


LEWIS & CLARK SCOUT CAMP
FIRST CLASS TRAIL

Tenderfoot

- 1.) 4a. Demonstrate how to **whip and fuse** the ends of a rope.
- 2.) 4b. Demonstrate you know how to tie the following knots and tell what their uses are: **two half hitches** and the **taut-line hitch**.
- 2.) 4c. Using the **EDGE method**, teach another person how to tie the square knot. ☒
- 3.) 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.
- 4.) 6. Demonstrate how to **display, raise, lower, and fold the American flag**.
- 5.) 7. Repeat from memory and explain in your own words the **Scout Oath, Law, motto,** and **slogan**.
- 6.) 8. Know your **patrol** name, give the patrol yell, and describe your patrol flag.
- 7.) 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.
- 8.) 11. Identify local poisonous plants; tell how to treat for exposure to them.
- 9.) 12a. Demonstrate how to care for someone who is choking.
- 9.) 12b. Show first aid for the following:
 - Simple cuts and scrapes
 - Blisters on the hand and foot
 - Minor (thermal/heat) burns or scalds (superficial, or first degree)
 - Bites and stings of insects and ticks
 - Venomous snakebite
 - Nosebleed
 - Frostbite and sunburn

Second Class

- 10.) 1a. Demonstrate how a compass works and how to orient a map. Explain what map symbols mean.
- 11.) 1b. Using a compass and a map together, take a five mile hike (or 10 miles by bike) approved by your leader and your parent or guardian. * 
- 12.) 2. Discuss the principles of [Leave No Trace](#).
- 13.) 3c. Demonstrate proper care, sharpening, and use of the knife, saw, and ax, and describe when they should be used.

- 13.) 3d. Use the tools listed in requirement 3c to prepare tinder, kindling, and fuel for a cooking fire.
- 14.) 3e. Discuss when it is appropriate to use a cooking fire and a lightweight stove.
Discuss the safety procedures for using both.
- 14.) 3f. 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.
- 15.) 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.
- 16.) 6. Identify or show evidence of at least 10 kinds of wild animals (birds, mammals, reptiles, fish, mollusks) found in your community.
- 17.) 7a. Show what to do for “hurry” cases of stopped breathing, serious bleeding and ingested poisoning.
- 17.) 7c. 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
- 18.) 8a. Tell what precautions must be taken for a [safe swim](#).
- 19.) 9a. 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.
- 19.) 9b. Explain the three R's of personal safety and protection.

First Class

- 20.) 1. Demonstrate how to find directions during the day and at night without using a compass.
- 20.) 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.)
- 21.) 6. Identify or show evidence of at least 10 kinds of native plants found in your community.
- 22.) 7a. 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.
- 22.) 7b. Use lashing to make a useful camp gadget.
- 23.) 8a. Demonstrate tying the [bowline](#) knot and describe several ways it can be used.
- 24.) 8b. Demonstrate bandages for a sprained ankle and for injuries on the head, the upper arm, and the collarbone.
- 24.) 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
- 25) 8d. Tell the five most common signs of a heart attack. Explain the steps (procedures) in cardiopulmonary resuscitation (CPR).
- 26.) 9a. Tell what precautions must be taken for a [safe trip afloat](#).
- 26.) 11. Describe the three things you should avoid doing related to the use of the Internet. Describe a cyber bully and how you should respond to one.