



Hiking & Camping

T-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.

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

T-5. 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.

S-2.

- a. Since joining, have participated in five separate troop/patrol activities (other than troop/patrol meetings), two of which included camping overnight.
- b. On one of these campouts, select your patrol site and sleep in a tent that you pitched.
- c. On one campout, demonstrate proper care, sharpening, and use of the knife, saw, and ax, and describe
 1. when they should be used.
- d. Use the tools listed in requirement 2c to prepare tinder, kindling, and fuel for a cooking fire.
- e. Discuss when it is appropriate to use a cooking fire and a lightweight stove. Discuss the safety procedures for using both..
- f. Demonstrate how to light a fire and a lightweight stove.

F-3. Since joining, have participated in ten separate troop/patrol activities (other than troop/patrol meetings), three of which included camping overnight.

Knots & Lashings

T-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.

F-7.

- a. Discuss when you should and should not use lashings
- b. Demonstrate tying the timber hitch and clove hitch and their use in square, shear, and diagonal lashings by joining two or more poles or staves together.
- c. Use lashing to make a useful camp gadget.

F-8.

- a. Demonstrate tying the bowline knot and describe several ways it can be used.



Scout Spirit

T-6. Demonstrate how to display, raise, lower, and fold the American flag.

T-7. Repeat from memory and explain in your own words the Scout Oath, Law, motto, and slogan.

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

S-3. Participate in a flag ceremony for your school, religious institution, chartered organization, community, or troop activity.

S-4. Participate in an approved (minimum of one hour) service project.

S-8. 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.

Swimming & Physical Fitness

T-9. Explain why we use the buddy system in Scouting.

T-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.

S-7.

a. Tell what precautions must be taken for a safe swim.

b. Demonstrate your ability to jump feetfirst 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. Explain why swimming rescues should not be attempted when a reaching or throwing rescue is possible, and explain why and how a rescue swimmer should avoid contact with the victim.

F-9.

a. Tell what precautions must be taken for a safe trip afloat.

b. Successfully complete the BSA swimmer test.

c. With a helper and a practice victim, show a line rescue both as tender and rescuer. (The practice victim should be approximately 30 feet from shore in deep water.)



First Aid

T-12.

a. Demonstrate the Heimlich maneuver and tell when it is used.

b. Show first aid for the following:

- Simple cuts and scratches
- Blisters on the hand and foot
- Minor burns or scalds (first degree)
- Bites and stings of insects and ticks
- Poisonous snakebite
- Nosebleed
- Frostbite and sunburn

S-6.

a. Show what to do for "hurry" cases of stopped breathing, serious bleeding, and internal poisoning.

b. Prepare a personal first aid kit to take with you on a hike.

c. Demonstrate first aid for the following:

- Object in the eye
- Bite of a suspected rabid animal
- Puncture wounds from a splinter, nail, and fishhook
- Serious burns (second degree)
- Heat exhaustion
- Shock
- Heatstroke, dehydration, hypothermia, and hyperventilation

F-8

b. Demonstrate bandages for a sprained ankle. and for injuries on the head, the upper arm, and the collarbone.

c. Show how to transport by yourself, and with one other person, a person: from a smoke-filled room with a sprained ankle, for at least 25 yards.

d. Tell the five most common signs of a heart attack. Explain the steps (procedures) in cardiopulmonary resuscitation (CPR).

Map & Compass

S-1.

a. Demonstrate how a compass works and how to orient a map. Explain what map symbols mean.

b. Using a compass and a map together, take a 5-mile hike (or 10 miles by bike) approved by your adult leader and your parent or guardian.*

F-1. Demonstrate how to find directions during the day and at night without using a compass.

F-2. Using a compass, complete an orienteering course that covers at least one mile and requires measuring the height and/or width of designated items (tree, tower, canyon, ditch, etc.)



Cooking

T-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.

S-2g. On one campout, plan and cook over an open fire one hot breakfast or lunch for yourself, selecting foods from the food pyramid. Explain the importance of good nutrition. Tell how to transport, store, and prepare the foods you selected.

F-4

- a. Help plan a patrol menu for one campout that includes at least one breakfast, one lunch, and one dinner and that requires cooking at least two meals. Tell how the menu includes the foods from the food pyramid and meets nutritional needs.
- b. Using the menu planned in requirement 4a, make a list showing the cost and food amounts needed to feed three or more boys and secure the ingredients.
- c. Tell which pans, utensils, and other gear will be needed to cook and serve these meals.
- d. Explain the procedures to follow in the safe handling and storage of fresh meats, dairy products, eggs, vegetables, and other perishable food products. Tell how to properly dispose of camp garbage, cans, plastic containers, and other rubbish.
- e. On one campout, serve as your patrol's cook. Supervise your assistant(s) in using a stove or building a cooking fire. Prepare the breakfast, lunch, and dinner planned in requirement 4a. Lead your patrol in saying grace at the meals and supervise cleanup.

Plants & Animals

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

S-5. Identify or show evidence of at least ten kinds of wild animals (birds, mammals, reptiles, fish, mollusks) found in your community.

F-6. Identify or show evidence of at least ten kinds of native plants found in your community.