



# COVID19

**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 Maintenance for beginners

COVID19

Stay-at-Home

Things to do...



Top 5 (DIY) bicycle maintenance tips for beginners

<https://www.bikecitizens.net/top-5-bicycle-maintenance-tips/>

101 Bike Maintenance Tips Every Cyclist Should Know

<https://www.bicycling.com/repair/a20012653/bike-repair-tips/>

Bike Maintenance Basics

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

How to care for your bike:

<https://www.bicyclehabitat.com/how-to/a-simple-bike-maintenance-chart-pg366.htm>

The Beginner's Guide to Essential Bike Maintenance Skills

<https://trainright.com/the-beginners-guide-to-essential-bike-maintenance-skills/>

Mountain Bike component identification.





# Bicycle Safety

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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

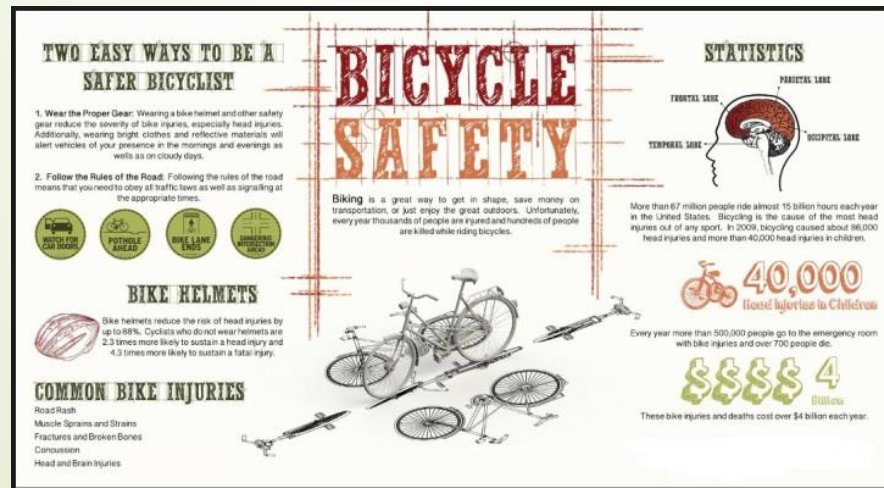
<https://kidshealth.org/en/kids/bike-safety.html>

## 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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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

## COVID19

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







# Hiking for beginners

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Things to do...



## Hiking 101

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

## Hiking for Beginners

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

## Hiking 101: Essential Gear For Beginners

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

## Hiking For Beginners: 11 Essential Tips

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

## Hiking Trails and Ideas in and around Wiesbaden:

### Top 20 best walks and hikes around Wiesbaden

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

### Wandern in Wiesbaden

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





# How to clean your tent and camping equipment

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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/>



## How To Clean & Repair Your Tent





# Hunting, Fishing and Sport Shooting

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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](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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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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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

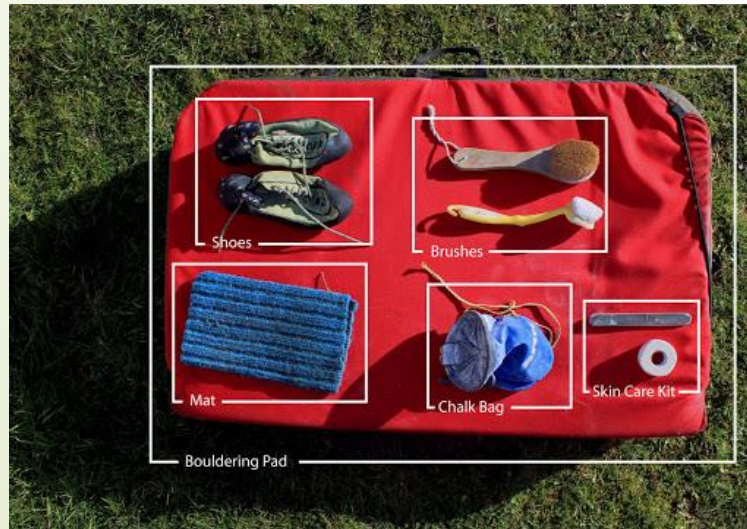
<https://www.99boulders.com/what-is-bouldering>

Ten Tips For Bouldering Outdoors

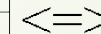
<http://threerockbooks.com/ten-tips-for-bouldering-outdoors/>

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
V0	2	B1
	3	B2
V1	4-/4+	B3
V2	5-/5/5+	B4
V3	6a/b	B5
V4	6c/6c+	
V5	7a	B6
V6	7a+	B7
V7	7b	B8
V8	7b+	
V9	7c	B9
V10	7c+	B10
V11	8a	B11
V12	8a+	B12
V13	8b	B13
V14	8b+	B14



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





# Outdoor Cooking and BBQ Grilling Safety

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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/>



## Grilling Fire Safety Tip

To prevent a fire, place grill well away from the home, deck railings, out from under eaves and overhanging branches.







# Ski/Snowboard Maintenance for beginners

COVID19

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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

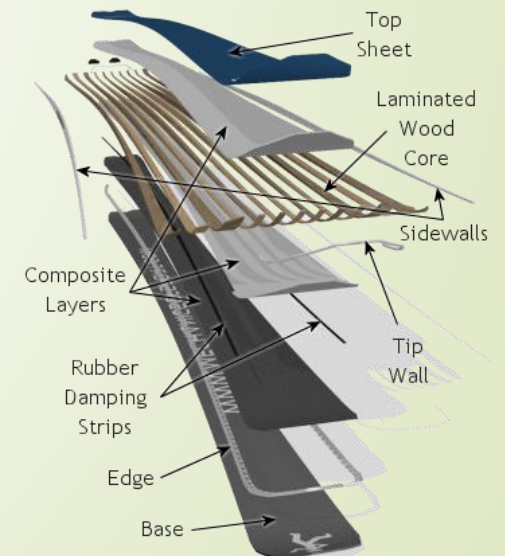
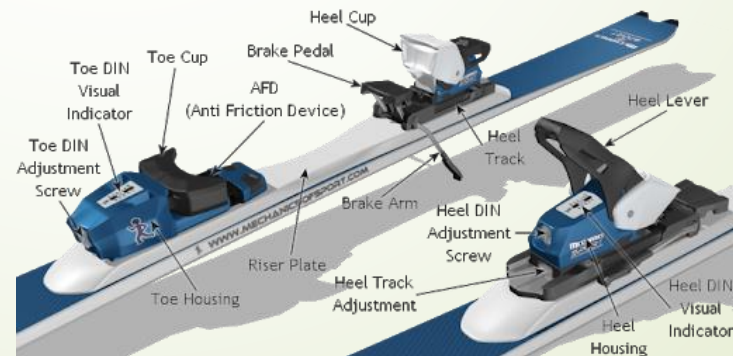
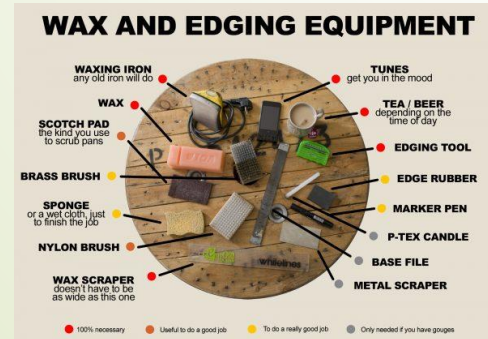
<https://blog.skis.com/ski-maintenance-art-taking-care-skis/>

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

## COVID19

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](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 30 OR HIGHER**, it can effectively protect you from the sun. Make sure you reapply it every **TWO HOURS**, or after swimming or sweating.

**AMERICAN ACADEMY OF DERMATOLOGY**  
**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](http://SpotSkinCancer.org).

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## 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 15	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](http://www.bananaboat.com).  
**We've Got You Covered!**

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