

TRAIL TO FIRST CLASS PROGRAM

New scouts are allowed to work on Tenderfoot, Second Class and First Class requirements concurrently. They must, however, achieve advancement sequentially beginning with Tenderfoot, Second Class and First Class. By grouping requirements together by subject and not rank, it will provide a more efficient path to obtaining the rank of 1st Class Scout. In addition, it will keep the boys focused on a particular subject without jumping from one unrelated subject to the next. Many times this method will help them understand a particular subject or skill because this method provides a more complete path for each.

Page references are from the Boy Scout Handbook 12th Edition.

TF = Tenderfoot SC = Second Class FC = First Class

Cooking

- TF-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. (Pages 327,329-339)
- SC-3d Use the tools listed in requirement 3c to prepare tinder, kindling, and fuel for a cooking fire. (Pages 410-411)
- SC-3e Discuss when it is appropriate to use a cooking fire and a lightweight stove. Discuss the safety procedures for using both. (Page 325)
- SC-3g On one campout, plan and cook one hot breakfast or lunch, selecting foods from the [food guide pyramid](#). Explain the importance of good nutrition. Tell how to transport, store, and prepare the foods you selected. (Pages 102,316,320-323,326,329,339)
- FC-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 of the meals. Tell how the menu includes the foods from the [food pyramid](#) and meets nutritional needs. (Pages 102-105,316-317,320)
- FC-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. (Pages 321-323)
- FC-4c Tell which pans, utensils, and other gear will be needed to cook and serve these meals. (Page 324)
- FC-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 rubbish. (Pages 328-329)
- FC-4e On one campout, serve as your patrol's cook. Supervise your assistant(s) in using a stove or building a cooking fire. Prepare the breakfast, lunch, and dinner planned in requirement 4a. Lead your patrol in saying grace at the meals and supervise cleanup. (Pages 325-327,342)

Camping

- TF-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. (Pages 292-293,297-298)
- TF-2 Spend at least one night on a **patrol** or **troop** campout. Sleep in a tent you have helped pitch. (Page 302)
- SC-2 Discuss the principles of **Leave No Trace**. (Pages 247-256)
- SC-3b On one of these campouts, select your patrol site and sleep in a tent that you pitched. Explain what factors you should consider when choosing a patrol site and where to pitch a tent. (Pages 249,300-302)
- SC-3c Demonstrate proper care, sharpening, and use of the knife, saw, and ax, and describe when they should be used. (Pages 402-409)
- .SC-3f In an approved place and at an approved time, demonstrate how to build a fire and set up a lightweight stove. Note: Lighting the fire is not required. (Pages 410-415)

Citizenship

- TF-6 Demonstrate how to **display, raise, lower, and fold the American flag**. (Pages 72-76)
- SC-4 Participate in a **flag ceremony** for your school, religious institution, chartered organization, community, or troop activity. Explain to your leader what respect is due the flag of the United States. (Pages 72-76)
- SC-5 Participate in an approved (minimum of one hour) **service project**. (Pages 84-85)
- FC-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. (Pages 70-72,81-82)

Knots

- TF-4a Demonstrate how to **whip and fuse** the ends of a rope. (Pages 380-381)
- TF-4b Demonstrate you know how to tie the following knots and tell what their uses are: **two half hitches** and the **taut-line hitch**. (Pages 384-385)
- TF-4c Using the **EDGE method**, **E**xplain, **D**emonstrate, **G**uide and **E**nable, teach another person how to tie the square knot. (Page 53)
- FC-7a Discuss when you should and should not use lashings. Then 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. (Pages 386-387,392-398)
- FC-7b Use lashing to make a useful camp gadget. (Pages 392-401)
- FC-8a Demonstrate tying the **bowline** knot and describe several ways it can be used. (Pages 388-389)

First Aid

TF-12a. Demonstrate how to care for someone who is choking. (Pages 134-135)

TF-12b. Show first aid for the following:

- Simple cuts and scrapes (Page 136)
- Blisters on the hand and foot (Page 137)
- Minor (thermal/heat) burns or scalds (superficial, or first degree) (Page 148)
- Bites and stings of insects and ticks (Pages 142-143)
- Venomous snakebite (Pages 141-142)
- Nosebleed (Page 138)
- Frostbite and sunburn (Pages 150,152)

SC-7a. Show what to do for "hurry" cases of stopped breathing, serious bleeding, and ingested poisoning. (Pages 162-170)

b. Prepare a personal [first aid kit](#) to take with you on a hike. (Page 127)

c. Demonstrate first aid for the following:

- Object in the eye (Page 145)
- Bite of a suspected rabid animal (Page 140)
- Puncture wounds from a splinter, nail, and fishhook (Pages 145-146)
- Serious burns (partial thickness, or second-degree) (Pages 148-149)
- Heat exhaustion (Page 150)
- Shock (Pages 170-171)
- Heatstroke, dehydration, hypothermia, and hyperventilation (Pages 147-148,151-152)

FC-8b Demonstrate bandages for a sprained ankle and for injuries on the head, the upper arm, and the collarbone. (Pages 155,157-161)

FC-8c Show how to transport by yourself, and with one other person, a person

- From a smoke-filled room
- With a sprained ankle, for at least 25 yards (Pages 154,172-175)

FC-8d Tell the five most common signs of a heart attack. Explain the steps (procedures) in cardiopulmonary resuscitation (CPR). (Pages 164-166)

Map & Compass

TF-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. (Pages 279,282-283)

SC-1a Demonstrate how a compass works and how to orient a map. Explain what map symbols mean. (Pages 354,360-364)

Sc-1b Using a compass and a map together, take a five-mile hike (or 10 miles by bike) approved by your [adult leader](#) and your parent or guardian. (Pages 365-366)

FC-1 Demonstrate how to find directions during the day and at night without using a compass. (Pages 368-371)

FC-2 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.) (Pages 346-351,372-374)

Nature

- TF-11 Identify local poisonous plants; tell how to treat for exposure to them. (Pages 138-139)
- SC-6 Identify or show evidence of at least 10 kinds of wild animals (birds, mammals, reptiles, fish, mollusks) found in your community. (Pages 221,231)
- FC-6 Identify or show evidence of at least 10 kinds of native plants found in your community. (Pages 212,215)

Patrol

- TF-8 Know your [patrol](#) name, give the patrol yell, and describe your patrol flag. (Page 38)
- SC-3a Since joining, have participated in five separate [troop/patrol](#) activities (other than troop/patrol meetings), two of which included camping overnight. 9pages 444-445)
- FC-3 Since joining, have participated in 10 separate troop/patrol activities (other than troop/patrol meetings), three of which included camping overnight. Demonstrate the principles of [Leave No Trace](#) on these outings. (Pages 247-256)

Physical Fitness

TF-10a. Record your best in the following tests: (Pages 96-99)

- Push-ups
- Pull-ups
- Sit-ups
- Standing long jump
- 1/4 mile walk/run

TF-10b. Show improvement in the activities listed in requirement 10a after practicing for 30 days

Safety

- TF-9 Explain the importance of the [buddy system](#) as it relates to your personal safety on outings and in your neighborhood. Describe what a bully is and how you should respond to one. (Pages 39, 62)
- SC-9a Participate in a school, community, or troop program on the dangers of using drugs, alcohol, and tobacco, and other practices that could be harmful to your health. Discuss your participation in the program with your family, and explain the dangers of substance addictions. (Pages 113-117)
- SC-9b Explain the three R's of personal safety and protection. (Page 65)
- FC-9a Tell what precautions must be taken for a [safe trip afloat](#). (Pages 194-195)
- FC-9c With a helper and a practice victim, show a line rescue both as tender and as rescuer. (The practice victim should be approximately 30 feet from shore in deep water.). (Page 199)
- FC-11 Describe the three things you should avoid doing related to the use of the Internet. Describe a cyber bully and how you should respond to one. (Pages 51, 61)

Swimming

- SC-8a Tell what precautions must be taken for a [safe swim](#). (Page 182)
- SC-8b Demonstrate your ability to jump feet first into water over your head in depth, level off and swim 25 feet on the surface, stop, turn sharply, resume swimming, then return to your starting place. (Pages 190-191)
- SC-8c Demonstrate water rescue methods by reaching with your arm or leg, by reaching with a suitable object, and by throwing lines and objects. Explain why swimming rescues should not be attempted when a reaching or throwing rescue is possible, and explain why and how a rescue swimmer should avoid contact with the victim. (Pages 196-199)
- FC-9b Successfully complete the [BSA swimmer test](#). (Pages 190-191)