

# Tenderfoot Requirements Worksheet



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

| No. |  | Leader<br>Date<br>and<br>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>_____</p> <p>_____</p> <p><i>Describe how you fused the ends of a rope</i> _____</p> <p>_____</p> <p>_____</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>  |  |

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| 5. | <p>Explain the rules of safe hiking:</p> <p>Daytime On the highway _____</p> <p>_____</p> <p>_____</p> <p>Nighttime On the highway _____</p> <p>_____</p> <p>_____</p> <p>and cross-country during the daytime _____</p> <p>_____</p> <p>_____</p> <p>and cross-country during the daytime _____</p> <p>_____</p> <p>_____</p> <p>Explain what to do if you are lost _____</p> <p>_____</p> <p>_____</p> |  |
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| 6.   | Demonstrate how to display, raise, lower, and fold the American Flag _____<br>_____<br>_____   |  |  |  |
| 7.   | Repeat from memory and explain in your own words the Scout Oath, Law, Motto, and slogan.<br><i>Scout Oath:</i> _____<br>_____<br><i>Scout Law</i> _____<br>_____<br><i>Scout Motto</i> _____<br>_____<br><i>Scout Slogan</i> _____<br>_____  |  |  |  |
| 8.   | Know your patrol name, give the patrol yell, and describe your patrol flag.<br><i>What is your patrol name?</i> _____<br><i>Does the patrol yell have a name?</i> _____<br><i>Describe the patrol flag.</i> _____<br>_____   |  |  |  |
| 9.   | <b>Explain why we use the buddy system in Scouting</b> _____<br>_____<br>_____   |  |  |  |
| 10a  | <p><b>Record your best in the following test:</b> <i>Record here and in your Scout handbook</i></p> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 50%; padding: 5px;"> <b>Current results: Date:</b> _____<br/> <b>Push-ups</b> _____<br/> <b>Pull-ups</b> _____<br/> <b>Sit-ups</b> _____<br/> <b>Standing long jump</b> ( ___ feet ___ inches)<br/> <b>1/4mile walk/run</b> _____                 </td> <td style="width: 50%; padding: 5px;"> <b>30 Days Later: Date:</b> _____<br/> <b>Push-ups</b> _____<br/> <b>Pull-ups</b> _____<br/> <b>Sit-ups</b> _____<br/> <b>Standing long jump</b> ( ___ feet ___ inches)<br/> <b>1/4mile walk/run</b> _____                 </td> </tr> </table> | <b>Current results: Date:</b> _____<br><b>Push-ups</b> _____<br><b>Pull-ups</b> _____<br><b>Sit-ups</b> _____<br><b>Standing long jump</b> ( ___ feet ___ inches)<br><b>1/4mile walk/run</b> _____ | <b>30 Days Later: Date:</b> _____<br><b>Push-ups</b> _____<br><b>Pull-ups</b> _____<br><b>Sit-ups</b> _____<br><b>Standing long jump</b> ( ___ feet ___ inches)<br><b>1/4mile walk/run</b> _____ |  |
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| 10b  | Show improvement in the activities listed in requirement 10a after practicing for 30 days.   |  |  |  |

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| . | Was there an improvement? _____ |  |
|---|---------------------------------|--|

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| 11. | <p><b>Identify local poisonous plants;</b></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p><b>Tell how to treat for exposure to them.</b></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> |  |
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| 12a<br>.* | <p><b>Demonstrate (<i>describe</i>) the Heimlich maneuver</b> _____</p> <p>_____</p> <p><b>and tell when it is used.</b> _____</p> <p>_____</p> <p>_____</p> |  |
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| 12b<br>.* | <b>Show first aid for the following:</b><br><b>Simple cuts and scratches</b><br><b>Blisters on the hand and foot</b><br><b>Minor burns or scalds (first degree)</b><br><b>Bites or stings of insects and ticks</b><br><b>Poisonous snakebite</b><br><b>Nosebleed</b><br><b>Frostbite</b><br><b>Sunburn</b> |                                  |
| 13.       | Participate in a Scoutmaster conference.   |                                  |
| 14.       | Complete your board of review.   |                                  |