

REQ. #	REQUIREMENT	check if complete
TENDERFOOT		
T1	Present yourself to your leader, properly dressed, before going on an overnight camping trip. Show the camping gear you will	
T2	Spend at least one night on a patrol or troop campout. Sleep in a tent you have helped pitch.	
T3	On the campout, assist in preparing and cooking one of your patrol's meals. Tell why it is important for each patrol member to share in meal preparation and cleanup and explain the importance of eating together.	
T4a.	Demonstrate how to whip and fuse the ends of a rope.	
T4b.	Demonstrate that you know how to tie the following knots and tell what their uses are: two half hitches and the taut-line hitch	
T5	Explain the rules of safe hiking, both on the highway and cross-country, during the day and at night. Explain what to do if you are lost	
T6	Demonstrate how to display, raise, lower, and fold the American Flag.	
T7	Repeat from memory and explain in your own words the Scout Oath, Law, Motto, and slogan.	
T8	Know your patrol name, give the patrol yell, and describe your patrol flag.	
T9	Explain the importance of the buddy system as it relates to your personal safety on outings and in your neighborhood. Describe what a bully is and how you should respond to one.	
T10a	Physical Fitness Training	
T10b	Physical Fitness Improvement	
T11	Identify local poisonous plants; Tell how to treat for exposure to them.	
T12a	Demonstrate (<i>describe</i>) the Heimlich maneuver and tell when it is used.	
T12b	Show first aid for the following: Simple cuts and scratches. Blisters on the hand and foot. Minor burns or scalds (first degree). Bites or stings of insects and ticks. Poisonous snakebite. Nosebleed. Frostbite. Sunburn.	
SECOND CLASS		
S1a.	Demonstrate (<i>describe</i>) how a compass works and how to orient a map. Explain what map symbols mean.	
S1b.	Using a compass and a map together, take a 5-mile hike (or 10 miles by bike) approved by your adult leader and your parent or guardian.	
S2a.	Since joining, have participated in five separate troop/patrol activities (other than troop/patrol meetings), two of which included camping overnight.	
S2b.	On one of these campouts, select your patrol site and sleep in a tent that you pitched.	
S2c.	On one campout, demonstrate proper care, sharpening, and use of the knife, saw and ax, and describe when they should be used:	
S2d.	Use the tools listed in requirement 2c to prepare tinder, kindling, and fuel for a cooking fire.	
S2e.	Discuss when it is appropriate to use a cooking fire and a lightweight stove. Discuss the safety procedures for using both.	
S2f.	Demonstrate how to light a fire and a lightweight stove.	
S2g.	On one campout, plan and cook over an open fire one hot breakfast or lunch for yourself, selecting foods from the four basic food groups. Explain the importance of good nutrition. Tell how to transport, store, and prepare the foods you selected.	
S3	Participate in a flag ceremony for your school, religious institution, chartered organization, community, or troop activity.	
S4	Participate in an approved (minimum of one hour) service project.	
S5	Identify or show evidence of at least ten kinds of wild animals (birds, mammals, reptiles, fish, mollusks) found in your community.	
S6a	Show (<i>describe</i>) what to do for "hurry" cases of stopped breathing, serious bleeding, and internal poisoning	
S6b.	Prepare a personal first aid kit to take with you on a hike.	
S6c	Demonstrate first aid for the following: Object in the eye. Bite of a suspected rabid animal. Puncture wounds from a splinter, nail, and fishhook. Serious burns (second Degree). Heat exhaustion. Shock. Heatstroke, dehydration, hypothermia, and	
S7a.	Tell what precautions must be taken for a safe swim.	
S7b.	Demonstrate your ability to jump feet first into water over your head in depth, level off and swim 25 feet on the surface, stop, turn sharply, resume swimming, then return to your starting place.	
S7c.	Demonstrate water rescue methods by reaching with your arm or leg, by reaching with a suitable object, and by throwing lines and objects. Explain why swimming rescues should not be attempted when a reaching or throwing rescue is possible, and explain why and how a rescue swimmer should avoid contact with the victim.	
S8a	Participate in a school, community, or troop program on the dangers of using drugs, alcohol, and tobacco, and other practices that could be harmful to your health. Discuss your participation in the program with your family.	
S8b	Explain the three R's of personal safety and protection	

FIRST CLASS

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F1	Demonstrate how to find directions during the day and at night without using a compass	
F2	Using a compass, complete an orienting course that covers at least one mile and requires measuring the height and/or width of designated items (trees, tower, canyon, ditch, etc).	
F3	Since joining, have participated in ten separate troop/patrol activities (other than troop/patrol meetings), three of which included camping overnight.	
F4a.	Help plan a patrol menu for one campout that includes at least one breakfast, one lunch, and one dinner and that requires cooking at least two meals. Tell how the menu includes the four basic food groups and meets nutritional needs.	
F4b.	Using the menu planned in requirement 4a, make a list showing the cost and food amounts needed to feed three or more boys and secure the ingredients.	
F4c.	Tell which pans, utensils, and other gear will be needed to cook and serve these meals.	
F4d.	Explain the procedures to follow in the safe handling and storage of fresh meats, dairy products, eggs, vegetables, and other perishable food products. Tell how to properly dispose of camp garbage, cans, plastic containers, and other rubbish.	
F4e.	On one campout, serve as your patrol's cook. Supervise your assistant(s) in using a stove or building a cooking fire. Prepare the breakfast, lunch, and dinner planned in requirement 4a. Lead your patrol in saying grace at the meals and supervise cleanup.	
F5	Visit and discuss with a selected individual approved by your leader (elected official, judge, attorney, civil servant, principal, teacher) your Constitutional rights and obligations as a U.S. citizen.	
F6	Identify or show evidence of at least ten kinds of native plants found in your community.	
F7a.	Discuss when you should and should not use lashing.	
F7b.	Demonstrate tying the timber hitch and clove hitch and their use in square, shear, and diagonal lashings by joining two or more poles or staves together.	
F7c.	Use a lashing to make a useful camp gadget.	
F8a.	Demonstrate tying the bowline knot and describe several ways it can be used.	
F8b.	Demonstrate bandages for a sprained ankle, and for injuries on the head, the upper arm, and the collarbone	
F8c	Show how to transport by yourself, and with one other person: a person from a smoke-filled room, and a person with a sprained ankle, for at least 25 yards.	
F8d	Tell the five most common signs of a heart attack. Explain the steps (procedures) in cardiopulmonary resuscitation (CPR).	
F9a	Tell what precautions must be taken for a safe trip afloat.	
F9b	Successfully complete the BSA Swimmers test.	
F9c.	With a helper and a practice victim, show a line rescue both as tender and rescuer. (The practice victim should be approximately 30 feet from shore in deep water.)	
F11	Tell someone who is eligible to join Boy Scouts, or an inactive Boy Scout, about your troop's activities. Invite him to a troop outing, activity, service project or meeting. Tell him how to join, or encourage the inactive Boy Scout to become active.	
F12	Describe the three things you should avoid doing related to use of the Internet. Describe a cyberbully and how you should respond to one	