



Inside with MWR

Stay-at-Home with Learn-to videos...

Online learn-to (and **NOT** to do) videos that can be enjoyed done in your home by yourself with your family



Biking / Cycling

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Stay-at-Home
Things to read & watch...



Video Clips:

Learn how to ride a bicycle in 5 Minutes

<https://www.youtube.com/watch?v=GyLlw1CgXf8&t=122s>

How to teach an adult to ride a bike quickly and simply

<https://www.youtube.com/watch?v=wqmwzVrkTU4&t=6s>

How to Buy a Mountain Bike

<https://www.youtube.com/watch?v=yotOZVELSMc>

8 Mistakes All New Mountain Bikers Make

<https://www.youtube.com/watch?v=k95DMGuBatK>

Beginner Mistakes & How To Avoid Them | Mountain Bike Skills

https://www.youtube.com/watch?v=Z5hLSHX_mw4

How to Remove and Install a Bicycle Tire & Tube

<https://www.youtube.com/watch?v=eqR6nlZNeU8>

How to Remove and Install a Wheel on a Bicycle

https://www.youtube.com/watch?v=hdjB_wHW0-Q

How to Wash a Bike

<https://www.youtube.com/watch?v=B2sKhSDrugE>

6 Things Every Mountain Biker Should Know About Their Bike | MTB Maintenance

<https://www.youtube.com/watch?v=4XlusA2Thpo>

How to bail a MTB - A crash course

<https://www.youtube.com/watch?v=X4XxCmZAfIA>



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Bouldering / Climbing

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Video Clips:

BOULDERING 101: The Basics of Bouldering

<https://www.youtube.com/watch?v=eFkfVMnlplA>

Holds 101 - Climbing for beginners

<https://www.youtube.com/watch?v=nREpcYSZeYQ>

How to Maximize Your First Year of Climbing

<https://www.youtube.com/watch?v=Lb8QkUemXiM>

How to be a Rock Climber

https://www.youtube.com/watch?v=FpZIT_I2_Oo

5 Clever Rock Climbing Hacks, Tips, Tricks, and Proper Etiquette

<https://www.youtube.com/watch?v=1IDBfqIxEvk>

Best Knots for Climbing—The 5 Knots Every Climber Should Know

<https://www.youtube.com/watch?v=V1yq9XoAbCQ>

What Are the Different Types of Carabiners?

<https://www.youtube.com/watch?v=VKZ5AUPGmbk>

How to Choose Climbing Ropes

<https://www.youtube.com/watch?v=7RDBqxb4nl4>

How To Care For And Wash Your Climbing Rope

<https://www.youtube.com/watch?v=8zECjpnFvuk>

When to Retire your Climbing Ropes!

<https://www.youtube.com/watch?v=b6LBjlai5X8>



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Camping / Tents and more...

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Things to read & watch...



Video Clips:

Camping 101 for Beginners | Useful Knowledge

<https://www.youtube.com/watch?v=xUqTgNJgWUs>

How to Set Up a Tent

<https://www.youtube.com/watch?v=ha43JNTfus4>

Backpacking: How to Select a Campsite

<https://www.youtube.com/watch?v=dfpE0x6xTPU>

How to Choose Camping Tents

<https://www.youtube.com/watch?v=bB4AOUZVJ7k>

Camping Checklist

<https://www.youtube.com/watch?v=c-UMk-TGmbo>

How to choose a sleeping bag | Know Before You GO

<https://www.youtube.com/watch?v=Zpqelk2gKJE>

How to Choose Backpacking Sleeping Bags

<https://www.youtube.com/watch?v=CbxAW45dUPY>

How to Patch a Tent

<https://www.youtube.com/watch?v=tiHINxdZQ9k>

How to Waterproof a Tent

<https://www.youtube.com/watch?v=XiLeIv7y0KE>

Afraid of Camping? Try this... My 9 Best Tips For Feeling Safe When Camping

<https://www.youtube.com/watch?v=Mkgim8txEWw>





Hiking / Back Packing

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Things to read & watch...



Video Clips:

How to Train for Hiking

<https://www.youtube.com/watch?v=lrESF9eecxk&t=38s>

Favorite Hiking Gear in 2019

<https://www.youtube.com/watch?v=g4udShhCqOA>

Backpacking Checklist

<https://www.youtube.com/watch?v=HugY6T3Dvho>

How to Use Trekking Poles (Like a Boss)

<https://www.youtube.com/watch?v=7q2YwOE4okA>

How to Fit Your Rucksack Correctly

<https://www.youtube.com/watch?v=SI1yJakKp-4>

Backpacking Gear I'll Never Carry Again

<https://www.youtube.com/watch?v=LcGS2DHLvGE>

How to Choose Hiking Boots

<https://www.youtube.com/watch?v=OERLnloVYx0>

Hiking Boots vs Shoes vs Trail Runners - My guide to hiking footwear

<https://www.youtube.com/watch?v=WTnQTjqKJXk>

20 Wilderness Survival Tips

<https://www.youtube.com/watch?v=stljgEaES60>

Basic Map Reading Skills

<https://www.youtube.com/watch?v=THCSsoQcDTQ>



DAYPACK (NO FRAME)	INTERNAL FRAME PACK	EXTERNAL FRAME PACK
<ul style="list-style-type: none"> Lightweight Non-bulky design Less support for heavy loads Less capacity 	<ul style="list-style-type: none"> More support for heavy loads More capacity Hugs body Less back ventilation Heavier 	<ul style="list-style-type: none"> Maximum support for heavy loads More capacity More back ventilation Heavier Bulkier



Skating / Skateboards and more...

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Video Clips:

How to Skateboard for Beginners

<https://www.youtube.com/watch?v=p3NXd3DhH08>

Choosing your first Skateboard

https://www.youtube.com/watch?v=s_Vxs4oNHwc

How To Start Inline Skating 1 of 2

<https://www.youtube.com/watch?v=FLMHYkk3Auc>

How To Start Inline Skating 2 of 2

<https://www.youtube.com/watch?v=fC0abxqp7UE>

5 Mistakes Beginner Skaters Make

<https://www.youtube.com/watch?v=AqvS3Wsv0N0>

10 Things Every Beginner Should Know How To Do Well

<https://www.youtube.com/watch?v=rLSdt-cuCUl>

10 Easy Beginner Skateboard Tricks

<https://www.youtube.com/watch?v=hc2kh9pQq9M>

How to Learn Waveboard in 3 steps

<https://www.youtube.com/watch?v=z-N2SVDcMLA>

TEACHING KIDS HOW TO SCOOTER

<https://www.youtube.com/watch?v=5hI8Z4LIHQk>

HOW TO FALL WITHOUT GETTING HURT!!

<https://www.youtube.com/watch?v=KSQ-q7F8e2o>



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