ScoutTrax

Tenderfoot - 9/2/2008

Category	Requirements	Owen	Michael G	Ted	Eddy	Nick	Gus	Miguel	McCarty	Robby	Ben	Ian	Michael S	Thomas	Ryan	Gabe
Camping	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.	A	A	A	A	A		A	A	A	A	A	A		A	A
Camping	2. Spend at least one night on a patrol or troop campout. Sleep in a tent you have helped pitch.	A	A	A	A	A		A	A	A	A	A	A		A	A
Cooking/Fires	3. On 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	A	A	A	A		A	A	A	A	A	A		A	A
Knots/Lashing	4a. Demonstrate how to whip and fuse the ends of a rope.	A	A	A		A	A		A	A	A		A			
Knots/Lashing	4b. Demonstrate you know how to tie the following knots and tell what their uses are: two half hitches and the tautline hitch.	A	A		A	A			A	A		A	A		A	A
Hiking	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.	A	A			A	A		A	A	A		A		A	A
Duty	6. Demonstrate how to display, raise, lower, and fold the American flag.	A			A	A			A	A		A			A	
Duty	7. Repeat from memory and explain in your own words the Scout Oath, Law, Motto, and Slogan	A	A				A		A	A	A					A
Duty	8. Know your patrol name, give the patrol yell, and describe your patrol flag.	A	A				A				A					A
Personal Safety	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.	A	A	A	A	A		A	A	A		A	A			A
Fitness	10a. Record your best in the following tests: push-ups, pull-ups, sit-ups, standing long jump, 1/4 mile walk/run.	A	A		A	A			A	A		A	A			A
Fitness	10b. Show improvement in the activities listed in requirement 10a after practicing for 30 days.			A		A					A		A		A	
Hiking	11. Identify local poisonous plants; tell how to treat for exposure to them.	A	A	A	A	A		A	A	A		A			A	A
First Aid	12a. Demonstrate the Heimlich maneuver and tell when it is	A		A	A		A		A	A			A		A	A
First Aid	12b. 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.	A		A	A		A		A	A			A		A	A
Duty	13. Demonstrate scout spirit by living the Scout Oath (Promise) and Scout Law in your everyday life.															
Troop Review	14. Participate in a Scoutmaster conference.															
Troop Review	15. Complete your board of review.															
	Board of Review date:															