

Scout Skills for Adults: #3 – 1st Class

If you had to leave your home during an emergency, camping out is a very good option. That is, if you know how. Here are some of the skills a Boy Scout must learn to reach the third rank in Scouting: 1st Class.

1. Demonstrate how to find directions without a compass during day or night.
2. Using a compass, complete an orienteering course that covers at least one mile and measures the height and/or width of trees, towers, canyons, ditches, etc.
3. Participate in three overnight campouts.
4. Help plan a campout menu for at least 3 meals, including 2 that are cooked. Tell how the menu includes food from the food pyramid and meets nutritional needs. List costs and food amounts to feed three boys. Tell which pans, utensils, and other gear will be needed to cook and serve these meals.
5. Explain how to safely handle and store: 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.
6. On one campout, serve as the cook. Prepare meals as planned above.
7. Lead your family in saying grace at the meals and supervise cleanup.
8. Visit and discuss your Constitutional rights and obligations as a U.S. citizen with an elected official, judge, attorney, civil servant, principal, teacher, etc.
9. Identify at least 10 kinds of native plants found in your community.
10. Discuss when you should and should not use lashings. Demonstrate tying the timber hitch and clove hitch and their use in square, shear, and diagonal lashings by joining two or poles or staves together. Use lashing to make a useful camp gadget.
11. Demonstrate tying the bowline knot. Describe ways in which it can be used.
12. Demonstrate bandages for: a sprained ankle, injuries to the head, injuries to the upper arm, injuries to the collarbone.
13. Show how to transport by yourself, and with one other person, a person from a smoke-filled room, or with a sprained ankle, for at least 25 yards.
14. Tell the 5 most common signs of a heart attack. Explain how to do CPR.
15. Tell what precautions must be taken for a safe trip afloat.
16. Successfully complete the BSA swimmer test. With a helper and a practice victim, show a line rescue both as tender and as rescuer.

For additional outdoor skills, see the Tips "**Scout Skills for Adults: #1 – Tenderfoot**" and "**Scout Skills for Adults: #2 – Second Class.**"