

Name: _____ Rank: _____ Unit #: _____

Trail To First Class Signature Sheet

Rotate freely among the stations and complete the requirements you need.

When you return to your troop, be sure to give this to your Scoutmaster and talk through the requirements with them. The Arrowmen at Arrowmen Bash cannot sign off in your book, and this is your only record.

Scout

#	Description	C/P	Signature
4	a. Show how to tie a square knot, two half-hitches, and a taut-line hitch. Explain how each is used. b. Show proper care of a rope by learning how to whip and fuse the ends of different kinds of rope.		
5	Demonstrate your knowledge of pocketknife safety. (Completed in Totin Chip)		

Tenderfoot

3a-c	Demonstrate a practical use of the square knot, two half-hitches, and taut line hitch.		
4a-c	a. First aid: 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 or ticks, Venomous snakebite, Nosebleed, Frostbite and sunburn, Choking b. 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. c. Tell what you can do on a campout or other outdoor activity to prevent or reduce the occurrence of injuries or exposure listed above.		
5	a. 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. b. Explain what to do if you become lost on a hike or campout. c. Explain the rules of safe hiking, both on the highway and cross-country, during the day and at night.		
7a	Demonstrate how to display, raise, lower, and fold the U.S. flag.		
8	Describe the steps in Scouting's Teaching EDGE method. Use the Teaching EDGE method to teach another person how to tie the square knot.		

Totin Chip

All	All requirements for the Totin Chip will be met.		
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Second Class

#	Description	C/P	Signature
1b	Explain the principles of Leave No Trace, and tell how you practiced them while on a campout or outing. This outing must be different from the one used for Tenderfoot requirement 1c.		
2a 2d 2f-g	a. Explain when it is appropriate to use a fire for cooking or other purposes and when it would not be appropriate to do so. d. Explain when it is appropriate to use a lightweight stove and when it is appropriate to use a propane stove. Set up a lightweight stove or propane stove. Unless prohibited by local fire restrictions, light the stove. Describe the safety procedures for using these types of stoves. f. Demonstrate how to tie the sheet bend knot. Describe a situation in which you would use this knot. g. Demonstrate how to tie the bowline knot. Describe a situation in which you would use this knot.		
3a 3c-d	a. 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. c. Describe some hazards or injuries that you might encounter on your hike and what you can do to help prevent them. d. Demonstrate how to find directions during the day and at night without using a compass or an electronic device.		
6	a. Demonstrate first aid for the following: Object in the eye, Bite of a warm blooded animal, Puncture wounds from a splinter, nail, and fishhook, Serious burns (partial thickness, or second degree), Heat exhaustion, Shock, Heatstroke, dehydration, hypothermia, and hyperventilation. b. Show what to do for "hurry" cases of stopped breathing, stroke, severe bleeding, and ingested poisoning. c. Tell what you can do while on a campout or hike to prevent or reduce the occurrence of the injuries listed in Second Class requirements 6a and 6b. d. Explain what to do in case of accidents that require emergency response in the home and the backcountry. Explain what constitutes an emergency and what information you will need to provide to a responder. e. Tell how you should respond if you come upon the scene of a vehicular accident.		
8b	Explain what respect is due the flag of the United States.		
9	a. Explain the three R's of personal safety and protection. b. Describe bullying; tell what the appropriate response is to one who might be bullying you or bullying another person.		

First Class

3	a. Discuss when you should and should not use lashings. b. Demonstrate tying the timber hitch and clove hitch. c. Demonstrate tying the square, shear, and diagonal lashings by joining two+ poles or staves together. d. Use lashings to make a useful camp gadget or structure.		
4	a. 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.) b. Demonstrate how to use a handheld GPS unit, GPS app on a smartphone or other electronic navigation system. Use a 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.		
5	a. Identify or show evidence of 10+ native plants found in your area or campsite location. You may show fallen leaves or fallen fruit, as part of a collection, or by photographs you have taken. b. Identify two ways to obtain a weather forecast for an upcoming activity. Explain why weather forecasts are important when planning for an event. c. 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. d. Describe extreme weather you might have in the outdoors in your local area. Discuss how you would determine potential risk of these types of weather dangers, planning to avoid such risks, and how to prepare for and respond to those weather conditions.		
7a-d 7f	a. Demonstrate bandages for a sprained ankle and for head injuries, the upper arm, and the collarbone. b. By yourself and with a partner, show how to: Transport a person from a smoke-filled room, Transport for at least 25 yards a person with a sprained ankle. c. Tell the 5 most common signals of a heart attack. Explain the steps of CPR. d. Tell about utility services in your area. Describe potential hazards; tell how to respond in emergencies. f. Explain how to obtain potable water in an emergency.		