

## Troop 31 – First Class Trail

### Camping

- T1. Present Yourself
- T2. Pitch tent & camp 1 night
- S2b. Pitch Tent
- S2c. Totin Chip
- S2d. Prepare Fire

### Hiking

- T5. Rules of Safe Hike – What to do if lost
- S1a. Use Map & Compass
- S1b. 5 mile hike
- S5. Identify 10 animals
- F1. Find your way if lost day or night
- F2. 1 mile orienteering course
- F6. Identify 10 plants

### Cooking

- T3. Prepare meal
- S2e. Fire or Stove?
- S2f. Light fire and stove
- S2g. Cook over fire – Food Safety
- F4a. Plan & Cook Breakfast, lunch and dinner
- F4b. Grocery list and budget
- F4c. What utensils needed to prepare F4b?
- F4d. Safe handling of food
- F4e. Cook 3 meals and say grace

### Knots

- T4a. Whip & Fuse Rope
- T4b. Two Half Hitches & Taut Line
- F7a. Lashings
- F7b. Timber Hitch and Clove Hitch
- F7c. Make camp gadget
- F8a. Bowline

### Personal Safety

- \* T9. Buddy System
- T10a. Exercise
- T10b. Exercise
- S7a. Safe Swim
- \* S8a. Anti-drug Program
- \* S8b. 3 R's of personal safety
- F9a. Safe trip afloat
- \* F12. Internet Safety

### Flags

- T6. Raise, Lower and Fold Flag
- T7. Oath, Law, Motto, Slogan
- T8. Patrol Name, Yell and Flag
- S3. Flag Ceremony

### First Aid

- T11. Poison Plants and what to do
- \* T12a. Choking
- \* T12b. First Aid
- S6a. First Aid
- S6b. First Aid Kit
- S6c. First Aid
- F8b. Bandages
- F8c. Transport person
- F8d. 5 signs of Heart Attack

### On Your Own

- T13 Demonstrate Scout Spirit
- T14 Scoutmaster Conference
- T15 Board of Review
- S2a. 5 activities
- S4. 1 hour of service
- S7b Swim
- S7c Water Rescue
- S9 Demonstrate Scout Spirit
- S10 Scoutmaster Conference
- S11 Board of Review
- F3. 10 activities
- F5. Visit leader about civil rights
- F9b. Swim test
- F9c. Water Rescue
- F10 Demonstrate Scout Spirit
- \* F11. Bring a friend
- F13 Scoutmaster Conference
- F14 Board of Review

\* = requirement change or reworded, or new requirement added since the last printing of the handbook

## Troop 31 – First Class Trail

### Camping

**Tenderfoot #1.** Present yourself to a 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. (Pages 224 – 230)

**Tenderfoot #2** Spend at least one night on a patrol or a troop campout. Sleep in a tent you have helped pitch. (Pages 238 – 239)

**Second Class #2b.** On one of the campouts, select your patrol site and sleep in a tent that you pitched. (Pages 232-233, 238-239)

**Second Class #2c.** On one campout, demonstrate proper care, sharpening, and use of the knife, saw, and ax, and describe when they should be used. (Pages 77 – 85)

**Second Class #2d.** Use the tools listed in 2c to prepare tinder, kindling, and fuel for a cooking fire. (Pages 249 – 250)

### Hiking

**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. (Pages 38 – 41)

**Second Class #1a.** Demonstrate how a compass works and how to orient a map. Explain what map symbols mean. (Pages 67 – 72)

**Second Class #1b.** Using a compass and a map together, take a 5 mile hike or 10 mile bike ride approved by your adult leader and your parents. (Pages 72 – 74)

**Second Class #5.** Identify or show evidence of at least 10 kinds of wild animals found in your community. (Pages 89 – 95)

**First Class #1.** Demonstrate how to find directions during the day and night without using a compass. (Pages 114 – 117)

**First Class #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. (Pages 118 – 125)

**First Class #6.** Identify or show evidence of at least 10 kinds of native plants found in your community. (Pages 131 – 136)

## Troop 31 – First Class Trail

### Cooking

**Tenderfoot #3.** On a 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. (Pages 265 – 281)

**Second Class #2e.** Discuss when it is appropriate to use a cooking fire and a lightweight stove. Discuss the safety procedures for using both. (Pages 248 – 255)

**Second Class #2f.** Demonstrate how to light a fire and a lightweight stove. (Pages 249 – 255)

**Second Class #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. (Pages 257 – 268)

**First Class #4a.** 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. (Pages 257 – 280)

**First Class #4b.** Using the menu planned in 4a, make a list showing the costs and food amounts needed to feed three or more boys and secure the ingredients'. (Page 260)

**First Class #4c.** Tell which pans, utensils and other gear will be needed to cook and serve these meals. (Page 264)

**First Class #4d.** 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. (Pages 258, 263, 281)

**First Class #4e.** On one campout, serve as your patrol's cook. Supervise your assistants in using a stove or building a cooking fire. Prepare the breakfast, lunch and dinner planned in 4a. Lead your patrol in saying grace at the meals and supervise cleanup. (Pages 129, 248 – 251, 253 – 255, 265 – 280)

## **Troop 31 – First Class Trail**

### **Knots**

**Tenderfoot #4a.** Demonstrate how to whip and fuse the ends of a rope. (Page 34)

**Tenderfoot #4b.** Demonstrate that you know how to tie the following knots and tell what their uses are: two half hitches and the taut line hitch. (Pages 36 – 37)

**First Class #7a.** Discuss when you should and should not use lashings. (Page 132)

**First Class #7b.** 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. (Pages 138 – 143)

**First Class #7c.** Use lashings to make a useful camp gadget. (Pages 144 – 145)

**First Class #8a.** Demonstrate tying the bowline knot and describe several ways it can be used. (Pages 148 – 149)

### **Flags**

**Tenderfoot #6.** Demonstrate how to display, raise, lower, and fold the American flag. (Pages 42 – 44)

**Tenderfoot #7.** Repeat from memory and explain in your own words the Scout Oath, Law, Motto, and Slogan. (Pages 45 – 55)

**Tenderfoot #8.** Know your patrol name, give the patrol yell, and describe your patrol flag. (Page 56)

**Second Class #3.** Participate in a flag ceremony for your school, religious institution, chartered organization, community or troop activity. (Page 87)

## Troop 31 – First Class Trail

### Personal Safety

**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. (Page 57)

**Tenderfoot #10a.** Record your best in the following tests: Push-ups, pull-ups, sit-ups, standing long jump, and ¼ mile walk/run. Retest yourself in 30 days and record. (Page 57)

**Tenderfoot #10b.** Show improvement in the activities listed in #10a after practicing for 30 days. (Page 57 - 58)

**Second Class #7a.** Tell what precautions must be taken for a safe swim. (Page 99)

**Second Class #8a.** Participate in a school, community, or a 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.

**Second Class #8b.** Explain the three R's for personal safety and protection.

**First Class #9a.** Tell what precautions must be taken for a safe trip afloat. (Pages 153 – 154)

**First Class #12.** Describe the three things you should avoid doing related to use of the Internet. Describe a cyberbully and how you should respond to one.

## Troop 31 – First Class Trail

### First Aid

**Tenderfoot #11.** Identify local poisonous plants; tell how to treat for exposure to them. (Page 59)

**Tenderfoot #12a.** Demonstrate how to care for someone who is choking. (Pages 296 – 297)

**Tenderfoot #12b.** Show first aid for the following: Simple cuts and scratches, 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, and frostbite and sunburn. (Pages 304 – 324)

**Second Class #6a.** Show what to do for “hurry” cases of stopped breathing, serious bleeding, and ingested poisoning. (Pages 293 – 295, 299 – 302)

**Second Class #6b.** Prepare a personal first aid kit to take with you on a hike. (Page 289)

**Second Class #6c.** 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 (partial thickness, or second degree), heat exhaustion, shock, heatstroke, dehydration, hypothermia, and hyperventilation. (Pages 303, 305, 306, 312, 314, 319, 320 – 323)

**First Class #8b.** Demonstrate bandages for sprained ankle and for injuries on the head, the upper arm, and the collarbone. (Pages 309, 316 – 317)

**First Class #8c.** 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. (Pages 326 – 327)

**First Class #8d.** Tell the five most common signs of a heart attack. Explain the steps of CPR. (Page 298)

## *Troop 31 – First Class Trail*

### **On Your Own**

**Tenderfoot #13.** Demonstrate scout spirit by living the Scout Oath and Scout Law in your everyday life. (Page 60)

**Tenderfoot #14.** Participate in a Scoutmaster conference. (Page 60)

**Tenderfoot #15.** Complete your Board of Review. (Page 61)

**Second Class #2a.** Since joining, have participated in 5 separate troop/patrol activities (other than meetings) two of which included camping overnight. (Page 75)

**Second Class #4.** Participate in an approved (minimum of one hour) service project. (Page 88)

**Second Class #7b.** Demonstrate your ability to jump feet first 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. (Pages 100 – 104)

**Second Class #7c.** 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 method is possible, and explain why and how a rescue swimmer should avoid contact with the victim. (Pages 104 – 107)

**Second Class #9.** Demonstrate scout spirit by living the Scout Oath and Scout Law in your everyday life. (Pages 108 - 109)

**Second Class #10.** Participate in a Scoutmaster conference. (Page 109)

**Second Class #11.** Complete your Board of Review.

**First Class #3.** Since joining, have participated in 10 separate troop/patrol activities (other than meetings) three of which included camping overnight. (Pages 126 - 127)

**First Class #5.** Visit and discuss with a selected individual approved by your leader (elected official, judge, attorney, civil servant, principal, or teacher) your Constitutional rights and obligations as a U.S. citizen. (Page 130)

**First Class #9b.** Successfully complete the BSA swimmer test. (Pages 154 – 159)

**First Class #9c.** 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. (Pages 162 – 163)

## **Troop 31 – First Class Trail**

**First Class #10.** Demonstrate scout spirit by living the Scout Oath and Scout Law in your everyday life. (Page 164)

**First Class #11.** 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.

**First Class #13.** Participate in a Scoutmaster conference.

**First Class #14.** Complete your Board of Review.