

Tuesday

Tenderfoot 4A -- Show first aid for the following:

- Simple cuts and scrapes
- Blisters on the hand and foot
- Minor (thermal/heat) burns or scalds (superficial/first degree)
- Bites or stings of insects and ticks
- Venomous snakebite
- Nosebleed
- Frostbite and sunburn
- Choking

Second Class 6A -- Demonstrate first aid for the following:

- Object in the eye
- Bite of a suspected rabid animal
- Puncture wounds from a splinter, nail or fishhook
- Serious burns (second-degree)
- Heat exhaustion
- Shock
- Heat stroke, dehydration, hypothermia, and hyperventilation

Second Class 6B – Show what to do for “hurry” cases: stopped breathing, stroke, severe bleeding, and poisoning

First Class 7B – Rescue Carries

First Class 7C – Explain CPR and tell the 5 common signs of a heart attack

Wednesday

Tenderfoot 1A -- *Present yourself to your leader, properly dressed, for an overnight camping trip. Show the camping gear you will use. Show the right way to pack and carry it.*

Tenderfoot 4B – Identify poisonous or hazardous plants and how to treat them

Second Class 2G – Demonstrate the bowline and describe its use

Second Class 3A -- Demonstrate how a compass works and how to orientate a map. Explain the map symbols.

Second Class 3D -- Demonstrate how to find directions during the day and night without a compass.

Second Class 4 – Identify evidence of 10 kinds of wild animals

First Class 5A – Identify 10 kinds of wild plants

Thursday

Second Class 5A -- Safe Swim Defense

Second Class 5C -- Reach and Throw Rescues

Second Class 5D – Why you use Reach and Throw Rescues

First Class 6B – Safety Afloat

First Class 6C – Identify Parts of Canoe and Paddle

First Class 6D – How to Position Your Body in a Boat

First Class 6E – Line and Tender Rescue

Friday

Second Class 1B – Leave No Trace

Second Class 2B – Prepare tinder, kindling, and fuel wood for a cooking fire

Second Class 2C – Build a fire

Second Class 2D – *Explain when to use a lightweight or propane stove. Set up and light a lightweight stove.*

First Class 1B – Tread Lightly

First Class 3D – Create a useful camp gadget using Lashings

Flag Ceremony

Second Class 8A -- Participate in a flag ceremony for your school, religious institution, charter organization, community, or troop activity. Explain to your leader what respect is due to the flag of the United States.

Five Mile Hike

Tenderfoot 5A – Buddy System

Tenderfoot 5B – Describe what to do if you get lost

Tenderfoot 5C – Hiking Rules

Second Class 3B – Complete a 5 mile hike using a map and compass

Second Class 3C – Preventing Hazards and Injuries on the trail

First Class 7A – Show how to properly bandage a sprained ankle, head injury, arm injury, and collarbone.