

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

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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.	Explain why we use the buddy system in Scouting _____ _____ _____ _____			
10a	Record your best in the following test: <i>Record here and in your Scout handbook</i> <table border="1" style="width: 100%; margin-top: 10px;"> <tr> <td style="width: 50%;"> Current results: Date: _____ Push-ups _____ Pull-ups _____ Sit-ups _____ Standing long jump (____feet ____inches) 1/4mile walk/run _____ </td> <td style="width: 50%;"> 30 Days Later: Date: _____ Push-ups _____ Pull-ups _____ Sit-ups _____ Standing long jump (____feet ____inches) 1/4mile walk/run _____ </td> </tr> </table>	Current results: Date: _____ Push-ups _____ Pull-ups _____ Sit-ups _____ Standing long jump (____feet ____inches) 1/4mile walk/run _____	30 Days Later: Date: _____ 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.	Identify local poisonous plants; _____ _____ _____ _____ _____ _____ _____			

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