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Please submit errors, omissions, comments or suggestions about this **workbook** to: [Workbooks@USScouts.Org](mailto:Workbooks@usscouts.org?subject=Merit%20Badge%20Workbooks)

Comments or suggestions for changes to the **requirements** for the **rank** should be sent to: [Advancement.Team@Scouting.Org](mailto:Advancement.Team@Scouting.Org)

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CAMPING and OUTDOOR ETHICS

⬜ 1. a. Present yourself to your leader, prepared for an overnight camping trip.

⬜ Show the personal and camping gear you will use.

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⬜ 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.

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| --- | --- | --- | --- |
| Date: |  | Location: |  |

⬜ c. Tell how you practiced the Outdoor Code on a campout or outing.

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COOKING

⬜ 2. a. On the campout, assist in preparing one of your patrol's meals.

Tell why it is important for each patrol member to share in meal preparation and cleanup.

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⬜ 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..

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TOOLS

⬜ 3. a. Demonstrate a practical use of the square knot.

⬜ b. Demonstrate a practical use of two half-hitches.

⬜ c. Demonstrate a practical use of the taut-line hitch.

⬜ d. Demonstrate proper care, sharpening, and use of the knife, saw, and ax.

⬜ knife

⬜ saw

⬜ ax

⬜ Describe when each should be used.

⬜ knife

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⬜ saw

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⬜ ax

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FIRST AID and NATURE

⬜ 4. a. Show first aid for the following:

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| * Simple cuts and scrapes |  |
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| * Blisters on the hand and foot |  |
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| * Minor (thermal/heat) burns or scalds (superficial, or first degree) |  |
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| * Bites or stings of insects and ticks |  |
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|  |
| * Venomous snakebite |  |
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| * Nosebleed |  |
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| * Frostbite and sunburn |  |
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| * Choking |  |
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⬜ b. Describe common poisonous or hazardous plants; identify any that grow in your local area or campsite location.

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⬜ identify any that grow in your local area or campsite location.

⬜ Tell how to treat for exposure to them.

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⬜ c. Tell what you can do while on a campout or other outdoor activitiy to prevent or reduce the occurrence of injuries or exposure listed in Tenderfoot requirements 4a and 4b.

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| * Simple cuts and scrapes |  |
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| * Blisters on the hand and foot |  |
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| * Minor (thermal/heat) burns or scalds (superficial, or first degree) |  |
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| * Bites or stings of insects and ticks |  |
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| * Venomous snakebite |  |
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| * Nosebleed |  |
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| * Frostbite and sunburn |  |
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| * Choking |  |
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| * Poisonous or hazardous plants |  |
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⬜ d Assemble a personal first-aid kit to carry with you on future campouts and hikes.

⬜ Tell how each item in the kit would be used.

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HIKING

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

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| On outings: |  |
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| In your neighborhood: |  |
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⬜ Use the buddy system while on a troop or patrol outing.

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| --- | --- | --- | --- |
| Date: |  | Activity: |  |

⬜ b. Describe what to do if you become lost on a hike or campout.

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

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| Safe hiking on the highway: |  |
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| Safe hiking cross-country: |  |
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| Safe hiking during the day: |  |
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| Safe hiking at night: |  |
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FITNESS

⬜ 6. a. Record your best in the following tests:

● Pushups (Record the number done correctly in 60 seconds.)

● Situps or curl ups (Record the number done correctly in 60 seconds.)

● Back-saver sit-and-reach (Record the distance stretched.)

● 1 mile walk/run (Record the time.)

*(Record your results in the table below item 6c.)*

⬜ b. Develop and describe a plan for improvement in each of the activities listed in Tenderfoot requirement 6a. Keep track of your activity for at least 30 days.

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⬜ c. Show improvement (of any degree) in each activity listed in Tenderfoot requirement 6a after practicing for 30 days.

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| --- | --- | --- | --- |
|  | First Test | Second Test | Improvement |
| Activity : Date: |  |  |  |
| Pushups (number) |  |  |  |
| Situps or curl ups (number) |  |  |  |
| Back-saver sit-and-reach (distance) |  |  |  |
| 1 mile walk/run (time) |  |  |  |

CITIZENSHIP

⬜ 7. a. Demonstrate how to display, raise, lower, and fold the U.S. flag.

⬜ b. Participate in a total of one hour of service in one or more service projects approved by your Scoutmaster.

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| --- | --- | --- | --- | --- |
| Date | Start Time | End Time | Duration | Service Project |
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Explain how your service to others relates to the Scout slogan and Scout motto.

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LEADERSHIP

⬜ 8. Describe the steps in Scouting’s Teaching EDGE method.

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⬜ Use the Teaching EDGE method to teach another person how to tie the square knot.

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| --- | --- | --- | --- |
| Date: |  | Who was taught: |  |

SCOUT SPIRIT

⬜ 9. Demonstrate Scout spirit by living the Scout Oath and 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.

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|  | Point of the Scout Law |  |
| 1. |  |  |
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| 2. |  |  |
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| 3. |  |  |
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| 4. |  |  |
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|  | Duty to God |  |
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⬜ 10. While working toward the Tenderfoot rank, and after completing Scout rank requirement 7, participate in a Scoutmaster conference.

Date of Scoutmaster Conference:

⬜ 11. Successfully complete your board of review for the Tenderfoot rank.

**NOTES:**

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

**When working on the Scout, Tenderfoot, Second Class, or First Class ranks,  
 Scouts and Scouters should be aware of some vital information   
in the current edition of the *Guide to Advancement* (BSA publication 33088).  
Important excerpts from that publication can be downloaded from**[**http://usscouts.org/advance/docs/GTA-Excerpts-Scout-Tenderfoot-2nd-1st.pdf**](http://usscouts.org/advance/docs/GTA-Excerpts-Scout-Tenderfoot-2nd-1st.pdf)**.**

**You can download a complete copy of the *Guide to Advancement* .from** [**http://www.scouting.org/filestore/pdf/33088.pdf**](http://www.scouting.org/filestore/pdf/33088.pdf)**.**