



ADVENTURE WORKSHEET

Cycling

Cub Scouts · Elective · Arrow of Light rank

Name

Started

Completed

Cycling gets you ready for a 10-mile ride. You'll learn how gears work, care for your bike, and even fix a flat tire. Then you'll ride with your buddy and enjoy the trip.

Requirements

Every official requirement, in plain language. Check the official wording when you sign off (scouting.org/cub-scout-adventures/cycling/). Tips and examples are ideas, not extra requirements.

- ☐ **1** Decide what gear and supplies to bring on a long bike ride and how to carry them safely

Tip: Make a list: helmet, water, snack, pump, and a small repair kit. Decide how to carry it.

Example: For 10 miles, pack a helmet, two water bottles, snacks, a pump, tire levers, a spare tube or patch kit, sunscreen, and a light jacket. A seat bag or small backpack holds the repair kit.

- ☐ **2** Find out how multi-gear bikes work and how they help a rider

Tip: Try shifting on a hill and notice how low gears make climbing easier.

- ☐ **3** Show how to oil a bike chain

Tip: With an adult, clean the chain, add a drop of oil to each link, and wipe off the extra.

- ☐ **4** Compare different bike locks; show how locks work and how to secure your bike with one

Tip: Compare a U-lock, a cable lock, and a chain lock. Then practice locking your bike through the frame and wheel.

- ☐ **5** Fix a flat tire

Tip: Use tire levers to take off the tire, patch or replace the tube, and pump it back up.

Example: Flip the bike, open the brake if needed, and remove the wheel. Use tire levers to pop off one side of the tire, pull out the tube, and find the hole. Check the tire for the thorn or glass, patch or replace the tube, and pump to the pressure printed on the tire.

- ☐ **6** Use a map to plan a bike ride of at least 10 miles with your patrol, pack, or family

Tip: With an adult, use a map or app to plan a safe 10-mile route on bike paths or quiet roads.

Example: Plan a 10-mile loop on a bike path or quiet roads. Mark a rest stop every 3 or 4 miles, find bathrooms and water, and choose a route with few busy crossings.

- ☐ **7** With your patrol, pack, or family, ride at least 10 miles using the buddy system

Tip: Wear your helmet, ride with a buddy and an adult, and take breaks for water.

Example: Ride with a buddy and an adult, use hand signals, ride single file on roads, and stop together at rest points. Keep an eye on your buddy and wait at turns.