**Tenderfoot Requirements**

**First Aid and Nature**

4a. 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 or stings of insects and ticks

Venomous snakebite

Nosebleed

Frostbite and sunburn

Choking

4b. Describe common poisonous or hazardous plants; identify any that grow in your local area or campsite location. Tell how to treat for exposure to them.

4c. Tell what you can do while on a campout or other outdoor activity to prevent or reduce the occurrence of injuries or exposure listed in Tenderfoot requirements 4a and 4b.

4d. Assemble a personal first-aid kit to carry with you on future campouts and hikes. Tell how each item in the kit would be used.

**Hiking**

5a. Explain the importance of the buddy system as it relates to your personal safety on outings and in your neighborhood. Use the buddy system while on a troop or patrol outing.

5b. Describe what to do if you become lost on a hike or campout.

5c. Explain the rules of safe hiking, both on the highway and cross-country, during the day and at night.

**Second Class Requirements**

**Navigation**

3a. Demonstrate how a compass works and how to orient a map. Use a map to point out and tell the meaning of five map symbols.

3b. Using a compass and map together, take a 5-mile hike (or 10 miles by bike) approved by your adult leader and your parent or guardian.[1]

3c. Describe some hazards or injuries that you might encounter on your hike and what you can do to help prevent them.[1]

3d. Demonstrate how to find directions during the day and at night without using a compass or an electronic device.

**Nature**

4. Identify or show evidence of at least 10 kinds of wild animals (such as birds, mammals, reptiles, fish, or mollusks) found in your local area or camping location. You may show evidence by tracks, signs, or photographs you have taken.

**First Class Requirements**

**Navigation**

4a. 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.).

4b. Demonstrate how to use a handheld GPS unit, GPS app on a smartphone, or other electronic navigation system. Use GPS to find your current location, a destination of your choice, and the route you will take to get there. Follow that route to arrive at your destination.

**Nature**

5a. Identify or show evidence of at least 10 kinds of native plants found in your local area or campsite location. You may show evidence by identifying fallen leaves or fallen fruit that you find in the field, or as part of a collection you have made, or by photographs you have taken.

5b. Identify two ways to obtain a weather forecast for an upcoming activity. Explain why weather forecasts are important when planning for an event.

5c. Describe at least three natural indicators of impending hazardous weather, the potential dangerous events that might result from such weather conditions, and the appropriate actions to take.

5d. Describe extreme weather conditions you might encounter in the outdoors in your local geographic area. Discuss how you would determine ahead of time the potential risk of these types of weather dangers, alternative planning considerations to avoid such risks, and how you would prepare for and respond to those weather conditions.