

(2016+) Trail to First Class Card for _____

Patrol: _____

Initial Date _____

SCOUT RANK REQUIREMENTS

1. a. Repeat from memory the Scout Oath, Scout Law, Scout Motto, and Scout Slogan. In your own words, explain their meaning. _____
- b. Explain what Scout Spirit is. Describe some ways you have shown Scout Spirit by practicing the Scout Oath, Law, Motto, and Slogan. _____
- c. Demonstrate the Boy Scout Sign, Salute, and Handshake. Explain when they should be used. _____
- d. Describe the First Class Scout Badge, and tell what each part stands for. Explain the significance of the First Class Scout Badge. _____
- e. Repeat from memory the Outdoor Code. In your own words, explain what the Code means to you. _____
- f. Repeat from memory the Pledge of Allegiance. In your own words, explain its meaning. _____
2. After attending at least one Boy Scout Troop Meeting, do the following: _____
 - a. Describe how the Scouts in the Troop provide its leadership. _____
 - b. Describe the four steps of Boy Scout advancement. _____
 - c. Describe what the Boy Scout ranks are and how they are earned. _____
 - d. Describe what Merit Badges are and how they are earned. _____
3. a. Explain the Patrol Method. Describe the types of patrols that are used in your troop. _____
- b. Become familiar with your Patrol Name, Emblem, Flag and Yell. Explain how these items create Patrol Spirit. _____
4. a. Show how to tie a square knot, two half-hitches, and a taut-line hitch. Explain how each knot is used. _____
- b. Show the proper care of a rope by learning how to whip and fuse the ends of different kinds of rope. _____
5. Demonstrate your knowledge of pocketknife safety. _____
6. With your parent or guardian, complete the exercises in the pamphlet *How to Protect Your Children From Child Abuse: A Parent's Guide* and earn the Cyber Chip Award for your grade. _____
7. Since joining the Troop and while working on the Scout Rank, participate in a Scoutmaster's Conference. _____

TENDERFOOT REQUIREMENTS

1. a. Present yourself to your leader, prepared for an overnight camping trip. Show the personal and camping gear you will use. Show the right way to pack and carry it. _____
- b. Spend at least one night on a patrol or troop campout. Sleep in a tent you have helped pitch. _____
- c. Tell how you practiced the Outdoor Code on a campout/outing. _____
2. a. On the campout, assist in preparing one of the meals. Tell why it is important for each patrol member to share in meal preparation and cleanup. _____
- b. While on a campout, demonstrate the appropriate method of safely cleaning items used to prepare, serve, and eat a meal. _____
- c. Explain the importance of eating together as a patrol. _____
3. a. Demonstrate the practical use of the square knot. _____
- b. Demonstrate the practical use of two half-hitches. _____
- c. Demonstrate the practical use of the taut-line hitch. _____
- d. Demonstrate proper care, sharpening, and use of the knife, saw, and ax. Describe when each should be used. _____
4. a. Show first-aid for the following: _____
 - Simple cuts & scrapes _____ - Blisters on the hand & foot _____
 - Minor (thermal/heat) burns or scalds (superficial, or first-degree) _____
 - Bites or stings of insects & ticks _____ - Venomous snakebite _____
 - Nosebleed _____ -Frostbite & sunburn _____ -Choking _____
- b. Describe common poisonous or hazardous plants; identify any that grow in your local area or campsite location. Tell how to treat for exposure to them. _____
- c. Tell what you can do while on a campout or other outdoor activity to prevent or reduce the occurrence of injuries or exposure listed in Tenderfoot Reqs. 4a & 4b. _____
- d. Assemble a personal first-aid kit to carry with you on future campouts and hikes. Tell how each of item in the kit would be used. _____
5. a. Explain the importance of the buddy system as it relates to your personal safety on outings and in your neighborhood. Use the buddy system while on a troop/patrol outing. _____
- b. Describe what to do if you become lost on a hike or campout. _____
- c. Explain the rules of safe hiking, both on the highway and cross-country, during the day and at night. _____
6. a. Record your best in the following tests: _____
 - Push-ups: Start____; Finish____(Record the number done correctly in 60 seconds)
 - Sit-ups or Curl-ups: Start____; Finish____(Record the number done correctly in 60 sec.)
 - Back-saver sit-&-reach: Start____; Finish____(Record the distance stretched)
 - 1 mile Walk/Run Start__min __seconds; Finish__ min __seconds (Record the time)

- b. Develop & describe a plan for improvement in each of the activities listed in Tenderfoot Req. 6a. Keep track of your activity for at least 30 days. _____
- c. Show improvement (of any degree) in each activity listed in Tenderfoot Req. 6a after practicing **for 30 days**. _____
7. a. Demonstrate how to display, raise, lower, and fold the U.S. flag. _____
- b. Participate in a total of 1 hour of service in 1 or more service projects approved by your Scoutmaster. Explain how your service to others relates to the Scout Slogan & Motto. _____
8. Describe the steps in Scouting's Teaching EDGE method. Use the EDGE method to teach another person how to tie the square knot. _____
9. Demonstrate Scout Spirit by living the Scout Oath & Scout Law. Tell how you have done your duty to God and how you have lived four different points of the Scout Law in your everyday life. 1)_____ 2)_____ 3)_____ 4)_____
10. While working toward the Tenderfoot Rank, and after completing Scout Rank requirement 7, Participate in a Scoutmaster Conference. _____
11. Successfully complete your Test Board & Board of Review for the Tenderfoot Rank. _____

SECOND CLASS REQUIREMENTS

1. a. Since joining, participate in 5 separate troop/patrol activities (not including patrol/troop mtgs.), 3 of which include overnight camping. On at least 2 of the 3 campouts, spend the night in a tent that you pitch or other structure that you help erect (lean-to, snow cave, tepee, etc.) _____
- b. Explain the principles of Leave No Trace and tell how you practiced them on a campout or outing. This outing must be different from the one used for Tenderfoot Req. 1c. _____
- c. On one of these campouts, select a location for your patrol site and recommend it to your patrol leader/SPL/troop guide. Explain what factors you should consider when choosing a patrol site and where to pitch a tent. _____
2. a. Explain when it is appropriate to use a fire for cooking or other purposes and when it would not be appropriate to do so. _____
- b. Use the tools listed in Tenderfoot Req. 3d to prepare tinder, kindling, and fuel wood for a cooking fire. _____
- c. At an approved outdoor location/time, use the tinder, kindling, and fuel wood from Second Class Req. 2b to demonstrate how to build a fire. Unless prohibited by local fire restrictions, light the fire. After allowing the flames to burn safely for at least 2 min., safely extinguish the flames with minimal impact to the fire site. _____
- d. Explain when it is appropriate to use a lightweight stove and when it's appropriate to use a propane stove. Set up a lightweight or propane stove. Light it (unless local fire restrictions prevent it). Describe the safety procedures for using these types of stoves. _____
- e. On one campout, plan and cook one hot breakfast or lunch, selecting foods from MyPlate or the current USDA nutritional model. Explain the importance of good nutrition. Demonstrate how to transport, store, and prepare the foods you selected. _____
- f. Demonstrate the tying of a sheet bend knot. Describe a situation in which you would use it. _____
- g. Demonstrate the tying of a bowline knot. Describe a situation in which you would use it. _____
3. a. Demonstrate how a compass works and how to orient a map. Use a map to point out/tell the meaning of 5 map symbols. _____
- b. Using a compass and a map together, take a 5-mile hike (or 10 miles by bike) approved by your adult leader, your parent or guardian. You can also use the Guerilla War (when feasible). _____
- c. Describe some hazards or injuries that you might encounter on your hike and what you can do to prevent them. _____
- d. Demonstrate how to find directions during the day and at night w/out using a compass or electronic device. _____
4. Identify or show evidence of at least 10 kinds of wild animals (birds, mammals, reptiles, fish, mollusks) found in your local area/camping location. You may show evidence by tracks, signs or photos you've taken. _____
5. a. Tell what precautions must be taken for a safe swim. _____
- b. Demonstrate your ability to pass the BSA beginner test (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). _____
- c. Demonstrate water rescue methods by reaching with your arm or leg, by reaching with a suitable object, and by throwing lines and objects. _____
- d. Explain why swimming rescues should not be attempted when a reaching or throwing rescue is possible. Explain why and how a rescue swimmer should avoid contact with the victim. _____
6. a. Demonstrate first aid for the following: _____
 - Object in the eye _____ - Bite of a warm-blooded animal _____
 - Puncture wounds from a splinter, nail, and fishhook _____ - Shock _____
 - Serious burns (partial thickness, or second-degree) _____ - Heat exhaustion _____
 - Heatstroke, dehydration, hypothermia, and hyperventilation _____
- b. Show what to do for the "hurry" cases (stopped breathing, stroke, severe bleeding and ingested poisoning). _____
- c. Tell what you can do on a campout/hike to prevent/reduce the occurrence of injuries listed in Second Class Reqs. 6a and 6b. _____

- d. Explain what to do in case of accidents that require emergency response in the home/backcountry. Explain what constitutes an emergency & what information you need to provide to a responder. _____
- e. Tell how you should respond if you come across the scene of a vehicular accident. _____
7. a. After completing Tenderfoot Req. 6c, be physically active at least 30 min. each day for 5 days a week for 4 weeks. Keep track of your activities. _____
- b. Share your challenges/successes in completing Second Class Req. 7a. Set a goal for continuing to include physical activity as part of your daily life & develop a plan to for doing so. _____
- c. 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, and explain the dangers of substance addictions. Report to your Scoutmaster/other adult leader in your troop about which parts of the Scout Oath and Law relate to what you learned. _____
8. a. Participate in a flag ceremony for your school, religious institution, chartered organization, community, or Scouting activity. _____
- b. Explain what respect is due the Flag of the United States. _____
- c. With your parents or guardian, decide on a amount of money that you'd like to earn, based on the cost of a specific item you'd like to purchase. Develop a written plan to earn the agreed amount and follow that plan: it is acceptable to make changes to the plan along the way. Discuss any changes that were made and whether you met your goal. _____
- d. At a min. of 3 locations, compare the cost of the item for which you are saving to determine the best place to purchase it. After completing Second Class Req. 8c, decide if you will use the the amount you earned as planned, save all or part of it, or use it for another purpose. _____
- e. Participate in 2 hours of service through 1 or more service projects approved by your Scoutmaster. Tell how your service to others relates to the Scout Oath. _____
9. a. Explain the three R's of personal safety and protection. _____
- b. Describe bullying; tell what the appropriate response is to someone who is bullying you or another person. _____
10. a. Demonstrate Scout spirit by living the Scout Oath & Scout Law. Tell how you have done your duty to God and how you have lived four different points of the Scout Law (not to include those used for Tenderfoot Req. 9) in your everyday life.
1) _____ 2) _____ 3) _____ 4) _____
- b. While working toward the Second Class Rank, and after completing Tenderfoot Req. 10, participate in a Scoutmaster Conference. _____
- c. Successfully complete your Test Board & Board of Review for the Second Class Rank. _____

FIRST CLASS REQUIREMENTS

1. a. Since joining, participate in 10 separate troop/patrol activities (not incl. troop/patrol meetings), 6 of which include overnight camping. On at least 5 of the 6 campouts, spend the night in a tent that you pitch or other structure that you help erect (lean-to, snow cave, tepee, etc.) _____
- b. Explain each of the principles of Tread Lightly! And tell how you practiced them on a campout or outing. This outing must be different from the ones used for Tenderfoot Req. 1c and Second Class Req. 1b. _____
2. a. Help plan a menu for one of the above campouts that includes at least 1 breakfast, 1 lunch, and 1 dinner, and that requires cooking at least two of the meals. Tell how the menu includes the foods from MyPlate or the current USDA nutritional model & how it meets nutritional needs for the planned activity/campout. _____
- b. Using the menu planned in First Class Req. 2a, make a list showing a budget and food amounts needed to feed three or more boys. Secure the ingredients. _____
- c. Show which pans, utensils, and other gear will be needed to cook and serve these meals. _____
- d. Demonstrate the procedures to follow in the safe handling and storage of fresh meats, dairy products, eggs, vegetables, and other perishable food products. Show how to properly dispose of camp garbage, cans, plastic containers, and other rubbish. _____
- e. On one campout, serve as cook. Supervise your assistant(s) in using a stove or building a cooking fire. Prepare the breakfast, lunch, and dinner planned in First Class Req. 2a. Supervise the cleanup. _____
3. a. Discuss when you should and should not use lashings. _____
- b. Demonstrate tying the timber hitch and clove hitch. _____
- c. Demonstrate tying the square, shear, and diagonal lashings by joining two or more poles staves together. _____
- d. Use lashings to make a useful camp gadget or structure. _____
4. a. Using a map and compass, complete an orienteering course that covers at least 1 mile & requires measuring the height and/or width of designated items (tree, tower, canyon, ditch, etc.) _____
- b. Demonstrate how to use a handheld GPS unit, GPS app on a smartphone or other electronic navigation system. Use GPS to find your current location, a destination of your choice, and the route you will take to get there. Follow that route to arrive at your destination. _____
5. a. Identify or show evidence of at least 10 kinds of native plants found in your local area or campsite location. You may show evidence by identifying fallen leaves, or fallen fruit that you find in the field, or as part of a collection you've made, or by photographs you have taken. _____
- b. Identify 2 ways to obtain a weather forecast for an upcoming activity. Explain why weather forecasts are important when planning for an event. _____
- c. Describe at least 3 natural indicators of impending hazardous weather, the potential dangerous events that might result from such weather conditions, and the appropriate actions to take. _____
- d. Describe extreme weather conditions you might encounter in the outdoors in your local geographic area. Discuss how you would determine ahead of time the potential risk of these types of weather dangers, alternative planning considerations to avoid such risks, and how you would prepare for and respond to those weather conditions. _____
6. a. Successfully complete the BSA swimmer test. _____
- b. Tell what precautions must be taken for a safe trip afloat. _____
- c. Identify the basic parts of a canoe, kayak, or other boat. Identify the parts of a paddle or oar. _____
- d. Describe proper body positioning in a watercraft, depending on the type/size of vessel. Explain the importance of proper body position in the boat. _____
- e. With a helper and a practice victim, show a line rescue both as tender and as rescuer (The practice victim should be approximately 30 feet from shore in deep water.) _____
7. a. Demonstrate bandages for a sprained ankle and for injuries on the head, the upper arm, and the collarbone. _____
- b. By yourself and with a partner, show how to (a) transport a person from a smoke-filled room, and (b) transport (for at least 25 yards) a person with a sprained ankle. _____
- c. Tell the five most common signals of a heart attack. Explain the steps (procedures) in cardiopulmonary resuscitation (CPR). _____
- d. Tell what utility services exist in your home or meeting place. Describe potential hazards associated with these utilities and tell how to respond in emergency situations. _____
- e. Develop an emergency action plan for your home that includes what to do in the case of fire, storm, power outage, and water outage. _____
- f. Explain how to obtain potable water in an emergency. _____
8. a. After completing Second Class Req. 7a, be physically active at least 30 minutes each day for 5 days a week for 4 weeks. Keep track of your activities. _____
- b. Share your challenges/successes in completing First Class Req. 8a. Set a goal for continuing to include physical activity as part of your daily life. _____
9. a. Visit and discuss with a selected individual approved by your leader (elected official, judge, attorney, civil servant, teacher) your constitutional rights and obligations as a U.S. citizen. _____
- b. Investigate an environmental issue affecting your community. Share what you learned about that issue with your patrol/troop. Tell what, if anything, could be done by you or your community to address the concern. _____
- c. On a Scouting/family outing, take note of the trash and garbage you produce. Before your next similar outing, decide how you can reduce, recycle or repurpose what you take on that outing, and then put those plans into action. Compare your results. _____
- d. Participate in 3 hrs. of service through 1 or more service projects approved by your Scoutmaster. The project(s) must NOT be the same as were used for Tenderfoot Req. 7b & Second Class Req. 8e. Explain how your service to others relates to the Scout Law. _____
10. Tell someone who is eligible to join Boy Scouts, or an inactive Boy Scout, about your Scouting activities. Invite him to a outing, activity, service project, or meeting. Tell him how to join or encourage the inactive Boy Scout to become active. Share your efforts with your Scoutmaster or other adult leader. _____
11. a. Demonstrate Scout spirit by living the Scout Oath & Scout Law. Tell how you have done your duty to God and how you have lived four different points of the Scout Law (different from those used for previous ranks) in your everyday life.
1) _____ 2) _____ 3) _____ 4) _____
- b. While working toward the First Class Rank, and after completing Second Class Req. 11, participate in a Scoutmaster Conference. _____
- c. Successfully complete your Test Board & Board of Review for the First Class Rank. _____