



RANK WORKSHEET

First Class

Scouts BSA

Name

Started

Completed

First Class means you have the core Scoutcraft skills: cooking for your patrol, lashing, navigation, swimming, and first aid. These are the skills that make you a confident camper and a helpful member of any group. Reaching First Class is a big milestone worth celebrating.

Requirements

Every official requirement, in plain language. Check the official wording when you sign off (scouting.org/wp-content/uploads/2025/12/Scouts-BSA-Rank-Requirements.pdf). Tips and examples are ideas, not extra requirements.

1 Camping and outdoor ethics

- ☐ **1a** Since joining Scouts BSA, take part in 10 separate troop or patrol activities (not meetings), at least 6 outdoors and at least 3 of those with overnight camping; on campouts, sleep in a tent you pitch or a shelter you help build, like a lean-to, snow cave, or tepee

Tip: Keep tracking your troop activities with dates and what you did. Ask your leader which earlier activities count toward the total.

- ☐ **1b** Explain how camping can affect nature and other outdoor users, and why following Leave No Trace and the Outdoor Code protects the outdoors

Tip: Look around your campsite and notice wear on the ground, trees, or water. Explain how following the principles prevents that damage.

2 Cooking

- ☐ **2a** Help plan the menu for a 1a campout with at least one breakfast, lunch, and dinner, at least two of them cooked; tell how it uses MyPlate or the current USDA model and meets the nutrition needs of the activity

Tip: Plan a balanced menu with your patrol. Include protein, fruits or vegetables, and grains, and keep it simple to cook.

Example: A sample menu: oatmeal with raisins and cocoa for breakfast, bean or turkey wraps with carrots and apples for lunch (no cooking), and one-pot chili with cornbread for dinner. Two cooked meals, each with protein, grains, and fruit or vegetables. Check your patrol's allergies first.

- ☐ **2b** Using your 2a menu, list a budget and the food amounts to feed three or more youth, then get the ingredients

Tip: Make a shopping list with amounts per person and check prices at a grocery store. Stick to the budget your patrol agrees on.

Example: For chili for four Scouts you might list two cans of beans, a pound of ground meat or extra beans, a jar of salsa, and a box of cornbread mix. Price everything, add it up, and divide by the number of Scouts to see if you're in budget.

- ☐ **2c** Show the pans, utensils, and other gear needed to cook and serve these meals

Tip: Lay out every pot, pan, and utensil you'll need before the trip and check it against your menu.

- ☐ **2d** Show how to safely handle and store fresh meat, dairy, eggs, vegetables, and other perishables, and how to properly get rid of camp garbage, cans, plastic containers, wastewater, and other trash

Tip: Keep raw and cooked foods separate, store food away from animals, and follow your campsite's rules for trash and dishwater.

- ☐ **2e** On one campout, be the cook: supervise your helper(s) as they use a stove or build a cooking fire, cook the 2a breakfast, lunch, and dinner, and supervise cleanup

Tip: As camp cook, give each helper a clear job. Stay organized, keep things clean, and make sure everyone shares cleanup.

Example: As camp cook, give each helper one job: one opens cans and stirs, one heats dishwater, one sets out bowls. You keep track of timing and food safety, then check that the cleanup crew finishes before anyone heads off.

3 Tools

- ☐ **3a** Discuss when lashings should and shouldn't be used

Tip: Think about when lashing makes sense, like building a camp table, and when it doesn't, such as on live trees or in no-trace areas.

Example: Lash when you need something sturdy you'll take apart later, like a camp table or flagpole, using poles you brought or were given. Don't lash to live trees or build where the land manager doesn't allow it, since rope can scar bark.

- ☐ **3b** Tie the timber hitch and the clove hitch

Tip: The timber and clove hitches start and end most lashings. Practice them on a broom handle at home.

- ☐ **3c** Join two or more poles or staves with square, shear, and diagonal lashings

Tip: Use staves or poles and practice each lashing with an older Scout until it's tight and neat.

☐ **3d** Build a useful camp gadget or structure with lashings

Tip: Build something useful with your patrol, like a camp table, wash stand, or tripod. Test it gently to make sure it holds.

Example: Gadget ideas: a tripod wash stand that holds a basin off the ground, a camp table with a lashed frame, a dish-drying rack, or a flagpole stand for your patrol site.

4 **Navigation**

☐ **4a** Using map and compass, finish an orienteering course of at least 1 mile that includes measuring the height and/or width of set objects (like a tree, tower, canyon, or ditch)

Tip: Try an orienteering course at a park or have older Scouts set one up. Practice pacing and measuring heights and widths before the event.

Example: For heights, try the stick method: hold a stick upright at arm's length with as much stick showing as the distance from your eye to your hand. Back up until it covers the tree from base to top, then pace back to the tree. That distance is about the tree's height.

☐ **4b** Show how to use a handheld GPS, smartphone GPS app, or other electronic navigation tool; use it to find where you are, a destination you pick, and a route there, then follow the route to arrive

Tip: Use a GPS unit or a phone app to follow a route, and compare it with what you learned using map and compass.

Example: Load a short route into a GPS unit or a phone map app and follow it at a park. Then compare: when did the screen help, and when would a dead battery make your compass the better tool?

5 Nature

- ☐ **5a** Identify, or show evidence of, 10 or more kinds of native plants in your area or campsite, for example fallen leaves or fruit found in the field, a collection you made, or your own photos

Tip: Visit a park or nature center and photograph or sketch native plants. A field guide or ranger can help you identify them.

Example: Your 10 native plants might include an oak, a maple, wild strawberry, milkweed, goldenrod, a fern, and a native grass. Use a field guide or your state extension service to check which plants are actually native where you live.

- ☐ **5b** Name two ways to get a weather forecast for an upcoming activity and explain why forecasts matter when planning

Tip: Learn to check the National Weather Service or a local forecast before every outing.

- ☐ **5c** Describe at least three natural signs that dangerous weather is coming, what hazards could follow, and what to do about them

Tip: Watch for signs like building dark clouds, sudden wind shifts, or a drop in temperature, and know what to do for each.

Example: Natural warning signs and actions: tall dark clouds building fast (a thunderstorm; get off high ground and out of the water), a sudden cold wind shift (a front arriving; head for shelter), or thunder you can hear (lightning is close; go indoors or to a car).

- ☐ **5d** Describe extreme weather you might meet outdoors where you live; discuss how to judge the risk ahead of time, plan around it, and prepare for and respond to it

Tip: Find out what extreme weather your area gets, like tornadoes, floods, or heat waves, and how your family and troop would respond.

Example: If your area gets tornadoes, explain how you'd hear a warning, where you'd shelter at home and at camp, and what goes in a go-bag. For heat waves, floods, or blizzards, follow the same pattern: assess, avoid, prepare, respond.

6 Aquatics

- ☐ **6a** Pass the Scouting America swimmer test (described in the Swimming merit badge requirements)

Tip: If you need more practice, swim laps at a local pool. The test is given by qualified adults.

- ☐ **6b** Tell what precautions are needed for a safe trip afloat

Tip: Learn the steps for a safe trip on the water, like life jackets, qualified supervision, and checking the weather.

- ☐ **6c** Name the main parts of a boat (canoe, kayak, or other) and of a paddle or oar

Tip: Point out the parts of a canoe, kayak, or boat and paddle during a supervised waterfront session.

- ☐ **6d** Describe correct body position in a watercraft for its type and size, and explain why it matters

Tip: Sit low and centered in a boat to stay stable. Practice getting in and out safely with an instructor.

- ☐ **6e** With a helper and a practice victim about 30 feet from shore in deep water, show a line rescue as both tender and rescuer

Tip: Practice the line rescue as both tender and rescuer with qualified adults at a pool or waterfront.

7 First aid and emergency preparedness

- ☐ **7a** Show how to bandage a sprained ankle and injuries to the head, upper arm, and collarbone

Tip: Practice each bandage on a buddy with real triangle bandages until you can do them quickly and neatly.

- ☐ **7b** Alone and with a partner, show how to move a person out of a smoke-filled room and carry a person with a sprained ankle at least 25 yards

Tip: Practice each carry slowly on soft ground with a buddy and an adult watching.

- ☐ **7c** Name the five most common heart attack signals and explain the steps of CPR

Tip: Learn the warning signs of a heart attack and the steps of CPR. A Red Cross or American Heart Association class is a great way to practice.

- ☐ **7d** Tell what utilities your home or meeting place has, describe their possible hazards, and explain how to respond to emergencies involving them

Tip: Walk through your home with a parent and find the water shutoff, electrical panel, and gas meter if you have one. Talk about what to do in an emergency.

- ☐ **7e** Create a home emergency plan for what to do in a fire, storm, power outage, or water outage

Tip: Make a family plan with meeting places and supplies. Post it on the fridge and practice it together.

Example: Your plan might list two meeting places (the mailbox out front and a spot down the block), two ways out of each room in a fire, where the flashlights and water are for an outage, and who to call if family members are apart.

- ☐ **7f** Explain how to get safe drinking water in an emergency

Tip: Learn ways to make water safe to drink, like boiling or treatment tablets, and where your home has stored water.

Example: Ways to get safe water: stored bottled water, water from the home's water heater tank, or boiling water from another source. Talk with a parent about which works for your home and where you'd keep a supply.

8 Fitness

- ☐ **8a** After finishing Second Class 7a, be active at least 30 minutes a day, 5 days a week, for 4 weeks, and keep track of what you do

Tip: Keep your activity log going for another four weeks. Mix up activities so it stays fun.

- ☐ **8b** Share your challenges and successes with 8a and set a goal to keep physical activity part of your daily life

Tip: Compare your results with your Second Class log. Set a new goal that keeps you moving.

9 Citizenship

- ☐ **9a** Meet with someone your leader approves (such as a judge, teacher, principal, attorney, elected official, or civil servant) and discuss a U.S. citizen's constitutional rights and obligations

Tip: Ask your leader to help arrange a chat with an approved person, such as a judge, police officer, or elected official.

Example: With a judge, police officer, or council member your leader arranges, you might ask: Which constitutional right do people misunderstand most? What does serving on a jury involve? Why do local elections matter so much?

- ☐ **9b** Look into an environmental issue in your community, share what you learned with your patrol or troop, and tell what you or your community could do about it

Tip: Pick an issue near you, like litter in a creek or invasive plants. Talk with a county extension office or city staff about possible solutions.

Example: Pick something you can see: litter in a creek after storms, invasive plants crowding a park, or a busy road with no safe crossing near school. Find out who is responsible, then share two or three possible fixes with your patrol.

- ☐ **9c** On a Scouting or family outing, note the trash you produce; before a similar outing, plan how to reduce, recycle, or reuse what you bring, carry out the plan, and compare results

Tip: Weigh or count the trash from one outing, then plan ways to reduce or recycle it next time and compare.

Example: On one campout, put all trash in one bag and weigh it at home on a bathroom scale. Next trip, repack food at home and use reusable containers, then weigh again and compare.

- ☐ **9d** Give 3 hours of service on one or more Scoutmaster-approved projects, different from those used for Tenderfoot 7b and Second Class 8e; explain how serving others relates to the Scout Law

Tip: Do service at more than one approved project and think about which Scout Law points they show.

- ☐ **10** Tell an inactive Scout, or a youth who could join, about your Scouting; invite them to a meeting, outing, activity, or service project; explain how to join or urge them to come back; tell your Scoutmaster or another adult leader what you did

Tip: Invite a friend, classmate, or Scout who stopped coming to a fun troop activity. Share what happened with your leader.

Example: Invite a classmate to something fun and low-pressure, like a climbing night or a day hike. Afterward, tell your leader who you invited, how you asked, and what happened, even if they didn't come.

- ☐ **11** Show Scout spirit by living the Oath and Law; share how you've carried out your duty to God and lived out four Scout Law points (not ones used for earlier ranks) day to day

Tip: Pick four new Scout Law points and share real stories of how you live them.

- ☐ **12** After finishing Second Class 11 and while working on First Class, have a Scoutmaster conference

Tip: Talk with your Scoutmaster about what you've learned and what you want to do next, like merit badges or leadership.

- ☐ **13** Pass your First Class board of review

Tip: Your First Class board of review is a chance to celebrate. Share what you're proud of and what's ahead.