#

# John Bryan State Park

# Saturday, September 21- Sunday, September 22, 2019

John Bryan is the most scenic state park in western Ohio. The 752-acre park contains a remarkable limestone gorge cut by the Little Miami River which is designated as a state and national scenic river. A portion of the gorge itself is designated as a national natural landmark.

#### **Location**

3790 State Route 370
Yellow Springs, Ohio 45387

Park Office: (937) 767-1274

<http://maps.google.com/maps?daddr=39.7906,-83.855209&t=m&z=14>

<http://troop418.com/event/cycling-campout-john-bryan-little-miami-trail-2/>

We will be departing from Hilliard Presbyterian Church on Saturday, September 21, 2019 and arriving at the Ackerson Eye Center around 12 noon on Sunday, September 22, 2019. We plan on riding a total of 20 miles on a paved trail. Don’t forget to complete an Activity Consent Form and make sure your Health Safety Forms are up to date. This campout can help you with achievements you need to complete for your current rank and also fulfill some requirements you may have if you are working on a merit badge.

**This camping trip can satisfy:**

**Camping merit badge requirements:**

1. Do the following:

(a) Explain to your counselor the most likely hazards you may encounter while participating in camping activities and what you should do to anticipate, help prevent, mitigate, and respond to these hazards

(b) Discuss with your counselor why it is important to be aware of weather conditions before and during your camping activities. Tell how you can prepare should the weather turn bad during your campouts.

(c) Show that you know first aid for and how to prevent injuries or illnesses that could occur while camping, including [hypothermia](https://meritbadge.org/wiki/index.php/Hypothermia), [frostbite](https://meritbadge.org/wiki/index.php/Frostbite), [heat reactions](https://meritbadge.org/wiki/index.php/Heat_reactions), [dehydration](https://meritbadge.org/wiki/index.php/Dehydration), [altitude sickness](https://meritbadge.org/wiki/index.php/Altitude_sickness), [insect stings](https://meritbadge.org/wiki/index.php/Insect_stings), [tick bites](https://meritbadge.org/wiki/index.php/Tick_bites), [snakebite](https://meritbadge.org/wiki/index.php/Snakebite), [blisters](https://meritbadge.org/wiki/index.php/Blisters), and [hyperventilation](https://meritbadge.org/wiki/index.php/Hyperventilation).

1. Learn the [Leave No Trace](https://meritbadge.org/wiki/index.php/Leave_No_Trace) principles and the [Outdoor Code](https://meritbadge.org/wiki/index.php/Outdoor_Code) and explain what they mean. Write a personal plan for implementing these principles on your next outing.
2. Make a written plan for an overnight trek and show how to get to your camping spot by using a topographical map and one of the following:

(a) A compass

(b) A GPS receiver

(c) A smartphone with a GPS app[[](https://meritbadge.org/wiki/index.php/Camping%22%20%5Cl%20%22cite_note-GPS-1%22%20%5Co%20%22)

5.) Do the following:

(a) Prepare a list of clothing you would need for overnight campouts in both warm and cold weather. Explain the term "layering."

(b) Discuss footwear for different kinds of weather and how the right footwear is important for protecting your feet.

(c) Explain the proper care and storage of camping equipment (clothing, footwear, and bedding).

(d) List the outdoor essentials necessary for any campout, and explain why each item is needed.

(e) Present yourself to your Scoutmaster with your pack for inspection. Be correctly clothed and equipped for an overnight campout.

7.) Prepare for an overnight campout with your patrol by doing the following:

(a) Make a checklist of personal and patrol gear that will be needed.

(b) Pack your own gear and your share of the patrol equipment and food for proper carrying. Show that your pack is right for quickly getting what is needed first, and that it has been assembled properly for comfort, weight, balance, size, and neatness.

9.) Show experience in camping by doing the following: OPTION #3 - Take a bike trip of at least 15 miles or at least four hours.

**Cycling merit badge requirements:**

2.) Clean and adjust a bicycle. Prepare it for inspection using a bicycle safety checklist. Be sure the bicycle meets local laws. (Bicycle safety checklist is attached to the back of the Cycling Merit Badge Workbook)

7.) b. Avoiding main highways, take two rides of 10 miles each, two rides of 15 miles each, and two rides of 25 miles each. You must make a report of the rides taken. List dates for the routes traveled, and interesting things seen.

**Bicycle Safety Checklist**

**Frame**

**\_\_\_\_\_ Look at the frame to make sure there are no dents, kinks, cracks, or other damages.**

**\_\_\_\_\_ Look for large patches of rust which could weaken the frame.**

**\_\_\_\_\_ Check that the parts of the frame are securely attached to each other and to the wheels, seat, front fork, and handlebars.**

**\_\_\_\_\_ Check for looseness in the seat, handlebars, and front fork.**

**\_\_\_\_\_ Check the seat height. For young cyclists, the rider should be able to sit on the seat and just reach his feet to the ground.**

**\_\_\_\_\_ Is the handlebar in line with the front wheel?**

**Tires and Wheels**

**\_\_\_\_\_ Are the tires properly inflated?**

**\_\_\_\_\_ Do the tires still have good treads and no visible bulging or other damage?**

**\_\_\_\_\_ Do the wheels spin freely without wiggling? Does is stay aligned when spun?**

**\_\_\_\_\_ Are there any missing spokes or are any spokes damaged?**

**Brakes**

**\_\_\_\_\_ Test the brakes to see that they stop a spinning wheel quickly without slipping.**

**\_\_\_\_\_ While applying the brakes, try to move the bike forward. It should not move.**

**\_\_\_\_\_ For hand breaks, look at the brake pads. They should have at least 3/16 of an inch of rubber remaining and they should meet the rim squarely, not at an angle.**

**\_\_\_\_\_ For hand breaks, you should not be able to squeeze them all the way to the bottom. They should have some reserve left when the brake is completely engaged.**

**Crank and Chain**

**\_\_\_\_\_ Does the crank turn freely and without wiggling?**

**\_\_\_\_\_ Are the pedals firmly attached?**

**\_\_\_\_\_ Is the chain lubricated? Also check it for rust.**

**\_\_\_\_\_ If the bike has gears, does it shift freely?**