

ITEM	QTY	SPEC / NOTES	EST.
FAA Knowledge Test prep (School / Sheppard / ASA)	1	PPL → IR → CPL → CFI → FOI → ATP — buy per stage	\$50-80 each
FAR/AIM book or app subscription	1	Current year	\$20
Notebooks & binders	3	Ground blocks — one per certificate stage active	\$25
Highlighters, pens, protractor	1 set	Chart marking — colored pencils for sectionals	\$15
FTN / IACRA account	1	Set up before first written — free	\$0

§8 · Instrument phase add-ons IR block · ~week 13

ITEM	QTY	SPEC / NOTES	EST.
IFR enroute charts (low)	2	Digital in ForeFlight; paper for checkride	\$24
Approach plates (digital)	1	Included in ForeFlight — verify subscription current	in sub
IFR kneeboard checklist	1	Approach brief, missed approach, lost comm	\$15
Second view-limiting device	1	Backup in flight bag	\$20

§9 · Commercial & multi-engine add-ons CPL / ME · ~week 23

ITEM	QTY	SPEC / NOTES	EST.
Complex aircraft checklist card	1	After complex checkout — laminated	\$5

ITEM	QTY	SPEC / NOTES	EST.
ME oral prep book	1	Systems — Seminole or school aircraft	\$40
Second flight suit	1	If not already purchased — higher tempo on ME line	\$200–350
Travel bag (overnight XC)	1	Commercial long XC — TSA-compliant	\$60

\$10 · CFI / instructor gear CFI block · ~week 37

ITEM	QTY	SPEC / NOTES	EST.
FOI & CFI written prep	1	Required before CFI ride	\$80
Lesson plan binder / tablet folder	1	Teaching hops — school provides syllabus; you annotate	\$30
Whiteboard markers & small board	1 set	Ground teaching practicum	\$20
Third epaulet bar (instructor)	1 set	Issued on CFI certificate — order via portal	\$12
Demo headset (spare for students)	1	RECOMMENDED if teaching frequently	\$200–400

\$11 · ATP-CTP & airline prep ATP block · ~week 49

ITEM	QTY	SPEC / NOTES	EST.
ATP written prep	1	121 / 135 knowledge areas per track	\$80
ATP-CTP course materials	1	Provided by CTP provider — budget course fee separately	course
Business attire for sim evals	1 set	Some CTP centers require collared shirt for LOFT	owned
Second iPad backup	1	RECOMMENDED — jet sim briefings	\$450+

\$12 · Personal & barracks Required · arrival

ITEM	QTY	SPEC / NOTES	EST.
Laundry bag & detergent	1	PT kit laundered nightly — flight suits weekly	\$20
Toiletries & grooming kit	1	Inspection-ready haircut weekly	\$40
Alarm clock	1	Phone acceptable if not used during flight blocks	\$0-25
Padlock	1	Gear locker in briefing room	\$12
Rain jacket (navy)	1	Formation and ramp — matches uniform	\$60
Winter layer	1	Fleece under flight suit — base dependent	\$50
Prescription glasses (if applicable)	1 pr	Spare in flight bag — FAA medical compliant	varies
FAA medical certificate	1	Class 1 recommended for ATP track; Class 3 minimum for PPL solo	AME
Government photo ID + passport	1 each	TSA FTSP for non-U.S. citizens before first flight	—

Amazon picks — high-quality gear

Curated links for items you can order before arrival. **Formal pilot shirts, blazers, and epaulets** are not sold on Amazon — order those through [A Cut Above Uniforms](#) after entering sizes in the [student portal](#). Prices change; verify size and connector (GA dual plugs) before checkout.

\$1 · PT kit

ITEM	PICK	LINK
Running shoes	Brooks Ghost 17 — neutral daily trainer, APMA accepted	Amazon
PT shirts ×5	Under Armour Tech 2.0 — moisture-wicking, navy/black	Amazon
PT shorts	Under Armour HeatGear compression shorts (under shorts or alone)	Amazon
Water bottle (32 oz)	Nalgene Wide Mouth — indestructible, marked for PT	Amazon

\$2–\$3 · Boots & formal

ITEM	PICK	LINK
Black duty boots (formation)	Bates 8" Ultra-Lite Side Zip — leather/nylon, academy standard	Amazon
Polishable oxfords (optional)	Bates Sentry High Gloss — inspection shine	Amazon
8" tactical (alt.)	5.11 A/T Side Zip — durable, slip-resistant	Amazon
Ramp / composite toe	KEEN Utility Kansas City — composite toe, breathable	Amazon
Formal uniform	A Cut Above — pilot shirt, blazer, trousers (not on Amazon)	Vendor

\$4 · Flight suit

ITEM	PICK	LINK
Nomex flight suit (CWU-27/P)	Propper — mil-spec Nomex, multiple sizes/colors	Amazon
Flight suit (alt.)	Propper CWU-27/P regular fit	Amazon

\$6 · Core pilot gear

ITEM	PICK	LINK
Headset — premium ANR	Bose A30 (GA dual plugs) — top comfort & ANR	Amazon
Headset — mid ANR	Lightspeed Zulu 3 — 7-yr warranty, Bluetooth	Amazon
Headset — value passive	David Clark H10-13.4 + bag — proven, 5-yr warranty	Amazon
iPad (ForeFlight)	Apple iPad 11" 256GB Wi-Fi + Cellular — GPS in cockpit	Amazon
iPad kneeboard case	MyGoFlight store — Sport Case Pro for iPad 11/Air	Amazon
iPad kneeboard (budget)	OHLPRO magnetic universal kneeboard	Amazon
Yoke mount	FlightPro Aviator+ — fits all iPad sizes on yoke	Amazon
Metal kneeboard	ASA VFR Tri-Fold — aluminum clipboard + organizer	Amazon search
View-limiting device	ASA Overcasters (classic foggles)	Amazon
View-limiting (comfort)	BLOCKALLS IFR glasses — headset-friendly	Amazon
E6B (written exam)	ASA Color E6B — metal, checkride backup	Amazon
E6B (electronic)	ASA CX-3 — FAA knowledge exams allowed	Amazon
Plotter	ASA Rotating Plotter	Amazon
Flashlight (preflight)	Streamlight ProTac 2L-X — white/red, 500 lumen	Amazon

ITEM	PICK	LINK
Fuel tester	GATS jar / aviation fuel sampler (391S style)	Amazon
Flight bag	F-22 Aeronavale padded bag — headset + iPad pockets	Amazon
Flight bag (premium)	Lightspeed Markham leather — lifetime quality	Amazon
Sunglasses (non-polarized)	Oakley SI Ballistic M Frame 3.0 — ANSI rated	Amazon

\$7 - Written test prep (by stage)

CERTIFICATE	PICK	LINK
Private Pilot knowledge	ASA Private Pilot Test Prep (current year)	Amazon search
Instrument	ASA Instrument Rating Test Prep	Amazon search
Commercial	ASA Commercial Pilot Test Prep	Amazon search
CFI / FOI	ASA CFI & FOI Test Prep	Amazon search

Printable packing checklist

Check off as you pack. Bring originals to in-processing; keep copies in your flight bag.

☐	Running shoes (broken in)
☐	PT shorts ×3
☐	PT shirts ×5
☐	PT socks ×6
☐	Water bottle
☐	Black polishable boots
☐	Boot polish kit
☐	Aviation shirts (sizes in portal)
☐	Dress trousers ×2
☐	Black belt
☐	Epaulet bars
☐	Flight suit ×1–2
☐	Sunglasses (non-polarized)
☐	Aviation headset
☐	iPad + mount
☐	Kneeboard
☐	View-limiting device
☐	Flashlight
☐	Fuel tester
☐	Flight bag
☐	Logbook

- | | |
|--------------------------|--|
| ☐ | E6B / flight computer |
| ☐ | Plotter |
| ☐ | Sectional charts |
| ☐ | Chart supplement |
| ☐ | FAA medical |
| ☐ | Photo ID / passport |
| ☐ | Formal blazer + tie + cap (before solo ceremony) |
| ☐ | Written test prep (current stage) |
| ☐ | Laundry bag |
| ☐ | Padlock for gear locker |

Next steps

Student portal

Uniform sizes, PT scores, bookings, logbook.

52-week UPT syllabus

Week-by-week undergraduate pilot training program.

0→ATP lesson plans

Every flight lesson by certificate stage.

Part 141 TCO

Regulatory course outline and enrollment requirements.

Preflight center

Weather, W&B, nav logs — daily planning tools.