

# Tenderfoot Requirements Worksheet



Scout Name \_\_\_\_\_ Troop \_\_\_\_\_

No.		Leader Date and Initial
1.	<p>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.</p> <p><i>Which leader did you show that you were properly dressed?</i> _____</p> <p><i>Show and list the camping gear that you will be using.</i> _____</p> <p>_____</p> <p>_____</p> <p><i>Describe and show the right way to pack and carry your camping gear</i> _____</p> <p>_____</p> <p><i>Are straps or bungee cords better for strapping your sleeping bag on a backpack?</i> _____</p> <p>_____</p> <p><i>Why?</i> _____</p>	
2.	<p>Spend at least one night on a patrol or troop campout. Sleep in a tent you have helped pitch.</p> <p><i>Which campout did you attend?</i> _____</p> <p><i>Who helped you pitch the tent?</i> _____</p> <p><i>What did you see on the campout?</i> _____</p> <p><i>What did you eat?</i> _____</p> <p><i>How was the weather?</i> _____</p> <p><i>What did you like the most about the campout?</i> _____</p> <p>_____</p> <p><i>What did you not like?</i> _____</p> <p><i>What will you do differently the next time?</i> _____</p> <p>_____</p>	
3.	<p>On the campout, assist in preparing and cooking one of your patrol's meals.</p> <p><i>Which campout did you attend?</i> _____</p> <p><i>What was the meal that you assisted in preparing?</i> _____</p> <p>Tell why it is important for each patrol member to share in meal preparation and cleanup, _____</p> <p>_____</p> <p>and explain the importance of eating together . _____</p> <p>_____</p>	

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4a.	<p><b>Demonstrate how to whip and fuse the ends of a rope.</b></p> <p><i>Describe how you whipped the ends of a rope</i> _____                      _____                      _____</p> <p><i>Describe how you fused the ends of a rope</i> _____                      _____                      _____</p>	
4b.	<p><b>Demonstrate that you know how to tie the following knots and tell what their uses are:</b></p> <p>Two half hitches uses are: _____</p> <p>Taut line hitches uses are: _____</p>	
5.	<p>Explain the rules of safe hiking:</p> <p>On the highway _____                      _____                      _____</p> <p>and cross-country _____                      _____                      _____</p> <p>Explain what to do if you are lost _____                      _____                      _____</p>	
6.	<p>Demonstrate how to display, raise, lower, and fold the American Flag _____                      _____                      _____                      _____</p>	
7.	<p>Repeat from memory and explain in your own words the Scout Oath, Law, Motto, and slogan.</p> <p><i>Scout Oath:</i> _____                      _____                      _____</p> <p><i>Scout Law</i> _____                      _____                      _____</p>	

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	<i>Scout Motto</i> _____ _____ <i>Scout Slogan</i> _____ _____			
8.	Know your patrol name, give the patrol yell, and describe your patrol flag. <i>What is your patrol name?</i> _____ <i>Does the patrol yell have a name?</i> _____ <i>Describe the patrol flag.</i> _____ _____			
9.	<b>Explain why we use the buddy system in Scouting</b> _____ _____ _____ _____			
10a	<b>Record your best in the following test:</b> <i>Record here and in your Scout handbook</i> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; padding: 5px;"> <b>Current results: Date:</b> _____                      Push-ups _____                      Pull-ups _____                      Sit-ups _____                      Standing long jump (___feet ___inches)                      1/4mile walk/run _____                 </td> <td style="width: 50%; padding: 5px;"> <b>30 Days Later: Date:</b> _____                      Push-ups _____                      Pull-ups _____                      Sit-ups _____                      Standing long jump (___feet ___inches)                      1/4mile walk/run _____                 </td> </tr> </table>	<b>Current results: Date:</b> _____ Push-ups _____ Pull-ups _____ Sit-ups _____ Standing long jump (___feet ___inches) 1/4mile walk/run _____	<b>30 Days Later: Date:</b> _____ Push-ups _____ Pull-ups _____ Sit-ups _____ Standing long jump (___feet ___inches) 1/4mile walk/run _____	
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10b	Show improvement in the activities listed in requirement 10a after practicing for 30 days. <i>Was there an improvement?</i> _____			
11.	<b>Identify local poisonous plants;</b> _____ _____ _____ _____ _____ _____ _____			

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	<p><b>Tell how to treat for exposure to them.</b></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	
12a .*	<p><b>Demonstrate (<i>describe</i>) the Heimlich maneuver</b> _____</p> <p>_____</p> <p>_____</p> <p><b>and tell when it is used.</b> _____</p> <p>_____</p> <p>_____</p>	
12b .*	<p><b>Show first aid for the following:</b></p> <p style="padding-left: 20px;"><b>Simple cuts and scratches</b></p> <p style="padding-left: 20px;"><b>Blisters on the hand and foot</b></p> <p style="padding-left: 20px;"><b>Minor burns or scalds (first degree)</b></p> <p style="padding-left: 20px;"><b>Bites or stings of insects and ticks</b></p> <p style="padding-left: 20px;"><b>Poisonous snakebite</b></p> <p style="padding-left: 20px;"><b>Nosebleed</b></p> <p style="padding-left: 20px;"><b>Frostbite</b></p> <p style="padding-left: 20px;"><b>Sunburn</b></p>	
13.	Participate in a Scoutmaster conference.	
14.	Complete your board of review.	