



Tenderfoot

Scouts BSA

Name

Started

Completed

Tenderfoot is where you start doing real Scouting: camping, cooking with your patrol, tying knots for a purpose, and learning first aid. Each skill builds on the last, and most of it happens naturally on your first few campouts. Take it one requirement at a time.

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** Come to your leader ready for an overnight campout; show the personal and camping gear you'll use and how to pack and carry it properly

Tip: Lay out your gear on the floor using a packing list from your troop, then pack it and try carrying it around the house to see how it feels.

- ☐ **1b** Camp overnight at least once with your patrol or troop, sleeping in a tent you helped pitch

Tip: Ask a patrol mate to help you set up your tent at home first. On the campout, you'll already know how the poles go.

- ☐ **1c** Explain how you followed Leave No Trace and the Outdoor Code on campouts or outings

Tip: During the outing, notice small things you do right, like packing out trash or staying on the trail. Those make good examples to share.

Example: After a campout, think of two specific things: "We packed out all our trash, including the bits of foil around the fire ring, and we stayed on the marked trail instead of cutting across the meadow."

2 Cooking

Tips for this section: Volunteer to help with one meal on a campout, even if it's just chopping or stirring.

Afterward, take a turn at the wash station so you learn the cleanup steps, and talk about why patrols eat together.

- ☐ **2a** On the campout, help prepare one of the meals; explain why every patrol member should share in cooking and cleanup

- ☐ **2b** On a campout, show how to safely clean the gear used for cooking, serving, and eating a meal

- ☐ **2c** Explain why it matters for a patrol to eat together

Example: Eating together is when a patrol talks about the day, solves problems, and makes sure everyone actually ate. Share a time a meal brought your patrol together, or a time skipping it made things harder.

3 Knots and tools

- ☐ **3a** Show a real use for the square knot

Tip: Show the square knot doing a real job, like tying a bandage or bundling gear.

Example: Practical uses mean real jobs, like tying the ends of a bandage with a square knot during first-aid practice.

- ☐ **3b** Show a real use for two half-hitches

Tip: Two half-hitches work well for tying a line to a tree or post. Try it on a clothesline or dining fly.

Example: Use two half-hitches to tie a tarp line or clothesline to a tree at your campsite.

- ☐ **3c** Show a real use for the taut-line hitch

Tip: The taut-line hitch is perfect for tent guylines because it slides and holds. Use it next time you pitch your tent.

Example: Use a taut-line hitch on your tent guylines so you can tighten them when they sag in the rain.

- ☐ **3d** Show how to care for, sharpen, and use a knife, saw, and ax, and describe when to use each

Tip: Have an older Scout or adult show you how to sharpen and care for each tool. Practice with an adult watching, and earning the Totin' Chip helps here.

4 First aid and nature

- ☐ **4a** Show first aid for: simple cuts and scrapes; hand and foot blisters; minor (first-degree) burns or scalds; insect and tick bites or stings; venomous snakebite; nosebleed; frostbite and sunburn; choking

Tip: Practice each first aid skill with a buddy using simple supplies like gauze and tape. Role-play a scene so it feels real.

- ☐ **4b** Describe common hazardous or poisonous plants, point out any that grow near you or your campsite, and tell how to treat exposure to them

Tip: Look up which plants like poison ivy grow where you live. A park ranger or nature center can help you learn to spot them.

- ☐ **4c** Tell how you can prevent or reduce the injuries and exposures in 4a and 4b while camping or on other outdoor activities

Tip: For each injury, ask yourself what could have stopped it from happening, like wearing sunscreen, gloves, or good boots.

- ☐ **4d** Put together a personal first-aid kit to carry on future campouts and hikes; tell how you would use each item

Tip: Build your kit in a small zip bag and know why each item is there. Check it before every campout and refill what you used.

5 Hiking

- ☐ **5a** Explain why the buddy system matters for your safety on outings and at home, and use it on a troop or patrol outing

Tip: Pick a buddy on every outing and check in with each other often. It's a simple habit that keeps everyone safe.

- ☐ **5b** Describe what to do if you get lost on a hike or campout

Tip: Remember to stay calm, stay put, and make yourself easy to find. Practice what you would do with your patrol.

- ☐ **5c** Explain the rules for safe, responsible hiking along highways and cross-country, by day and at night

Tip: Talk through road and trail rules with your patrol before a hike, including how to be seen at night.

- ☐ **5d** Explain why hiking on trails or other durable surfaces matters, and give examples of durable surfaces from your outing

Tip: On your next hike, point out rocks, gravel, or established trails you used. Explain how staying on them protects plants and soil.

6 Fitness

Tips for this section: Record your starting numbers, then make a simple chart on the fridge to track your activity for 30 days. Retest at the end and compare.

- ☐ **6a** Record your best: pushups in 60 seconds, situps or curl-ups in 60 seconds, back-saver sit-and-reach distance, and 1-mile walk/run time

- ☐ **6b** Make and describe a plan to improve in each 6a activity, and track your activity for at least 30 days

Example: Your plan can be simple: push-ups and sit-ups every other night, a 20-minute walk or bike ride on the other days, and a calendar on your wall where you check off each day.

- ☐ **6c** After 30 days of practice, show improvement (any amount) in each 6a activity

7 Citizenship

- ☐ **7a** Show the correct way to display the U.S. flag, raise and lower it, and fold it

Tip: Practice folding a flag with a partner until it forms a neat triangle. Volunteer to help with a troop flag ceremony.

- ☐ **7b** Give a total of 1 hour of service on one or more Scoutmaster-approved projects; explain how serving others ties to the Scout slogan and motto

Tip: Choose a service project your leader approves, like a park cleanup. Afterward, think about how it shows you doing a good turn and being prepared.

Example: One hour of service could be picking up litter at a park, helping set up chairs for a community dinner, or sorting donations at a food pantry. Then talk about how it connects to "Do a Good Turn Daily."

- ☐ **8** Describe the steps of the Teaching EDGE method, then use it to teach someone to tie the square knot

Tip: Teaching EDGE stands for explain, demonstrate, guide, and enable. Try it by teaching the square knot to a younger sibling or new Scout.

Example: Use EDGE with a younger Scout: Explain what a square knot is for, Demonstrate it slowly, Guide them while they try, then Enable them by having them tie it on their own a few times.

- ☐ **9** Show Scout spirit by living the Oath and Law; share how you've carried out your duty to God and lived out four different Scout Law points day to day

Tip: Think about how you have lived four points of the Scout Law in daily life, and be ready to talk about what duty to God means to you.

- ☐ **10** After finishing Scout rank requirement 7 and while working on Tenderfoot, have a Scoutmaster conference

Tip: Bring your handbook and a few stories from your campouts to the Scoutmaster conference. It's a friendly conversation about how you're doing.

☐ **11** Pass your Tenderfoot board of review

Tip: The board of review is a relaxed chat with adults who want to hear about your Scouting experience. Wear your uniform and be yourself.