

Troop 2 First Class Requirements

NAME _____

Date Appr.

_____ 1. Demonstrate how to find directions during the day and at night without a compass.

_____ 2. Using a compass, complete an orienteering course that covers at least one mile and requires measuring the height and/or width of designated items (trees, tower, canyon, ditch, etc.) **To be completed during mystery weekend.**

_____ 3. Since joining, have participated in 10 separate troop/patrol activities (other than troop/patrol meetings), three of which included camping overnight.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____ Camping Date _____
9. _____ Camping Date _____
10. _____ Camping Date _____

_____ 4a. Help plan a patrol menu for one campout that includes at least one breakfast, one lunch and one dinner and **that requires cooking at least two meals.** Tell how the menu includes the foods from the food pyramid and meets nutritional needs.

_____ 4b. Using the menu planned in requirement 4a, make a list showing the cost and food amounts needed to feed three or more boys and secure the ingredients.

_____ 4c. Tell which pans, utensils and other gear will be needed to cook and serve these meals.

_____ 4d. Explain the procedures to follow in the safe handling and storage of fresh meats, dairy products, eggs, vegetables and other perishable food products. Tell how to properly dispose of camp garbage, cans, plastic containers, and other perishable food products.

_____ 5. Visit and discuss with a selected individual **approved by your leader** (elected official, judge, attorney, civil servant, principal, teacher) your constitutional rights and obligations as a U.S. citizen.

_____ 6. Identify and show evidence of at least 10 kinds of native plants found in your community.

_____ 7a. Discuss when you should and should not use lashings.

_____ 7b. Demonstrate tying the timber hitch and clove hitch and their use in square, shear, and diagonal lashings by joining two or more poles or staves together.

_____ 7c. Use lashings to make a useful camp gadget.

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- ____ ____ 8a. Demonstrate tying the bowline knot and describe several ways it can be used.
- ____ ____ 8b. Demonstrate bandages for a sprained ankle and for injuries on the head, the upper arm, and the collarbone.
- ____ ____ 8c. Show how to transport by yourself, and with one other person, a person from a smoke-filled room and a person with a sprained ankle for at least 25 yards.
- ____ ____ 8d. Tell the five most important signs of a heart attack. Explain the steps (procedures) in cardiopulmonary resuscitation (CPR).
- ____ ____ 9a. Tell what precautions must be taken for a safe trip afloat.
- ____ ____ 9b. Successfully complete the BSA Swimmer Test.
- ____ ____ 9c. With a helper and a practice victim, show a line rescue both as a tender and as rescuer. (The practice victim should be approximately 30 feet from shore in deep water.)
- ____ ____ 10. Demonstrate Scout Spirit by living the Scout Oath (Promise) and Scout Law in your everyday life.
- ____ ____ 11. Earn the First Aid merit badge (**Red Cross CPR Certification Required**)
- ____ ____ 12. Complete Mystery Weekend Campout.
- ____ ____ 13. Participate in a Scoutmaster conference.
- ____ ____ 14. Complete your Board of Review.