

Eagle Challenge

Revised April 26, 2010

Tenderfoot

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| 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. | Camping MB | |
| 2. Spend at least 1 night on a patrol or troop camp out. Sleep in a tent you have helped pitch on a ground bed you have prepared. | Camping MB | |
| 3. On the campout, assist in preparing and cooking on 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. | Cooking MB | |
| 4a. Demonstrate how to whip and fuse the ends of a rope. | Monday | 2:00 |
| | Monday | 4:00 |
| | Wednesday | 3:00 |
| | Wednesday | 3:30 |
| 4b. Demonstrate tying two half hitches and a taut line hitch by using these knots to pitch a tent. | Monday | 2:30 |
| | Monday | 4:30 |
| | Wednesday | 2:30 |
| | Wednesday | 3:30 |
| 4c. Using the EDGE method, teach someone how to tie a Square Knot. | Monday | 2:30 |
| | Monday | 4:30 |
| | Wednesday | 2:30 |
| | Wednesday | 3:30 |
| 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. | Monday | 3:00 |
| | Wednesday | 4:00 |
| | Thursday | 2:00 |
| | Thursday | 4:00 |
| | Friday | 3:00 |
| 6. Demonstrate how to display, raise, lower, and fold the American flag. | Monday | 3:00 |
| | Monday | 4:00 |
| | Wednesday | 4:30 |

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| 7. Repeat from memory and explain in your own words the Scout Oath, Law, motto, and slogan. | Monday | 3:30 |
| | Wednesday | 3:00 |
| 8. Know your patrol name, give the patrol yell, and describe your patrol flag. | Thursday | 3:00 |
| 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. | | |

****Requirements 7-8-9 are offered as a group at the above times.****

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| 10a. Record your best in the following events:
Pushups, Pull ups, Situps,
Standing long jump, Run/walk 500 yards. | Monday | 3:30 |
| | Wednesday | 2:30 |
| | Wednesday | 4:30 |
| 10b. Show improvement in the activities listed above after practicing for 30 days. | In Troop | |
| 11. Identify local poisonous plants; tell how to treat for exposure to them. | Tuesday | 4:30 |
| | Thursday | 2:30 |
| | Thursday | 4:30 |
| 12a. Demonstrate the Heimlich maneuver and tell when it is used. | T -12 a & b offered at: | |
| 12b. Show first aid for the following:
Simple cuts and scratches
Blisters on the hand and foot
Minor burns or scalds (first degree)
Bites or stings of insects and ticks
Poisonous snakebite
Nosebleed
Frostbite and sunburn | Tuesday | 2:30 |
| | Tuesday | 4:00 |
| | Thursday | 2:00 |
| | Thursday | 3:30 |
| 13. Demonstrate Scout spirit by living the Scout Oath (Promise) and the Scout Law in your everyday life. Discuss four specific examples of how you have lived the points of the Scout Law in your daily life. | In Troop | |
| 14. Participate in a Scoutmaster conference. | In Troop | |
| 15. Complete your Board of Review. | In Troop | |

Eagle Challenge Second Class

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| 1a. Demonstrate how a compass works and how to orient a map. Explain what map symbols mean. | Monday | 2:00 |
| | Monday | 4:30 |
| | Wednesday | 2:00 |
| | Wednesday | 4:00 |
| 1b. Using a compass and a map together, take a 5-mile hike (or 10 mile by bike) approved by your adult leader and your parent or guardian. | Tuesday | 2:00 |
| | Wednesday | 2:00 |
| | Thursday | 2:00 |
| 2. Discuss the principles of "Leave No Trace" (offered during Fireman Chit S-3d) | Monday | 2:00 |
| | Monday | 3:00 |
| | Friday | 2:00 |
| 3a. Since joining, have participated in five separate troop/patrol activities (other than troop/patrol meetings, two of which included camping overnight). | In Troop | |
| 3b. On one of these camp outs, 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. | Camping MB | |
| 3c. Demonstrate proper care, sharpening, and use of knife, saw, and ax, and describe when they should be used. | Totin Chit | |
| | Monday | 2:00 |
| | Monday | 4:00 |
| | Tuesday | 2:00 |
| 3d. Use the tools listed in requirement 3c to prepare tinder, kindling, and fuel for a cooking fire. | Tuesday | 4:00 |
| | Fireman Chit | |
| | Monday | 2:00 |
| | Monday | 3:00 |
| 3e. Discuss when it is appropriate to use a cooking fire and a lightweight stove. Discuss the safety procedures for using | Friday | 2:00 |
| | Earned in Fireman Chit | 3d |

both.

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| 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. | | | Cooking MB |
| 3g. | On one campout, plan and cook one hot breakfast or lunch, selecting foods from the food pyramid. Explain the importance of good nutrition. Tell how to transport, store, and prepare the foods your selected. | | | Cooking MB |
| 4. | Participate in a flag ceremony for your school, religious institution, chartered organization, community, or troop. Explain to your leader what respect is due the flag of the United States. | | | In Troop |
| 5. | Participate in an approved (minimum of 1 hour) service project. | Tuesday | 3:00 | |
| | | Wednesday | 2:00 | |
| | | Thursday | 3:00 | |
| 6. | Identify or show evidence of at least 10 kinds of wild animals (birds, mammals, reptiles, fish, mollusks) found in you community. | Monday | 2:30 | |
| | | Wednesday | 2:00 | |
| | | Wednesday | 4:30 | |
| | | Friday | 3:00 | |
| 7a. | Show what to do for “hurry” cases of stopped breathing, serious bleeding, and ingested poisoning. | Tuesday | 2:00 | |
| | | Tuesday | 3:00 | |
| | | Thursday | 3:00 | |
| | | Thursday | 4:30 | |
| 7b. | Prepare a personal first aid kit to take with you on a hike. | | | In Troop * |
| 7c. | Demonstrate first aid for the following: | Tuesday | 2:30 | |
| | Object in the eye | Tuesday | 3:30 | |
| | Bite of a suspected rabid animal | Thursday | 3:30 | |
| | Puncture wounds from a splinter, nail, and fish hook | Friday | 3:00 | |
| | Serious burns (second degree) | | | |
| | Heat exhaustion | | | |
| | Shock | | | |
| | Heatstroke, dehydration, hypothermia, hyperventilation | | | |
| 8a. | Tell what precautions must be taken for a safe swim. | | | Swim Test |

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| 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. | Monday 7-8:30 pm
Thursday 7-8:30 pm
at the Waterfront |
| 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. | Monday 7-8:30 pm
Thursday 7-8:30 pm
at the Waterfront |
| 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. | DARE Program * |
| 9b. Explain the three R's of personal protection. | At Home/Troop |
| 10. Earn an amount of money agreed upon by you and your parent, then save at least 50 percent of that money. | At Home |
| 11. Demonstrate scout spirit by living the Scout Oath (Promise) and Scout Law in your everyday life. Discuss four specific examples (different from those used for Tenderfoot Requirement 13) of how you have lived the points of the Scout Law in your daily life. | At Home |
| 12. Participate in a Scoutmaster conference. | In Troop |
| 13. Complete your Board of Review. | In Troop |

Eagle Challenge First Class

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| 1. Demonstrate how to find directions during the day and at night without using a compass. | Monday | 3:00 |
| | Wednesday | 4:00 |
| | Thursday | 2:00 |
| | Thursday | 4:00 |
| | Friday | 3:00 |
| 2. Using a map and compass, complete an orienteering course that covers at least 1 mile and requires measuring the height and/or width of designated items (tree, tower, canyon, ditch, etc.) | Monday | 3:00 |
| | Wednesday | 3:00 |
| | Friday | 2:00 |
| 3. Since joining, have participated in ten separate troop/patrol activities (other the troop/patrol meetings), three of which included camping overnight. Demonstate the principles of Leave No Trace on these outings. | | In Troop |
| 4a. Help plan a patrol menu for one campout at least one breakfast, lunch, and dinner and that requires cooking at least two of the meals. Tell how the menu includes foods from the food pyramid and meets nutritional needs. | | Cooking MB |
| 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. | | Cooking MB |
| 4c. Tell which pans, utensils, and other gear will be needed to cook and serve these meals. | | Cooking MB |
| 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. | | Cooking MB |

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.	Cooking MB	
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 US citizen.	In Troop	
6. Identify or show evidence of at least 10 kinds of native plants found in your community.	Tuesday	4:30
	Thursday	2:30
	Thursday	4:30
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.	Monday	4:00
	Wednesday	4:00
	Friday	2:00
7c. Use lashing to make a useful camp gadget.	In Troop *	
8a. Demonstrate tying the bowline knot and describe several ways it can be used.	Tuesday	2:00
	Tuesday	4:00
	Thursday	2:00
	Thursday	4:30
8b. Demonstrate bandages for a sprained ankle and for injuries on the head, upper arm, and collarbone.	Tuesday	3:00
	Tuesday	4:30
	Thursday	4:00
	Friday	2:00
8c. Show how to transport by yourself, and with one other person, a person: from a smoke-filled room with a sprained leg, for at least 25 yards	Tuesday	3:30
	Thursday	2:30
	Thursday	4:30
	Friday	2:30
8d. Tell the five most common signs of a heart attack. Explain the steps (procedures) in cardiopulmonary resuscitation (CPR)	Tuesday	4:30
	Thursday	2:30
	Thursday	4:00

Friday 3:00

- 9a. Tell what precautions must be taken for a safe trip afloat. Sunday Aquatics Demo
- 9b. Successfully complete the BSA Swimmers test. Sunday Aquatics
Taken on Sunday at Aquatics
- 9c. With a helper and a practice victim, show a line rescue both as tender and rescuer. (The practice victim should be approx. 30feet from shore in deep water.) Monday 7-8:30 pm
Thursday 7-8:30 pm
at the Waterfront
10. Tell someone who is eligible to join Boy Scouts, or an inactive Boy Scout, about your troop's activities. Invite him to a troop outing, activity, service project or meeting. Tell him how to join, or encourage the inactive Boy Scout to become active. In Troop
11. Describe the three things you should avoid doing related to use of the Internet. Describe a cyberbully and how you should respond to one. In Troop
12. Demonstrate scout spirit by living the Scout Oath (Promise) and Scout Law in your everyday life. Discuss four specific examples (different from those used for Tenderfoot Requirement 13 and Second Class 11) of how you have lived the points of the Scout Law in your daily life. In Troop
13. Participate in a Scoutmaster conference. In Troop
14. Complete your board of review. In Troop