



FIRST CLASS

Rank Requirements

Effective January 1, 2010

Leader
initial
and date



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| 1. | Demonstrate how to find directions during the day and at night without using a compass. (Pages 368–371) | |
| 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) | |
| 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) | |
| 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) | |
| 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) | |
| 4c. | Tell which pans, utensils, and other gear will be needed to cook and serve these meals. (Page 324) | |
| 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) | |
| 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) | |
| 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) | |



Downloadable requirements checklists for all ranks and videos to guide you through the First Class rank requirements may be found on the Handbook Web site, www.bsahandbook.org.

	6. Identify or show evidence of at least 10 kinds of native plants found in your community. (Pages 212, 215)	
	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)	
	7b. Use lashing to make a useful camp gadget. (Pages 392–401)	
	8a. Demonstrate tying the bowline knot and describe several ways it can be used. (Pages 388–389)	
	8b. Demonstrate bandages for a sprained ankle and for injuries on the head, the upper arm, and the collarbone. (Pages 155, 157–161)	
	8c. Show how to transport by yourself, and with one other person, a person <ul style="list-style-type: none"> • From a smoke-filled room • With a sprained ankle, for at least 25 yards (Pages 154, 172–175) 	
	8d. Tell the five most common signals of a heart attack. Explain the steps (procedures) in cardiopulmonary resuscitation (CPR). (Pages 164–166)	
	9a. Tell what precautions must be taken for a safe trip afloat. (Pages 194–195)	
	9b. Successfully complete the BSA swimmer test.* (Pages 190–191)	
	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)	
	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. (Page 17)	
	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. (Page 51, 61)	
	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 requirement 11) of how you have lived the points of the Scout Law in your daily life. (Page 30)	
	13. Participate in a Scoutmaster conference. (Page 34)	
	14. Complete your board of review. (Page 55)	

NOTE: Alternate requirements for the First Class rank are available for Scouts with physical or mental disabilities if they meet the criteria listed in the Boy Scout Requirements book.

*See the Aquatics chapter for details about the BSA swimmer test.