



First Class Rank

Workbook

This Workbook can help you organize your thoughts as you read your Boy Scout Handbook. You still must satisfy your Scoutmaster that you can *demonstrate* each skill and have *learned* the information. No one can add or subtract from the Boy Scout Requirements #33216. Merit Badge Workbooks and much more are below: [Online Resources](#).

Send comments to the workbook developer: craig@craiglincoln.com. Requirements revised: 2008, Workbook updated: May 2009.

Scout's Name: _____ Troop: _____

1. Demonstrate how to find directions during the day _____
and at night without using a compass. _____
2. Using a 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.). _____
3. Since joining, have participated in 10 separate troop/patrol activities (other than troop/patrol meetings), three of which included camping overnight. _____

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.

	Bread/Grain	Main Course	Dairy	Fruit	Drink	Dessert
BREAKFAST						
	Soup/Salad	Main Course	Vegetable	Fruit	Drink	Dessert
LUNCH						
	Soup/Salad	Main Course	Vegetable	Vegetable	Drink	Dessert
DINNER						

Tell how the menu includes the foods from the food pyramid and meets nutritional needs. _____

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.

Food	Amount	Cost	Food	Amount	Cost

4c. Tell which pans, _____

utensils, _____

and other gear will be needed to cook and serve these meals. _____

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. _____

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. _____

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. _____

6. Identify or show evidence of at least 10 kinds of native plants found in your community.

7a. Discuss when you should _____

and should not use lashings. _____

7b. 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. _____

7c. Use lashing to make a useful camp gadget. _____

8a. Demonstrate tying the bowline knot and describe several ways it can be used. _____

8b. Demonstrate bandages for a sprained ankle _____

and for injuries on the head, _____

the upper arm, _____

and the collarbone. _____

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 _____

8d. Tell the five most common signs of a heart attack.

Explain the steps (procedures) in cardiopulmonary resuscitation (CPR).

9a. Tell what precautions must be taken for a safe trip afloat.

9b. Successfully complete the BSA swimmer test. _____

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.) _____

10. Demonstrate Scout spirit by living the Scout Oath (Promise) and Scout Law in your everyday life. _____

11. 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. _____

12. Describe the three things you should avoid doing related to use of the Internet.

Describe a cyberbully _____

and how you should respond to one. _____

13. Participate in a Scoutmaster conference. _____

14. Complete your board of review. _____

Notes

Alternate requirements for the First Class rank are available for Scouts with physical or mental disabilities - [click here to learn more](#). The requirements for Tenderfoot, Second Class, and First Class ranks may be worked on simultaneously; however, these ranks must be earned in sequence.

Online Resources: (Use any Internet resource with caution and only with your parent's or guardian's permission.)

Boy Scouts of America: ► scouting.org ► [Guide to Safe Scouting](#) ► [Age-Appropriate Guidelines](#) ► [Safe Swim Defense](#)
 ► [Scout](#) ► [Tenderfoot](#) ► [Second Class](#) ► [First Class](#) ► [Rank Videos](#) ► [Safety Afloat](#)

Merit Badge Books: www.scoutstuff.org Please don't post workbooks on your site. Please instead post links to these:

MeritBadge.org: <http://meritbadge.org/wiki/index.php/MBW> -or- usscouts.org: <http://www.usscouts.org/mb/worksheets/list.asp>

Requirement Resources

These resources and much more are at: http://meritbadge.org/wiki/index.php/First_Class_Rank

BSA Skill Lesson Videos

1-3. Map & Compass:

- **REI Videos:** [Parts of a Compass](#) - [Topographic Maps](#) - [Map to Compass](#) - [Compass to Map](#) - [Triangulation](#) - [Declination](#)
- [REI:Navigation Basics](#) - [How a Compass Works](#)
- **Topographical Maps** [Free US Geological Survey](#) - [Topozone.com](#) - [Google Satellite, Street, and Terrain Maps](#)

4. Cooking:

- **Outdoor Cooking Lesson Videos:** [Food Selection](#) - [Food Quality](#) - [Stoves](#) - [Utensils](#) - [Water Purification](#) - [Leave No Trace](#)
- **Outdoor cooking links:** [Scoutstuff.org](#) - [Scoutorama](#) - [USScouts.Org](#) - [MacScouter](#) - [RecipeSource.com](#) - [CampRecipes.com](#) - [Scouter.net](#) - [Foil-Cooking](#) - [Cub Scout Cookbook](#) - [NetWoods.com](#) - [Scout Camp Cooking](#) - [The Trailside Cookbook](#) - [Buckskinner Cookbook](#) - [Ol' Buffalo Outdoor Cooking Page](#)
- **Dutch Oven Cooking:** [From IDOS](#) - [USScouts.Org](#) - [MacScouter](#) - [dutchovencookware.com](#)
- **Other cooking links:** [Cooking Merit badge](#) - [Leave No Trace](#) - [Stove Safety](#)

6. Ecology Resources:

- **General Resources:** [American Museum of Natural History](#) - [Discover Magazine](#) - [Environmental Protection Agency](#) - [Int. Assn. of Fish and Wildlife Agencies](#) - [Nat. Climatic Data Center](#) - [Nat. Geographic Society](#) - [Nat. Park Service](#) - [U.S. Fish and Wildlife Service](#) - [American Meteorological Society](#) - [American Zoo and Aquarium Association](#) - [The Discovery Channel](#) - [Nat. Fish and Wildlife Foundation](#) - [Nat. Oceanic and Atmospheric Admin](#) - [Nat. Wildlife Federation](#)
- **Conservation Resources:** [Soil and Water Conservation Merit Badge resources](#) - [Conservation and Resource Center](#) - [Leave No Trace Center](#) - [Wildlife Conservation Society](#)
- **Bird Resources:** [Bird Study Merit Badge resources](#)
- **Fish Resources:** [Fishing Merit Badge Requirement resources](#) - [American Fisheries Society](#)
- **Insect Resources:** [Insect Study Merit Badge resources](#)
- **Mammal Resources:** [Mammal Study Merit Badge resources](#)
- **Reptile & Amphibian Resources:** [Reptile and Amphibian Study Merit Badge resources](#) - [Frog Songs](#)

7b. [Timber Hitch](#) - [Clove Hitch](#) - [Square Lashing](#) - [Shear Lashing](#) - [Diagonal Lashing](#)

8a. [Bowline](#)

8b. [Sprains](#)

8c. [Transporting an Injured Person](#)

8d. [Heart Attack](#) - [CPR](#)

- Your handbook is your primary reference. See [First Aid Skills](#) for step-by-step instructions and lesson video links.
- **See also:** [First Aid Merit Badge Pamphlet](#) - [First Aid Kit](#) - [Emergency Kit](#) - [Guide to Safe Scouting](#) - [Physical](#)

9. Swimming:**9a** [Safety Afloat](#)

9b [BSA Swim Test](#): [Diving](#) also has the feetfirst jump in - [Sidestroke](#) - [Breaststroke](#) - [Trudgen Crawl](#) - [Backstroke](#) - [Swimming Turns](#) - [Floating](#)

9c [Reach, Throw, Row, Go](#)

- Your handbook is your primary reference. See [Swimming Skills](#) for step-by-step instructions and lesson video links.
- **See also:** [Swimming](#) & [Lifesaving](#) Merit Badge Pamphlets - [Guide to Safe Scouting](#) - [Safe Swim Defense](#) - [Safety Afloat](#)

10: What does [Scout Spirit](#) really mean? (It's not what you do in your troop!)

12: [Scoutmaster Conference](#) - Explains that you don't "pass" a Scoutmaster Conference and how to [appeal](#).

13: [Board of Review](#) - What can they ask? How long can it be? Is the [uniform](#) really required? How do you [appeal](#)?