

## Mountain Biking Trip Sample Planning Outline

NOTE: Be sure to adhere to Scouts Canada's Camping/Outdoor Activity Guide, [www.scouts.ca](http://www.scouts.ca)

### Session \_\_\_\_\_

#### Research

- find out about the area where the trip will occur (trail difficulty/ conditions, topography)
- investigate the permits necessary for your trip (Tour Permit, camping application)
- assess the distance to be covered
- inquire about campsite availability
- locate the nearest hospital or communication post
- select entrance and exit points and pick-up sites
- investigate alternative routes
- assess the knowledge and experience of each of the participants.

*Additional Resources:* Internet, library books, maps, park rangers, Scouts from the area

### Session \_\_\_\_\_

#### In-Depth Planning

- set out a budget
- discuss transportation to and from the adventure
- get permission forms ready
- discuss equipment needed and whether to buy, borrow, or rent
- identify the skills and training required.

#### Session \_\_\_\_\_

#### First Aid

Participants **must** have a basic knowledge of:

- the signs, symptoms and treatment of hypothermia, heat exhaustion, dehydration, sun burn, sun stroke
- the essential items in a first aid kit and an emergency kit

\*\* groups can also complete a St. John Ambulance course (standard or emergency).

*Additional Resources:* St. John Ambulance First Aid Book, The Fieldbook for Canadian Scouting, Ch. 13

### Session \_\_\_\_\_

#### Risk Management

- identify any potential emergencies and discuss appropriate responses
- set out a Plan B for your biking route
- discuss your action plan or who will take on what role in case of an emergency
- decide on contingency plans for communication
- collect Physical Fitness Forms for all participants
- make an official trip itinerary and share it with people at home
- be sure that you have all of the additional information for a complete Emergency Plan (page 11 in Fieldbook)

*Additional Resources:* Fieldbook for Canadian Scouting, Ch.2

### Session \_\_\_\_\_

#### Equipment

- discuss the proper type of bike for this trip and the correct fit
- discuss the proper fit for helmets
- decide on necessary bike accessories (ie. water bottles, gloves, reflective gear, seat padding)
- discuss equipment needed and whether to rent or borrow
- discuss the use, maintenance and repair of group equipment
- decide how group equipment will be packed

*Additional Resources:* local outfitter

### Session \_\_\_\_\_

#### Personal Equipment and Packing

- discuss the type and amount of clothing needed
- organize sleeping bags, flashlights, sunglasses and other personal gear
- list all personal hygiene items required
- outline packing techniques.

## Session \_\_\_\_\_

### Bike Maintenance

- discuss general practices for good bike maintenance
- perform a bicycle safety check (ie. helmets, bell)
- practice performing a maintenance check-up (wheels, pedals, brakes, wheel trueness, bolts)
- know the use of all tools in a bicycle tool kit
- teach & practice the skills to: inflate tire, repair pedal, fix flat tire, fix/replace chain, adjust brakes, inspect tires, lubricate bike properly, adjust bearings, etc.

## Session \_\_\_\_\_

### Mountain Biking Skills

- introduce a series of stretches to avoid strain
- begin a training regime to prepare for the trip

Teach and practise the following skills:

- basic bike handling
- cycling in inclement weather
- cycling in traffic
- double and single track riding
- controlled falls and dismounts
- proper use of gears in a variety of situations (uphill, downhill, steep incline)
- proper use of front and back brakes
- dealing with obstacles and trail hazards
- controlled high speed turns
- skid prevention
- teach and practise any additional necessary skills.

*Additional Resources:* Internet, local bike specialty shop, local mountain biking association, The Fieldbook for Canadian Scouting, Ch. 16

## Session \_\_\_\_\_

### The Trip Environment

- discuss the philosophy of "A Leave no Trace" camping and mountain biking
- discuss the importance of following the trails and erosion control
- review campsite selection
- review techniques for washing & disposal of grey water
- discuss disposal of garbage
- discuss disposal of human waste
- explore options in water purification.

*Additional Resources:* The Fieldbook for Canadian Scouting, Ch.7 International Mountain Biking Association

## Session \_\_\_\_\_

### Nutrition & Menu Planning

- discuss calories needed for cycling and the types of food that provide energy (power snacks)
- talk about major considerations for menu planning (weight, freshness, convenience, price)
- discuss dehydrated foods
- plan a menu
- talk about food packing and storage.

## Session \_\_\_\_\_

### Cooking

- investigate lightweight stove options and other cooking techniques
- practise using stoves or other and try out new recipes
- make up a duty roster for cooking and cleaning.

*Additional Resources:* nutritionist, local cycling clubs, The Fieldbook for Canadian Scouting, Ch. 4

## Recommended Internet Resources:

- **www.gorp.com** : for trip ideas, information on gear, books and maps
- **www.melborponsti.com/scouts/** : for recipes
- **www.lnt.org** : for leave no trace information
- **www.camping.sacsingles.com/** : for general information about camping skills
- **www.outthere.com/htl\_mtb.htm**
- **http://mtbinfo.com/doctor** : for maintenance and riding tips
- **www.imba.com/** : International Mountain Biking Association- Riding Code
- **www.trailstuff.com** : for books on a wide range of subjects

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