



# Tenderfoot Rank

## Workbook

This Workbook can help you organize your thoughts as you read your Boy Scout Handbook. You still must satisfy your Scoutmaster that you can *demonstrate* each skill and have *learned* the information. No one can add or subtract from the Boy Scout Requirements #33215. Merit Badge Workbooks and much more are below: [Online Resources](#).

Send comments to: [craig@craiglincoln.com](mailto:craig@craiglincoln.com). Requirements revised: 1/12008, Workbook updated: December 2008.

Scout's Name: \_\_\_\_\_ Troop: \_\_\_\_\_

1. Present yourself to your leader, properly dressed, before going on an overnight camping trip. \_\_\_\_\_

Show the camping gear you will use. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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. \_\_\_\_\_

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. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

5. Explain the rules of safe hiking, both on the highway \_\_\_\_\_

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\_\_\_\_\_

and cross-country, \_\_\_\_\_

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during the day \_\_\_\_\_

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and at night. \_\_\_\_\_

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Explain what to do if you are lost. \_\_\_\_\_

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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](#), \_\_\_\_\_

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[Law](#), \_\_\_\_\_

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1/4 mile walk/run (minutes:seconds)			
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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 - [click here to learn more](#). The requirements for Tenderfoot, Second Class, and First Class ranks may be worked on simultaneously; however, these ranks must be earned in sequence.

**Online Resources** (Use any Internet resource with caution and only with your parent's or guardian's permission.)

**Boy Scouts of America:** ▶ [scouting.org](#) ▶ [Guide to Safe Scouting](#) ▶ [Age-Appropriate Guidelines](#) ▶ [Safe Swim Defense](#)  
▶ [Scout](#) ▶ [Tenderfoot](#) ▶ [Second Class](#) ▶ [First Class](#) ▶ [Rank Videos](#) ▶ [Safety Afloat](#)

**Boy Scout Merit Badge Workbooks:** [usscouts.org](#) -or- [meritbadge.org](#) **Merit Badge Books:** [www.scoutstuff.org](#)  
[Guide to Safe Scouting](#) [Safe Swim Defense](#) [Safety Afloat](#) [Blood Borne Pathogens](#) [Youth Protection Training](#)

**Requirement Resources**

These resources and much more are at: [http://meritbadge.org/wiki/index.php/Tenderfoot\\_Rank](http://meritbadge.org/wiki/index.php/Tenderfoot_Rank)

**BSA Skill Lesson Videos****1-3: Camping:**

- **Camping Lesson Videos:** [BSA Skill Lesson Videos](#) - [Packing](#) - [Layering](#) - [Wet Weather](#) - [Campsite](#) - [Sleeping Bags](#) - [Pads](#) - [Tents](#) - [Water Purification](#) - [Leave No Trace](#)
- Other Camping links: [Leave No Trace](#) - [Outdoor Code](#) - [Camping Checklists](#) - [Cooking](#) - [USScouts: Camping](#) - [Camps Database](#) - [Types of Tents](#) - [Water Treatment](#) - [Campsite Selection](#) - [Types of Sleeping Bags](#) - [More Checklists](#)

**4: Knots:**

- **Knot Videos:** [Basics](#) - [Basics2](#) - [USScouts Knots](#) - [Animated knots](#) - [More Animated Knots](#) - [Still more](#)
- Other Knot Links: [Knots](#) - [Sea Scout Knots](#) - [Ropers Knots Page](#) - [Climbing Knots](#) - [Fishing knots](#) - [Knots Index](#)

**5: Hiking:**

- **Knot Videos:** [Basics](#) - [Basics2](#) - [USScouts Knots](#) - [Animated knots](#) - [More Animated Knots](#) - [Still more](#)
- Other Knot Links: [Knots](#) - [Sea Scout Knots](#) - [Ropers Knots Page](#) - [Climbing Knots](#) - [Fishing knots](#) - [Knots Index](#)

**7: [Scout Oath](#) - [Scout Law](#) - [Scout Motto](#) - [Scout Slogan](#)****9: [Buddy System](#)****10: Fitness:**

- **Lesson Videos:** [Warm Up](#) - [Stretching](#) - [Running](#) - [Pull-Ups](#) - [Push-Ups](#)

**12: First Aid:**

- **First Aid Lesson Videos:** [Basics](#) - [Basics2](#) - [Wilderness First Aid](#) - [CPR Basics](#) - [Venomous Snake Bite](#) - [First Aid Kits](#)
- Other First Aid Links: [Mayo Clinic First Aid Guide](#) - [Bleeding First Aid Video](#) - [Class 1 Exam](#) - [Class 3](#) - [Warning Signs of Cancer](#) - [Heart Disease](#)

**13:** What does [Scout Spirit](#) really mean? (It's not what you do in your troop!)

**14:** [Scoutmaster Conference](#) - Explains that you don't "pass" a Scoutmaster Conference and how to [appeal](#).

**15:** [Board of Review](#) - What can they ask? How long can it be? Is the [uniform](#) really required? How do you [appeal](#)?