

rank	req #	req a	requirement	topic
Tenderfoot	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.	camping
Tenderfoot	2	-	Spend at least one night on a patrol or troop campout. Sleep in a tent you have helped pitch.	camping
2nd Class	2	-	Discuss the principles of Leave No Trace.	camping
2nd Class	3	a	Since joining, have participated in five separate troop/patrol activities (other than troop/patrol meetings), two of which included camping overnight.	camping
2nd Class	3	b	On one of these campouts, select your patrol site and sleep in a tent that you pitched. Explain what factors you should consider when choosing a patrol site and where to pitch a tent.	camping
2nd Class	3	g	On one campout, plan and cook one hot breakfast or lunch, selecting foods from the food guide pyramid. Explain the importance of good nutrition. Tell how to transport, store, and prepare the foods you selected.	camping
1st Class	3	-	Since joining, have participated in 10 separate troop/patrol activities (other than troop/patrol meetings), three of which included camping overnight. Demonstrate the principles of Leave No Trace on these outings.	camping
1st Class	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 of the meals. Tell how the menu includes the foods from the food pyramid and meets nutritional needs.	camping
1st Class	4	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.	camping
1st Class	4	c	Tell which pans, utensils, and other gear will be needed to cook and serve these meals.	camping
1st Class	4	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.	camping
1st Class	4	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.	camping
Tenderfoot	6	-	Demonstrate how to display, raise, lower, and fold the American flag.	citizenship
Tenderfoot	13	-	Demonstrate Scout spirit by living the Scout Oath (Promise) and Scout Law in your everyday life. Discuss four specific examples of how you have lived the points of the Scout Law in your daily life.	citizenship
2nd Class	4	-	Participate in a flag ceremony for your school, religious institution, chartered organization, community, or troop activity. Explain to your leader what respect is due the flag of the United States.	citizenship
2nd Class	11	-	Demonstrate Scout spirit by living the Scout Oath (Promise) and Scout Law in your everyday life. Discuss four specific examples (different from those used for Tenderfoot requirement 13) of how you have lived the points of the Scout Law in your daily life.	citizenship
1st Class	5	-	Visit and discuss with a selected individual approved by your leader (elected official, judge, attorney, civil servant, principal, teacher) your constitutional rights and obligations as a U.S. citizen.	citizenship
1st Class	12	-	Demonstrate Scout spirit by living the Scout Oath (Promise) and Scout Law in your everyday life. Discuss four specific examples (different from those used in Tenderfoot requirement 13 and Second Class requirement 11) of how you have lived the points of the Scout Law in your daily life.	citizenship
Tenderfoot	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.	cooking
2nd Class	3	e	Discuss when it is appropriate to use a cooking fire and a lightweight stove. Discuss the safety procedures for using both.	fire
2nd Class	3	f	In an approved place and at an approved time, demonstrate how to build a fire and set up a lightweight stove. Note: Lighting the fire is not required.	fire
Tenderfoot	12	a	Demonstrate how to care for someone who is choking.	first aid
Tenderfoot	12	b	Show first aid for the following:	first aid
Tenderfoot	12	b	* Simple cuts and scrapes	first aid
Tenderfoot	12	b	* Blisters on the hand and foot	first aid
Tenderfoot	12	b	* Minor (thermal/heat) burns or scalds (superficial, or first degree)	first aid
Tenderfoot	12	b	* Bites and stings of insects and ticks	first aid
Tenderfoot	12	b	* Venomous snakebite	first aid
Tenderfoot	12	b	* Nosebleed	first aid
Tenderfoot	12	b	* Frostbite and sunburn	first aid
2nd Class	7	a	Show what to do for "hurry" cases of stopped breathing, serious bleeding, and ingested poisoning.	first aid
2nd Class	7	b	Prepare a personal first aid kit to take with you on a hike.	first aid
2nd Class	7	c	Demonstrate first aid for the following:	first aid
2nd Class	7	c	* Object in the eye	first aid
2nd Class	7	c	* Bite of a suspected rabid animal	first aid
2nd Class	7	c	* Puncture wounds from a splinter, nail, and fishhook	first aid
2nd Class	7	c	* Serious burns (partial thickness, or second-degree)	first aid
2nd Class	7	c	* Heat exhaustion	first aid
2nd Class	7	c	* Shock	first aid
2nd Class	7	c	* Heatstroke, dehydration, hypothermia, and hyperventilation	first aid
1st Class	8	a	Demonstrate tying the bowline knot and describe several ways it can be used.	first aid
1st Class	8	b	Demonstrate bandages for a sprained ankle and for injuries on the head, the upper arm, and the collarbone.	first aid
1st Class	8	c	Show how to transport by yourself, and with one other person, a person:	first aid
1st Class	8	c	* From a smoke-filled room	first aid
1st Class	8	c	* With a sprained ankle, for at least 25 yards	first aid
1st Class	8	d	Tell the five most common signs of a heart attack. Explain the steps (procedures) in cardiopulmonary resuscitation (CPR).	first aid
Tenderfoot	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.	hiking
Tenderfoot	11	-	Identify local poisonous plants; tell how to treat for exposure to them.	hiking
2nd Class	1	a	Demonstrate how a compass works and how to orient a map. Explain what map symbols mean.	hiking
2nd Class	1	b	Using a compass and a map together, take a five-mile hike (or 10 miles by bike) approved by your adult leader and your parent or guardian.*	hiking
2nd Class	6	-	Identify or show evidence of at least 10 kinds of wild animals (birds, mammals, reptiles, fish, mollusks) found in your community.	hiking
1st Class	1	-	Demonstrate how to find directions during the day and at night without using a compass.	hiking
1st Class	2	-	Using a map and 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.)	hiking
1st Class	6	-	Identify or show evidence of at least 10 kinds of native plants found in your community.	hiking

2nd Class	3 c	Demonstrate proper care, sharpening, and use of the knife, saw, and ax, and describe when they should be used.	knife
2nd Class	3 d	Use the tools listed in requirement 3c to prepare tinder, kindling, and fuel for a cooking fire.	knife
Tenderfoot	4 a	Demonstrate how to whip and fuse the ends of a rope.	knots
Tenderfoot	4 b	Demonstrate you know how to tie the following knots and tell what their uses are: two half hitches and the taut-line hitch.	knots
Tenderfoot	4 c	Using the EDGE method, teach another person how to tie the square knot.	knots
1st Class	7 a	Discuss when you should and should not use lashings. Then 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.	knots
1st Class	7 b	Use lashing to make a useful camp gadget.	knots
2nd Class	10 -	Earn an amount of money agreed upon by you and your parent, then save at least 50 percent of that money.	personal finance
Tenderfoot	10 a	Record your best in the following tests:	physical fitness
Tenderfoot	10 a	* Push-ups	physical fitness
Tenderfoot	10 a	* Pull-ups	physical fitness
Tenderfoot	10 a	* Sit-ups	physical fitness
Tenderfoot	10 a	* Standing long jump	physical fitness
Tenderfoot	10 a	* 1/4 mile walk/run	physical fitness
Tenderfoot	10 b	Show improvement in the activities listed in requirement 10a after practicing for 30 days.	physical fitness
Tenderfoot	9 -	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.	safety
2nd Class	9 a	a.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, and explain the dangers of substance addictions.	safety
2nd Class	9 b	Explain the three R's of personal safety and protection.	safety
1st Class	11 -	Describe the three things you should avoid doing related to the use of the Internet. Describe a cyberbully and how you should respond to one.	safety
Tenderfoot	7 -	Repeat from memory and explain in your own words the Scout Oath, Law, motto, and slogan.	scout
Tenderfoot	8 -	Know your patrol name, give the patrol yell, and describe your patrol flag.	scout
1st Class	10 -	Tell someone who is eligible to join Boy Scouts, or an inactive Boy Scout, about your troop's activities. Invite him to a troop outing, activity, service project, or meeting. Tell him how to join, or encourage the inactive Boy Scout to become active.	scout
2nd Class	5 -	Participate in an approved (minimum of one hour) service project.	service
2nd Class	8 a	Tell what precautions must be taken for a safe swim.	swim
2nd Class	8 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.	swim
2nd Class	8 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.	swim
1st Class	9 a	Tell what precautions must be taken for a safe trip afloat.	swim
1st Class	9 b	Successfully complete the BSA swimmer test.*	swim
1st Class	9 c	With a helper and a practice victim, show a line rescue both as tender and as rescuer. (The practice victim should be approximately 30 feet from shore in deep water.)	swim