TENDERFOOT REQUIREMENT
Tracking Sheet

	Thực Hiện	Trưởng
1. 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.	_____	_____
2. Spend at least one night on a patrol or troop campout. Sleep in a tent you have helped pitch.	_____	_____
3. On the campout, assist in preparing and cooking one of your patrol's meals. Tell why it is important for each patrol member to share in meal preparation and cleanup, and explain the importance of eating together.	_____	_____
4. a. Demonstrate how to whip and fuse the ends of a rope. b. Demonstrate that you know how to tie the following knots and tell what their uses are: two half hitches and the taut-line hitch.	_____	_____
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.	_____	_____
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.	_____	_____
8. Know your patrol name, give the patrol yell, and describe your patrol flag.	_____	_____
9. Explain why we use the buddy system in Scouting.		
1. a. Record your best in the following tests:		

Skill	Current	After 30 days
Push Ups	_____	_____
Pull Ups	_____	_____
Sit Ups	_____	_____
Standing Long Jump	_____	_____
1/4mile walk/run	_____	_____

10. b. Show improvement in the activities listed in requirement 10a after practicing for 30 days.	_____	_____
11. Identify local poisonous plants; tell how to treat for exposure to them.	_____	_____
12. a. Demonstrate the Heimlich maneuver and tell when it is used. b. 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 and sunburn

	_____	_____
13. Participate in a Scoutmaster conference.	_____	_____
14. Complete your board of review	_____	_____