

Before you attend National Youth Leadership Training you need to have mastered the following skills, from Tenderfoot, Second Class, and First Class Scout ranks.

Please review all Trail to First Class skills, especially those in the following areas, to help your scout have the best and safest experience at Big Horn.

- **Leadership experience at the troop or crew level.** SPL and Patrol leader tenure and practice with ILST tools will provide experience that will enhance learning of the leadership tools presented at the NYLT level.
- **Good camping skills:** At Camp Tahosa, scouts will be expected to manage personal gear including independent tent set up, and may experience a wide variety of outdoor conditions that include changeable weather and temperatures, Scouts will be walking considerable distances during the week. Physical conditioning is important.
- **Cooking Skills:** patrols will cook 3 meals a day in their campsites on specified schedules. Working knowledge of camp cooking methods, 2 or 3 burner propane stove use, following menus and recipes, 3 step dishwashing method, camp sanitation, and time management skills are important.
- **Camp sanitation and bear protection protocol:** A variety of small animals and the possible presence of bears make camp sanitation critical. Safe food handling, cross contamination and good dishwashing techniques insure minimizing the risk of food borne illnesses during the camp week. Camp cleanliness, identification of smellables and proper storage are necessary.
- **Knots and lashing skills**
- **Map and compass, orienteering**
- **Dutch Oven cooking,** including use of chimneys
- **Dehydration and sun exposure.** Camp Tahosa is at an elevation of approximately 9000 feet which requires additional preparation for hydration and sun exposure.

Specific Skills, By Rank

TENDERFOOT



- Present yourself to your leader, prepared for an overnight camping trip. Show the personal and camping gear you will use. Show the right way to pack and carry it.
- Tell how you practiced the Outdoor Code on a campout or outing
- On the campout, assist in preparing one of the meals. Tell why it is important for each patrol member to share in meal preparation and cleanup.
- While on a campout, demonstrate an appropriate method of safely cleaning items used to prepare, serve, and eat a meal.
- Explain the importance of eating together as a patrol.
- Demonstrate a practical use of the square knot.
- Demonstrate a practical use of two half-hitches.
- Demonstrate a practical use of the taut-line hitch.
- Demonstrate proper care, sharpening, and use of the knife, saw, and ax.

- Show first aid for the following: Simple cuts and scrapes; Blisters on the hand and foot; Minor (thermal/heat) burns or scalds (superficial, or first-degree); Bites or stings of insects and ticks; Venomous snakebite; Nosebleed; Frostbite and sunburn; Choking
- Describe common poisonous or hazardous plants; identify any that grow in your local area or campsite location. Tell how to treat for exposure to them.
- Tell what you can do while on a campout or other outdoor activity to prevent or reduce the occurrence of injuries or exposure
- Assemble a personal first-aid kit to carry with you on future campouts and hikes.
- Explain the importance of the buddy system as it relates to your personal safety on outings and in your neighborhood.
- Describe what to do if you become lost on a hike or campout.
- Explain the rules of safe hiking, both on the highway and cross-country, during the day and at night.

SECOND CLASS



- Explain the seven principles of Leave No Trace and tell how you practiced them on a campout or outing.
- On one of these campouts, select a location for your patrol site and recommend it to your patrol leader, senior patrol leader, or troop guide. Explain what factors you should consider when choosing a patrol site and where to pitch a tent.
- Explain when it is appropriate to use a fire for cooking or other purposes and when it would not be appropriate to do so.
- Use the tools listed in Tenderfoot requirement 3d to prepare tinder, kindling, and fuel wood for a cooking fire.
- At an approved outdoor location and time, use the tinder, kindling, and fuel wood from "Second Class requirement 2b" to demonstrate how to build a fire.
- Explain when it is appropriate to use a lightweight stove and when it is appropriate to use a propane stove. Set up a lightweight stove or propane

stove. Light the stove, unless prohibited by local fire restrictions. Describe the safety procedures for using these types of stoves.

- On one campout, plan and cook one hot breakfast or lunch, selecting foods from MyPlate or the current USDA nutritional model. Explain the importance of good nutrition. Demonstrate how to transport, store, and prepare the foods you selected.
- Demonstrate tying the sheet bend knot. Describe a situation in which you would use this knot.
- Demonstrate tying the bowline knot. Describe a situation in which you would use this knot
- Demonstrate how a compass works and how to orient a map. Use a map to point out and tell the meaning of five map symbols.
- Using a compass and map together, take a 5-mile hike (or 10 miles by bike) approved by your adult leader and your parent or guardian.[2]
- Describe some hazards or injuries that you might encounter on your hike and what you can do to help prevent them.[2]
- Demonstrate how to find directions during the day and at night without using a compass or an electronic device.
- Identify or show evidence of at least 10 kinds of wild animals (such as birds, mammals, reptiles, fish, or mollusks) found in your local area or camping location.
- Demonstrate first aid for the following: Object in the eye; Bite of a warm-blooded animal; Puncture wounds from a splinter, nail, and fishhook; Serious burns (partial thickness, or second-degree); Heat exhaustion; Shock; Heatstroke, dehydration, hypothermia, and hyperventilation

- Show what to do for “hurry” cases of stopped breathing, stroke, severe bleeding, and ingested poisoning.
- Tell what you can do while on a campout or hike to prevent or reduce the occurrence of the injuries
- Explain what to do in case of accidents that require emergency response in the home and backcountry.

FIRST CLASS



- Explain each of the principles of Tread Lightly! and tell how you practiced them on a campout or outing.
- Help plan a menu for one of the above campouts that includes at least one breakfast, one lunch, and one dinner, and that requires cooking at least two of the meals.
- Show which pans, utensils, and other gear will be needed to cook and serve these meals.
- Demonstrate the procedures to follow in the safe handling and storage of fresh meats, dairy products, eggs, vegetables, and other perishable food products. Show how to properly dispose of camp garbage, cans, plastic containers, and other rubbish
- On one campout, serve as cook. Supervise your assistant(s) in using a stove or building a cooking fire. Prepare the breakfast, lunch, and dinner planned in First Class requirement 2a. Supervise the cleanup.
- Discuss when you should and should not use lashings.
- Demonstrate tying the timber hitch and clove hitch.
- Demonstrate tying the square, shear, and diagonal lashings by joining two or more poles or staves together.
- Use lashings to make a useful camp gadget or structure.
- 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.).
- Demonstrate how to use a handheld GPS unit, GPS app on a smartphone, or other electronic navigation system. Use GPS to find your current location, a destination of your choice, and the route you will take to get there. Follow that route to arrive at your destination.
- Identify or show evidence of at least 10 kinds of native plants found in your local area or campsite location.
- Identify two ways to obtain a weather forecast for an upcoming activity. Explain why weather forecasts are important when planning for an event.
- Describe at least three natural indicators of impending hazardous weather, the potential dangerous events that might result from such weather conditions, and the appropriate actions to take.
- Describe extreme weather conditions you might encounter in the outdoors in your local geographic area. Discuss how you would determine ahead of time the potential risk of these types of weather dangers, alternative planning considerations to avoid such risks, and how you would prepare for and respond to those weather conditions.
- Demonstrate bandages for a sprained ankle and for injuries on the head, the upper arm, and the collarbone.
- By yourself and with a partner, show how to: Transport a person from a smoke-filled room; Transport for at least 25 yards a person with a sprained ankle.
- Tell the five most common signals of a heart attack. Explain the steps (procedures) in cardiopulmonary resuscitation (CPR).
- Explain how to obtain potable water in an emergency.

Demonstrate Scout spirit by living the Scout Oath and Scout Law.