



Inside with MWR

Stay-at-Home things to do...

Things that can be done in your home, garden or in the surrounding area by yourself or with your family

Plus basic maintenance tips and safety information





Bicycle Safety

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Stay-at-Home
Things to do...



Bicycle Safety

<https://www.nhtsa.gov/road-safety/bicycle-safety>

Bike Safely and Enjoy Your Ride

<https://www.nsc.org/home-safety/tools-resources/seasonal-safety/summer/bicycles>

Bike Safety for KIDS

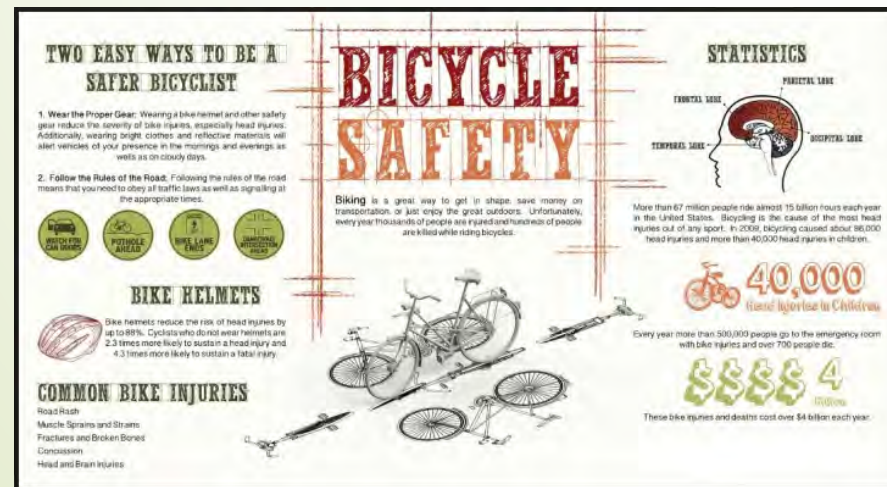
<https://kidshealth.org/en/kids/bike-safety.html>

Bike Safety for TEENS

<https://kidshealth.org/en/teens/bike-safety.html>

German Road Safety - By Bike

<https://www.germanroadsafety.de/compact-guide/en/k3.html>





Classic and in/outdoor games

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Stay-at-Home

Things to do...



30 Classic Outdoor Games for Kids

<https://www.wired.com/2009/08/simpleoutdoorplay/>

36 of the Most Fun Outdoor Games for All Ages

<https://www.playpartyplan.com/fun-outdoor-games/>

60 Fun Outdoor Games for Kids this Summer

<https://www.familyfuntwincities.com/outdoor-games-for-kids/>

100 Fun DIY Backyard Games

<https://www.prudentpennypincher.com/diy-backyard-games/>





GeoCaching / Pokémon Go

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Stay-at-Home

Things to do...



Geocaching 101

<https://www.geocaching.com/guide/>

Pokémon Go

<https://apps.apple.com/us/app/pok%C3%A9mon-go/id1094591345>

GEOCACHES (in and around Wiesbaden):

The Tourist - Sightseeing in Wiesbaden

https://www.geocaching.com/geocache/GC2NP1G_the-tourist-sightseeing-in-wiesbaden?guid=97cfa027-e3e4-46fc-97c9-b9522b4696b5

Ehrentafel Wiesbaden - matzemops

https://www.geocaching.com/geocache/GC1YZ33_ehrentafel-wiesbaden-matzemops?guid=7a2737cb-2240-4977-91cd-9fcec31c2229

Master of Mystery #44 WIESBADEN

https://www.geocaching.com/geocache/GC7Z627_master-of-mystery-44-wiesbaden?guid=342a4187-4a91-4617-807f-5c992d5563bd





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Things to do...



<https://www.nps.gov/subjects/trails/hiking-101.htm>

<https://www.rei.com/learn/expert-advice/hiking-for-beginners.html>

<https://www.forbes.com/sites/bradmoon/2019/09/12/hiking-101-essential-gear-for-beginners/#38b21a325767>

<https://hikingguy.com/how-to-hike/hiking-for-beginners-11-essential-tips/>

<https://www.komoot.com/guide/1005/hiking-around-wiesbaden>

<https://www.wiesbaden.de/sport/fitness/wandern/index.php>





How to clean your tent and camping equipment

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Stay-at-Home

Things to do...



How to Clean a Tent

<https://www.rei.com/learn/expert-advice/how-to-clean-a-tent.html>

Tent Care, Maintenance & Common Repairs | How to Clean a Tent

<https://koa.com/blog/tent-care-maintenance-common-repairs-how-to-clean-a-tent/>

Stinky Tent? 7 Tips on How to Clean a Tent That Smells

<https://www.skilledoutdoors.com/tips-on-how-to-clean-a-tent-that-smells/>

How to Clean and Store Your Gear

<https://www.backpacker.com/gear/how-to-clean-and-store-your-gear>

Keep Your Gear Like New: Cleaning, Repair, and Storage Tips

<https://www.eurekacamping.com/blog/article/keep-your-gear-new-cleaning-repair-and-storage-tips>

How To Clean Your Technical Outdoor Gear

<https://blog.theclymb.com/tips/clean-technical-outdoor-gear/>





Hunting, Fishing and Sport Shooting

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Stay-at-Home

Things to do...



Hunting, Fishing, Sport Shooting - Program Overview for Europe

<https://wiesbaden.armymwr.com/programs/hunting-fishing-sport-sho>

Army Europe Region 215-145 and U.S. Air Forces Europe Instruction 34-104, dated November 14, 2017

https://wiesbaden.armymwr.com/application/files/9915/3448/8730/AER215-145_20171114.pdf

Wiesbaden Hunting, Fishing & Sport Shooting Club/Program (part of Wiesbaden Outdoor Recreation)

<https://sites.google.com/view/hfss-wiesbaden/>

Please scroll down on the page for all reading materials for the following courses:

- German Hunting Course - Instruction Materials
- German Fishing Course - Instruction Materials
- Sport Shooting Course - Instruction Materials
- Along with all supporting documents and publications





National Parks and Museums

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Stay-at-Home

Things to do...



National Park Service:

<https://www.nps.gov>

National Park Foundation:

<https://www.nationalparks.org/explore-parks>

Smithsonian:

<https://www.si.edu/>

Guggenheim:

<https://www.guggenheim.org/>



Smithsonian





Outdoor Bouldering

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Stay-at-Home
Things to do...



How to Get Started Bouldering

<https://www.rei.com/learn/expert-advice/bouldering.html>

Beginner's Guide to Bouldering: What It Is & How to Get Started

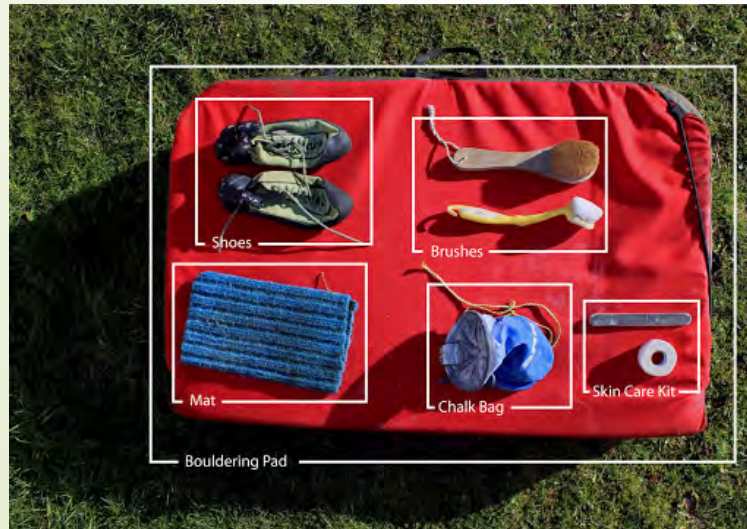
<https://www.99boulders.com/what-is-bouldering>

Ten Tips For Bouldering Outdoors

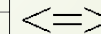
<http://threerockbooks.com/ten-tips-for-bouldering-outdoors/>

Bouldering outside for the first time – Our nine top tips

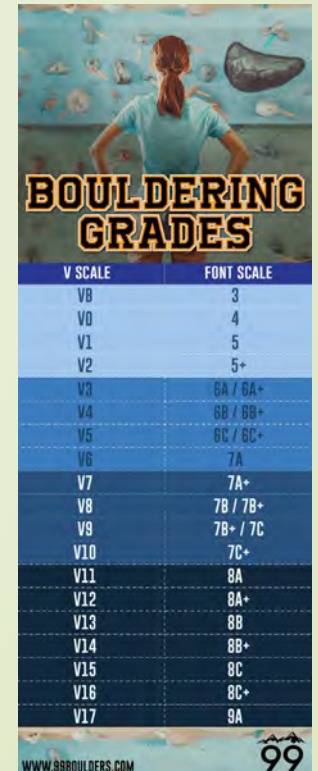
<https://www.climbernews.com/bouldering-outside-for-the-first-time/>



Bouldering		
Hueco	Font. (Fb)	Peak
V0-	1	B0
	2	B1
V0	3	B2
V1	4-/4+	B3
V2	5-/5/5+	B4
V3	6a/b	B5
V4	6c/6c+	B6
V5	7a	B7
V6	7a+	B8
V7	7b	B9
V8	7b+	B10
V9	7c	B11
V10	7c+	B12
V11	8a	B13
V12	8a+	B14
V13	8b	B15
V14	8b+	B16



Climbing				
Aus Tech	UK Adj	Tech	US YDS	French Tech
16	HVS	5a	5.9	5
17	E1			5+
18		5b	5.10a	6a
19	E2		5.10b	6a+
20			5.10c	6b
21	E3	5c	5.10d	6b+
22			5.11a	6c
23	E4		5.11b	6c+
24		6a	5.11c/d	7a
25	E5		5.12a	7a+
26			5.12b	7b
27	E6	6b	5.12c/d	7b+
28			5.13a	7c
29	E7		5.13b	7c+
30		6c	5.13c	8a
31	E8		5.13d	8a+
32		7a	5.14a	8b
33	E9		5.14b	8b+
34			5.14c	8c
35		7b	5.14d	8c+





Outdoor Cooking and BBQ Grilling Safety

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Stay-at-Home

Things to do...



Outdoor Cooking Safety

<https://safety.lovetoknow.com/food-safety/outdoor-cooking-safety>

9 Grilling Safety Tips for Summer Barbecues

<https://blog.nationwide.com/grill-safety/>

10 Major Grilling Safety Mistakes You Might Be Making

<https://www.tasteofhome.com/collection/grilling-safety-mistakes/>

Grill Safety

<https://www.hpba.org/Consumer-Information/Barbecue-Outdoor-Living/Grill-Safety>

Grill Safety Tips for Outdoor Grilling

<https://homefirstagency.com/learnfirst/grill-safety-tips-for-outdoor-grilling>

Barbecue Grill Safety

<https://www.stuttgartcitizen.com/columns/safety/barbecue-grill-safety/>





Ski/Snowboard Maintenance for beginners

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Stay-at-Home

Things to do...



How to Tune Skis

<https://www.rei.com/learn/expert-advice/tune-skis.html>

How to Clean Skis

<https://www.sportsrec.com/clean-skis-2126829.html>

Ski Maintenance: The Art of Taking Care of Your Skis

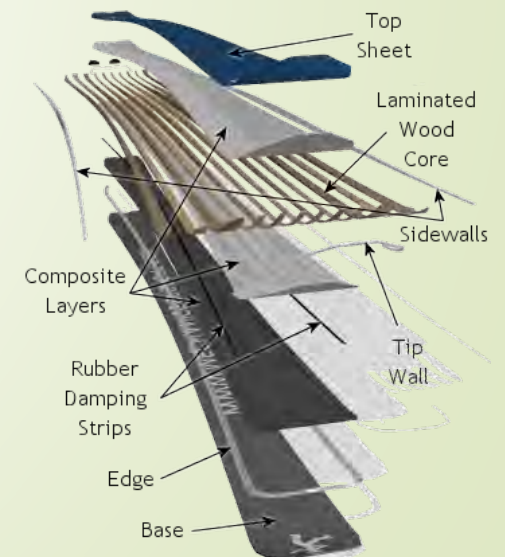
<https://blog.skis.com/ski-maintenance-art-taking-care-skis/>

Taking Care of Your Snowboard Between Sessions

<https://www.skiandsport.net/blog/2016/04/taking-care-of-your-snowboard-between-sessions/>

Putting away your Skis and Stuff

<https://www.seniorsskiing.com/putting-away-skis-stuff/>





Sun Protection

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Stay-at-Home
Things to do...



Why Become a Sun Safe Workplace?

<https://www.gosunsmart.com/>

Sun Protection, Your Daily Sun Protection Guide

<https://www.skincancer.org/skin-cancer-prevention/sun-protection/>

Skin Cancer and Sun Safety

https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm



SAY YES TO SUN PROTECTION
SAY NO TO SKIN CANCER

SKIN CANCER IS THE MOST COMMON CANCER IN THE U.S.
ONE in FIVE Americans will develop skin cancer in their lifetime, and one person dies from melanoma, the deadliest form of skin cancer, every hour.

THERE ARE TWO TYPES OF SUNSCREENS:

PHYSICAL SUNSCREEN
This sunscreen WORKS LIKE A SHIELD. It sits on the surface of your skin, deflecting the sun's rays.
Look for the active ingredients: ZINC OXIDE and/or TITANIUM DIOXIDE.
Opt for this sunscreen if you have SENSITIVE SKIN.

CHEMICAL SUNSCREEN
This sunscreen WORKS AS A SPONGE, absorbing the sun's rays.
Look for one or more of the following active ingredients: OXYBENZONE, AVOBENZONE, OCTISALATE, OCTOCRYLENE, HOMOSALATE and OCTINOXATE.
This formulation tends to be EASIER TO RUB INTO the skin without leaving a white residue.

Since exposure to the sun's harmful UV rays is the most preventable risk factor for skin cancer, protect your skin by:

- SEEKING SHADE
- WEARING PROTECTIVE CLOTHING
- GENEROUSLY APPLYING SUNSCREEN

If you have concerns about certain sunscreen ingredients, use the information above to choose an alternative that works for you. As long as it's BROAD-SPECTRUM, WATER-RESISTANT and has an SPF of 30 or HIGHER, it can effectively protect you from the sun. Make sure you reapply it every TWO HOURS, or after swimming or sweating.

SPOT SKIN CANCER
If you have questions about how to protect your skin or choose a sunscreen, talk to a board-certified dermatologist or learn more at SpotSkinCancer.org.

Sun 101

Know The Basics

- ✓ Choose a sun care product with an SPF that meets your needs.
- ✓ Look for sun care products labeled Broad Spectrum or UVA/UVB which provide adequate protection against the sun's harmful rays.
- ✓ Regardless of SPF level, be sure to reapply every two hours or as directed on the package.

Hours in the Sun	Skin Tone				
	Very Fair Never tans, always burns	Fair Tans slowly, burns easily	Light Usually burns first	Medium Burns minimally	Dark Rarely burns
1	SPF 30	SPF 15	SPF 15	SPF 8-14	SPF 8-14
2	SPF 30	SPF 30	SPF 30	SPF 15	SPF 15
3	SPF 50	SPF 50	SPF 30	SPF 30	SPF 15
4	SPF 50-110	SPF 50	SPF 30	SPF 50	SPF 30
5	SPF 50-110	SPF 50-110	SPF 50-110	SPF 50	SPF 30

For more Sun 101 information visit www.bananaboat.com.
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