1. Present yourself to your leader, properly dressed, before going on an overnight camping trip.
   a. Show the camping gear you will use.
      __________________________________________________________
      __________________________________________________________
      __________________________________________________________
      __________________________________________________________
      __________________________________________________________
   b. Show the right way to pack and carry it.

2. Spend at least one night on a patrol or troop campout. Sleep in a tent you have helped pitch.

3. On the campout, assist in preparing and cooking one of your patrol’s meals.
   a. Tell why it is important for each patrol member to share in meal preparation and cleanup, and explain the importance of eating together.
      __________________________________________________________
      __________________________________________________________
      __________________________________________________________
      __________________________________________________________
      __________________________________________________________
      __________________________________________________________
      __________________________________________________________

4. a. Demonstrate how to whip and fuse the ends of a rope.
   b. Demonstrate you know how to tie the following knots and tell what their uses are: two half hitches and the taut-line hitch
      a two half hitches __________________________________________
      __________________________________________________________
      a taut-line hitch. __________________________________________
      __________________________________________________________
c. Using the EDGE method, teach another person how to tie the square knot.

E

D

G

E

5. Explain the rules of safe hiking, both on the highway and cross-country, during the day and at night.

Safe hiking on the highway:

________________________________

________________________________

________________________________

________________________________

Safe hiking cross-country:

________________________________

________________________________

________________________________

________________________________

Safe hiking during the day:

________________________________

________________________________

________________________________

________________________________

Safe hiking at night:

________________________________

________________________________

________________________________

________________________________

Explain what to do if you are lost:

________________________________

________________________________

________________________________

________________________________

6. Demonstrate how to display, raise, lower, and fold the American flag.
7. Repeat from memory and explain in your own words the Scout Oath, Law, motto, and slogan.

Scout Oath: __________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
Scout Law: __________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
Scout motto: _________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
Scout slogan: _________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

8. Know your patrol name, give the patrol yell, and describe your patrol flag.

______________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

9. Explain the importance of the buddy system as it relates to your personal safety on outings and in your neighborhood.

On outings: _________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

In our neighborhood: _________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

Describe what a bully is and how you should respond to one.

______________________________________________________________
____________________________________________________________________
____________________________________________________________________
____________________________________________________________________
10. a. Record your best in the following tests:
   
   ● Push-ups  
   ● Pull-ups  
   ● Sit-ups  
   ● Standing long jump  
   ● 1/4 mile walk/run

b. Show improvement in the activities listed in requirement 10a after practicing for 30 days.

<table>
<thead>
<tr>
<th>Activity</th>
<th>First Test</th>
<th>Second Test</th>
<th>Improvement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Push-ups (number)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pull-ups (number)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sit-ups (number)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Standing Long Jump (Feet-inches)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1/4 mile walk/run (Minutes-seconds)</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

11. Identify local poisonous plants; tell how to treat for exposure to them.

   ______________________________________________________
   ______________________________________________________
   ______________________________________________________
   ______________________________________________________

12. a. Demonstrate how to care for someone who is choking.

   ______________________________________________________
   ______________________________________________________

b. Show first aid for the following:
   
   ● Simple cuts and scrapes
     ______________________________________________________
   
   ● Blisters on the hand and foot
     ______________________________________________________
   
   ● Minor (thermal/heat) burns or scalds (superficial, or first degree)
     ______________________________________________________
   
   ● Bites and stings of insects and ticks
     ______________________________________________________
   
   ● Venomous snakebite
     ______________________________________________________
   
   ● Nosebleed
     ______________________________________________________
   
   ● Frostbite and sunburn
     ______________________________________________________
13. Demonstrate Scout spirit by living the Scout Oath (Promise) and Scout Law in your everyday life.

14. Participate in a Scoutmaster conference.

15. Complete your board of review.

Notes:

Alternate Requirements for the Tenderfoot rank are available for Scouts with physical or mental disabilities if they meet the criteria listed in the Boy Scout Requirements book. Click here to learn more, and see the information from the Guide to Advancement at the end of this workbook.

The requirements for Tenderfoot, Second Class, and First Class ranks may be worked on simultaneously; however, these ranks must be earned in sequence.

Requirement resources can be found here:
Important excerpts from the ‘Guide To Advancement’, No. 33088:

Effective January 1, 2012, the ‘Guide to Advancement’ (which replaced the publication ‘Advancement Committee Policies and Procedures’) is now the official Boy Scouts of America source on advancement policies and procedures.

- [ Inside front cover, and 5.0.1.4 ] — Unauthorized Changes to Advancement Program

  No council, committee, district, unit, or individual has the authority to add to, or subtract from, advancement requirements. (There are limited exceptions relating only to youth members with disabilities. For details see section 10, “Advancement for Members With Special Needs.”)

- [ Inside front cover, and 7.0.1.1 ] — The ‘Guide to Safe Scouting’ Applies

  Policies and procedures outlined in the ‘Guide to Safe Scouting’, No. 34416, apply to all BSA activities, including those related to advancement and Eagle Scout service projects. [Note: Always reference the online version, which is updated quarterly.]

- [10.2.2.0] — Advancement for Boy Scouts and Varsity Scouts With Disabilities

  Members must meet current advancement requirements as written for merit badges, all ranks, and Eagle Palms, although some allowable substitutions or alternatives are specifically set forth in official literature. The member is expected to meet the requirements—no more and no less—and he is to do exactly what is stated. If it says, “Show or demonstrate,” that is what he must do; just “telling” isn’t enough. The same holds for words and phrases such as “make,” “list,” “in the field,” “collect,” “identify,” and “label.” Requests for alternate requirements for Tenderfoot, Second Class, and First Class ranks can be made using the information outlined below.

- [10.2.2.1] — Using Alternative Requirements

  A degree of modification in advancement requirements may be necessary to mainstream as many members with disabilities as possible. Thus a Scout with a permanent physical or mental disability (or a disability expected to last more than two years or beyond the 18th birthday) who is unable to complete all the requirements for Tenderfoot, Second Class, or First Class rank may, with his parent or guardian, submit a request to the council advancement committee to complete alternative requirements. Unless a Scout has been approved to register beyond the age of eligibility, then alternative requirements must be completed by the 18th birthday. The procedures appear below. This avenue is also available to youth with longer-term disabilities (such as those related to a severe injury) who want to continue advancing during recovery.

  Simple modifications very close to existing requirements need not be approved. A Scout in a wheelchair, for example, may meet the requirements for hiking by “wheeling” to a place of interest. Allowing more time and permitting special aids are also ways leaders can help Scouts with disabilities make progress. Modifications, however, must provide a very similar challenge and learning experience. The outcomes of the Scouting experience should be fun and educational, and not just relate to completing rank requirements that might place unrealistic expectations on a member who has a disability.

- [10.2.2.2] How to Apply for Alternative Requirements

  Before applying for alternative requirements, members must complete as many of those existing as possible. Once they have done their best to the limit of their abilities and resources, the unit leader or a troop committee member submits to the council advancement committee, a written request for alternate requirements for Tenderfoot, Second Class, and First Class ranks. It must show what has been completed, and suggest the alternates for those requirements the Scout cannot do.

  The request must be accompanied by supporting letters from the unit leader, a parent or guardian, and the member (if possible), as well as a written statement from a qualified health professional related to the nature of the disability. This may be a physician, neurologist, psychiatrist, psychologist, etc., or an educational administrator as appropriate. Statements must describe the disability; cover the Scout’s capabilities, limitations, and prognosis; and outline what requirements cannot be completed. Additional information such as Individualized Education Plans provided to parents by schools, and various treatment summaries and reports, may help an advancement committee make an informed decision.

  Normally, it is expected that youth with moderate learning disorders, ADD, ADHD, and so forth, can—albeit more slowly—complete standard requirements.

  The advancement committee reviews the request, using the expertise of professionals involved with youth who have disabilities. To make a fair determination, the committee may want to interview the Scout, his parent(s) or guardian(s), and the unit leader. The committee’s decision is then recorded and delivered to the Scout and the unit leader.