

Rank Requirements: Tenderfoot

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.

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

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.

- a. Demonstrate how to whip and fuse the ends of a rope.
- b. Demonstrate that you know how to tie the following knots and tell what their uses are: two half hitches and the taut-line hitch.

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.

Demonstrate how to display, raise, lower, and fold the American flag.

Repeat from memory and explain in your own words the Scout Oath, Law, motto, and slogan.

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

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.

- a. Record your best in the following tests: Skill

	Current	After 30 days
Push Ups	_____	_____
Pull Ups	_____	_____
Sit Ups	_____	_____
Standing Long Jump	_____	_____
1/4mile walk/run	_____	_____

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

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

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 or stings of insects and ticks

- Venomous snakebite

- Nosebleed

- Frostbite and sunburn

Demonstrate Scout Spirit by living the Scout Oath and Scout Law in your everyday life.

Participate in a Scoutmaster conference.

Complete your board of review.