



Palos Verdes Estates, California

Greater Los Angeles Area Council
Pacifica District

REFERENCE HANDBOOK

- I. Troop Organization & Telephone List
- II. Uniform
- III. General Policy for Scout Conduct
- IV. Scout Advancement
- V. Backpacking Equipment
- VI. Parental Consent - Medical Treatment Forms

March 2016



Palos Verdes Estates, California

I. Troop Organization & Telephone List



Palos Verdes Estates, California

II. Uniform Description and Standards

UNIFORM

TROOP 276

Scout Shirt – Short or long sleeve khaki shirt with patches and insignia properly sewn on to include:

Left sleeve – GLAAC Council Strip
Troop 276 numeral
Badge of Office (if any)

Right sleeve – U.S. Flag
Patrol medallion

Other as prescribed from time to time by the Boy Scouts or the LA Council.

Scout Trousers or Shorts – If shorts are worn (a popular substitution in Southern California), hiking socks are also worn with boots.

Campaign hat, broad brim - Brim can be rolled up in back when carrying pack or in the field.

Insignia - Metal rank insignia on Hat and Cloth Insignia on shirt.

Boy Scout belt and buckle - Standard scout belt.

Neckerchief - Worn at all times.

Hiking Boots - These are an integral part of the Troop 276 uniform.

Neckerchief slide * - Leather “276” slide worn at all times. (Made by scout at a Troop meeting.) A standard scout slide may be worn as a temporary substitute.

Fanny Pack - Packed in accordance with list of items provided. (Actual Fanny Pack will be issued by the Troop.)

Red lanyard * - Traditional option in Troop 276 - with compass or a whistle on the end.

Merit badge sash - Worn on formal occasions.

Medals - Worn on formal occasions (Courts of Honor, etc.). Never in the field or on camporees.

* Items made by scouts from kits and other material available from Troop Quartermaster.

- REMEMBER -

Your complete uniform worn properly is hat, neckerchief, a fanny pack, shirt tails tucked in and hands out of pocket.

SPECIAL EQUIPMENT

TROOP 276

Fanny Packs with 276 Patch	\$ 30.00
Troop 276 Neckerchief	12.00
"276" Patch	4.00
Pack Covers (1st one free after qualifying hike)	26.00
Leather Slides	free
Lanyards	free

See Troop Quartermaster at Troop meetings or Courts of Honor for purchase of the foregoing items.



Palos Verdes Estates, California

III. General Policy for Scout Conduct

TROOP POLICY FOR SCOUT CONDUCT

TROOP 276

The following policy has been established by the Troop Committee of Troop 276 governing the general conduct and deportment of young men who wish to be members of the Troop.

1. **SCOUT UNIFORM** -- the scout uniform represents a real part of being a scout and a member of Troop 276. Each scout should be in full uniform for every scout activity – troop meetings, outings, hikes, etc., unless specifically instructed otherwise by the Scoutmaster. Full uniform includes a Troop 276 neckerchief, fanny pack, broad brimmed hat and hiking boots. Scouts not in uniform or in partial uniform may be denied participation in scout activities.
2. **DUES** -- The Troop, as a public service organization, requires money to operate -- to buy badges and awards, reserve campsites, etc. One such source of funds is the regular contribution of dues from each scout. Scouts not regularly contributing take unfair advantage of those who recognize their responsibilities.

It is the current policy of this Troop that annual dues are payable in September of each year. No scout will receive his awards at the Court of Honor until he is current with his troop dues.

3. **ALCOHOL, DRUGS AND SMOKING** -- The possession, buying, selling or use of any kind of alcohol, illegal drugs or smoking materials at any troop activity or outing is counter to the principles of scouting. Any scout who possesses, uses, or takes part in any activities involving alcohol, illegal

drugs or smoking during Troop 276 events will be immediately dismissed from the Troop.

4. ATTENDANCE -- The scouting program (like Little League Baseball, AYSO soccer and other youth sports) requires regular attendance both for the scouts to get the most out of the program. Any scout who wishes to be a member of Troop 276 must recognize this responsibility. Excused absences for other activities and inactive status for a period of time can be arranged at the discretion of the Scoutmaster.

The Scout's participation in the Troop program of hiking and other monthly outings is the key indicator of his being active in the Troop.

Regular attendance and active participation in Troop 276 can usually compliment participation in other programs that also promote social, religious, athletic and academic leadership. All scouts are encouraged to take full advantage of opportunities to develop themselves. It is the Troop's expectation that each scout will seek full participation and provide enthusiastic support for the Troop 276 troop meetings and hiking programs.

5. BEHAVIOR -- The management of a large group of scouts at scout meetings and outings by a few adult leaders requires a certain degree of discipline in the behavior of each of the scouts. While good times and fun are part of scouting, gross anti-social behavior cannot be tolerated. The Scoutmaster or an Assistant Scoutmaster is authorized by the Troop Committee to send home any scout who in his judgment is disrupting the Troop activities. In extreme cases the Scoutmaster and Troop Committee will determine if dismissal from the Troop is warranted.



Palos Verdes Estates, California

IV. Scout Advancement

- A. Advancement Policy
- B. Advancement Guide for New Scouts
- C. Requirements for Advancement

ADVANCEMENT POLICY

TROOP 276

The long term success of Troop 276 depends upon a balanced program of outdoor activities, hikes and trips, coupled with a program that actively encourages and stimulates the advancement in skills and rank of each scout.

The Troop's advancement policy is based upon a rigorous application of the advancement requirements contained in the official scout publications. The Troop stresses backpacking and individual self-sufficiency and maturity in wilderness situations. The Troop will use certain indicators as measures of being "active in your troop" and as a way to "show scout spirit" in evaluating qualification for rank advancement.

It is the purpose of this document to clearly set out these requirements so that they may be applied uniformly and with the full awareness by each scout as he works toward each advancement. The Troop advancement review and approval cycle consists of the following:

- Scout, Tenderfoot, Second Class and First Class - individual skills may be approved by Patrol Leaders, members of the Senior Patrol or Leadership Corps.
- A conference with the Scoutmaster or Assistant Scoutmaster once all basic requirements have been completed.
- Review and final approval of rank advancement by the Troop Board of Review.

In order to standardize the processes of advancement, the following troop regulations will be followed:

- 1) Once a scout has completed the requirements for each rank, the scout must telephone an Assistant Scoutmaster (for all ranks except Star, Life, and Eagle) or Scoutmaster (for Star, Life, and Eagle) for a Scoutmaster's Conference.
- 2) Each scout must appear for his Scoutmaster's conference and Board of Review in full uniform.
- 3) In arranging an appointment for a Scoutmaster's Conference, the telephone call should be made at least 48 hours before the conference and at least 48 hours before a Board of Review. Several Boards of Review are scheduled each quarter.
- 4) The Conferences for Star, Life, and Eagle Scout may be multi-session conferences in order to ensure all material is thoroughly reviewed.
- 5) The service project required for Eagle must be documented by a written report, photos, sketches, etc., as appropriate.
- 6) The Boards of Review shall meet periodically as appropriate in preparation for each Honor Court so as to offer the scouts ample time to prepare themselves for advancements.
- 7) The Board of Review will review the scout once the scout has signed a Scoutmaster conference form for attesting to the fact that he has successfully passed all requirements and has had his Scoutmaster's Conference.

8) A “night in the field” is defined as a troop outing. A parade, Scout-o-rama, etc., shall be regarded as one night in the field. A weekend hike is generally regarded as two nights in the field. The Scoutmaster shall determine how many nights in the field each activity constitutes.

ADVANCEMENT GUIDE FOR NEW SCOUTS

TROOP 276

Welcome to Troop 276. Tenderfoot is the first of six progressive ranks which will eventually lead to the rank of Eagle. Tenderfoot is really easy to obtain. You can become a Tenderfoot in just two short months. Your Patrol Leader will work with you to assist in this process.

This is how you go about it:

1) COMPLETE THE INDIVIDUAL SKILL REQUIREMENTS.

The requirements for advancement to Tenderfoot are listed beginning on page 440 of the *Boy Scout Handbook* (13th Edition, 2016). Your Patrol Leader will work with you to help accomplish each of these requirements. It is important, however, that you be comfortable in performing each of these requirements as your future rank advance merit builds on these skills.

For example, the Tenderfoot first aid skills are relatively simple treatments (cuts and scratches, blisters). The later ranks require that you know how to treat for shock and broken bones. Requirements are easy to begin with and you can build upon your newly-acquired knowledge as you progress.

You will have an opportunity on an individual basis at your patrol meetings and at the troop meetings to achieve the requirements.

2) TAKE PART IN A PERSONAL GROWTH CONFERENCE WITH AN ASSISTANT SCOUTMASTER.

As outlined in our Troop Advancement Policy, certain steps are required before the Scoutmaster conference is scheduled:

- a) Each scout, when he has completed the requirements for a particular rank, will make arrangements with an Assistant Scoutmaster for a Scoutmaster's Conference.
- b) Each scout must appear for his Scoutmaster's Conference and Board of Review in full uniform.
- c) In arranging an appointment for a Scoutmaster's Conference, the telephone call should be made at least 48 hours before a Board of Review session.

Our Courts of Honor usually will take place in February, June and October. The Court of Honor is the formal recognition ceremony for the advancement and awards which the scouts have acquired. We have Troop Boards of Review periodically prior to each Court of Honor. You should have made arrangements for a Scoutmaster's Conference about a week before the Board of Review. You should make a phone call for an appointment for a Scoutmaster's Conference at least 48 hours before a Board of Review.

The 48 hour limit applies only to making an appointment, and it does not mean that you cannot have the Scoutmaster conference less than 48 hours before the Board of Review session. You could have the conference on Friday evening and yet be able to go to the Board of Review session the next day. It is best to phone the Scoutmaster about a week before you would like to appear before the Board of Review. In this way the Scoutmaster can more easily schedule you. Please do not call him at the last minute.

You must appear before your Scoutmaster in full uniform. This means that you must wear hat, boots, neckerchief, fanny pack, etc. If you are not in full uniform,

and if you do not have a good reason, the Scoutmaster may turn you down and ask you to come back later in your full uniform.

A Personal Growth Conference is a friendly chat. Your Scoutmaster is interested in you and wants to know about you. By knowing more about you, he can give you better advice as to how to make your scouting years a success. Your Scoutmaster will probably ask what thing you like to do. He will also want to know what things you do especially well. These are the things which you will build as you grow.

Your Scoutmaster will ask you to get a goal for yourself in which you will use much of your strength. He might ask you first about what goal you may have set for yourself in scouting. You may have a leadership goal. Or it could be a goal in advancement. Your Scoutmaster might have ideas that will help you choose what scout skills or merit badges you will want to earn next. At each conference your Scoutmaster will want to find out from you how close you came to reaching your previous goal. He will help you set the next goal.

Then, he will go over the requirements for your advancement. First, he will find out if you understand and are able to recite the "Scout Oath," the "Scout Law," the "Scout Motto" and the "Scout Slogan". You still have time to brush up before the Board of Review session takes place. The Scoutmaster will then go over the scout skill requirements and he will make sure that you understand them and will pass the Board Review session. Your Scoutmaster will then complete a form addressed to the Troop Advancement Committee certifying that you satisfactorily completed your Scoutmaster's Conference and that you are recommended for rank advancement. In this form he will state how many nights you spent in the field, what merit badges have been earned (if any), and finally he may include a few remarks about you. He may state that you are a good scout and are well qualified for rank advancement; or he may state that you are weak in some

particular area. Don't let this discourage you! You have a chance to improve any weak areas before you go to the Board of Review session.

Well, this is all about the Personal Growth Conference and you are now ready for the Board of Review.

Let's take a look at the second page of the Troop Advancement Policy. It states that the Board of Review shall meet as often as appropriate, well in advance of each Court of Honor so as to offer the scouts ample time to prepare themselves for advancements. It also states that the Board of Review will not review any scout not having a signed form from the Scoutmaster. It is also essential that you appear for your Board of Review in full uniform.

What happens at the Board of Review? The Board of Review is a conference between a scout (who is ready to advance to the next rank) and Troop Committee members of the Board of Review. The purpose of the conference is to determine if you are qualified for advancement. Your Scoutmaster prepares you for the Board of Review at the Personal Growth Conference, and the Review Board will determine if you are ready for advancement.

Periodically, the Scoutmaster or the Chairman of the Advancement Committee will announce the dates of the Board of Review sessions. You will usually have several dates from which you can choose. During an especially active month you may have only two dates from which to choose. If you can, get ready for the earliest session, because it is a hardship when there is a large group on the last available date.

At the beginning of the troop meetings which were designated for the Board of Review, we will ask you how many of you are ready for the Board and will assign you numbers to come to the Board. During the session you will be seated before members of the Board. These people are usually members of the Advancement

Committee. At times one of the parents may join, or a Senior Scout may be asked to join the Board to assist the committee members.

What do you expect at the Board of Review session?

First, you are asked to recite the "Scout Oath," the "Scout Law," the "Scout Motto," the "Scout Slogan" which you know by heart by now. If you have studied the Scout Handbook, you should be able to answer these questions without difficulties. Study the Scout Handbook! The board will not ask you any tricky questions; all of the questions are from the Scout Handbook.

The Board member may ask you questions from the skills you have learned to see if you really know about them. Since one of the requirements for Tenderfoot is proper handling of the American flag, you may be asked about the American Flag. Since another requirement deals with certain first aid skills, you may be asked to answer a few questions about these first aid procedures.

Prepared by: S. Paul Otsuka*

November 1979

Revised by: J. T. Boyt*

April 1998

Reviewed: January 2012

Revised: D. Behenna & M. Olsen,

March 2013

Revised: March 2016

REQUIREMENTS FOR RANK ADVANCEMENT

Rank advancement in Troop 276 will be in accordance with the official *Boy Scout Handbook* (13th Edition, 2016). An outline of those requirements and the Troop 276 measures of participation and Scout Spirit are listed below.

SCOUT REQUIREMENTS (*Boy Scout Handbook*, p. 439):

- 1a. Repeat from memory the Scout Oath, Scout Law, Scout motto and Scout slogan. In your own words, explain the meaning.
- 1b. Explain what Scout spirit is. Describe some ways you have shown Scout spirit by practicing the Scout Oath, Scout Law, Scout motto and Scout slogan.
- 1c. Demonstrate the Boy Scout sign, salute and handshake. Explain when they should be used.
- 1d. Describe the First Class Scout badge and tell what each part stands for. Explain the significance of the First Class Scout badge.
- 1e. Repeat from memory the Outdoor Code. In your own words, explain what the Outdoor Code means to you.
- 1f. Repeat from memory the Pledge of Allegiance. In your own words, explain its meaning.
2. After attending at least one Boy Scout meeting, describe:
 - a. How the Scouts in the troop provide the leadership.
 - b. The four steps of Boy Scout advancement.
 - c. What the Boy Scout ranks are and how they are earned.
 - d. What merit badges are and how they are earned.
- 3a. Explain the patrol method. Describe the types of patrols that are used in your troop.
- 3b. Become familiar with your patrol name and traditions. Explain how these items create patrol spirit.

- 4a. Show how to tie a square knot, two half-hitches and a taut-line hitch. Explain how each knot is used.
- 4b. Show the proper care of a rope by learning how to whip and fuse the ends of different kinds of rope.
5. Demonstrate your knowledge of pocketknife safety.
6. With your parents, complete the exercises in the pamphlet *How to Protect Your Children from Child Abuse: A Parent's Guide* and earn the Cyber Chip Award for your grade.
7. Participate in a Scoutmaster conference.

TENDERFOOT REQUIREMENTS (*Boy Scout Handbook*, pp. 440-1):

- 1a. Present yourself to your leader prepared to go on a hike.
- 1b. Spend at least one night on a hike.
- 1c. Tell how you practiced the Outdoor Code on a hike.
- 2a. On a campout, assist in cooking one of your patrol's meals.
- 2b. While on a campout demonstrate the appropriate method of safely cleaning items used to prepare, serve and eat a meal.
- 2c. Explain importance of eating together as a patrol.
3. Demonstrate the practical use of the following:
 - a. Square knot.
 - b. Two half-hitches.
 - c. Taut-line hitch.
- 3d. Demonstrate proper care, sharpening and use of knife, saw and axe.
- 4a. Show first aid for the following:

Simple cuts and scratches

 - Blisters on the hand and foot
 - Minor burns or scalds
 - Bites or stings of insects and ticks
 - Poisonous snakebite
 - Nosebleed
 - Frostbite and sun burn
 - Choking
- 4b. Describe common poisonous plants; identify any that grow in our area. Tell how to treat for exposure to them.
- 4c. Tell what you can do while on a campout to prevent or reduce the occurrence of injuries or exposure listed in Tenderfoot rank requirement 4a and 4b.

- 4d. Assemble and prepare a personal first aid kit and carry in the fanny pack at all times.
- 5a. Explain the buddy system as it relates to your personal safety on outings. Use the buddy system while on a troop outing.
- 5b. Describe what to do if you are lost on a hike.
- 5c. Explain the rules of safe hiking, both cross-country and on the highway, during day and night.
- 6a. Record your best in the following tests: push-ups (number in 60 seconds), sit-ups or curl-ups (number in 60 seconds), back-saver sit-and-reach (distance stretched), one mile walk/run (record the time).
- 6b. Develop a plan for improvement and show improvement in the activities after 30 days.
- 6c. After practicing for 30 days, record your best results in Tenderfoot rank requirement 6a.
- 7a. Demonstrate how to display, raise, lower and fold the U.S. flag.
- 7b. Participate in a total of one hour of service in one or more service projects approved by your Scoutmaster. Explain how your service to others relates to the Scout Slogan and Scout motto.
8. Describe the steps in Scouting's Teaching EDGE method. Use EDGE method to teach another person how to tie a square knot.
9. Demonstrate Scout spirit by living the Scout Oath and Scout Law. Tell how you've done your duty to God and how you lived four different points of the Scout Law in your everyday life.
10. Participate in a Scoutmaster conference.
11. Complete your board of review for Tenderfoot rank.

Each Tenderfoot scout is encouraged to have at least four nights in the field.

SECOND CLASS REQUIREMENTS (*Boy Scout Handbook*, pp. 442-3):

- 1a. Participate in five outings, three of which are overnight camping.
- 1b. Explain the principles of Leave No Trace and tell how you practiced them on a campout.
- 1c. On a campout, select your patrol's campsite and recommend it to your patrol leader or senior patrol leader. Explain what factors you used to select it.
- 2a. Explain when it is appropriate to use a fire for cooking or other purposes. When is it not appropriate?
- 2b. Use the tools listed in Tenderfoot rank requirement 3d to prepare tinder, kindling and fuel wood for a cooking fire.
- 2c. At an approved outdoor location, use the materials from Second Class rank requirement 2b to demonstrate how to build a fire. If allowed by local fire restrictions and with prior approval of senior patrol leader and Scoutmaster, light the fire. After burning safely for two minutes, safely extinguish the fire with minimal impact to fire site.
- 2d. Demonstrate how to light a propane backpacking stove. Describe the safety procedures for these stoves. Discuss cooking over fire compared to a backpacking stove.
- 2e. Plan and cook one hot breakfast or lunch using foods from MyPlate or the current USDA nutritional model. Explain the importance of good nutrition and food safety (transportation, storage and preparation).
- 2f. Demonstrate tying the sheet bend and bowline knots. Describe a situation in which you would use them.
- 3a. 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.
- 3b. Using a compass and map take a five mile hike (or 10 miles by bicycle) approved by your adult leader and your parent or guardian.

- 3c. Describe some hazards or injuries that you might encounter on your hike. What can you do to help prevent them?
- 3d. Demonstrate how to find directions during the day or night without using a compass or an electronic device.
4. Identify or show evidence of at least 10 kinds of wild animals (birds, mammals, reptiles, fish, and mollusks) found in your community or camping location.
- 5a. Tell what precautions must be taken for a safe swim
- 5b. Demonstrate the ability to pass the BSA beginner swim test.
- 5c. Demonstrate water rescue methods and their application.
- 5d. Explain why swimming rescues should not be attempted when a reaching or throwing rescue is possible. Explain why and how a rescue swimmer should avoid contact with swimmer.
- 6a. Demonstrate first aid for the following:
 - Object in the eye
 - Bite of a warm-blooded animal
 - Puncture wounds from a splinter, nail and fish hook
 - Serious burns (second degree)
 - Heat exhaustion
 - Shock
 - Heat stroke, dehydration, hypothermia and hyperventilation
- 6b. Show what to do for "hurry" cases of stopped breathing, stroke, serious bleeding and ingested poisoning.
- 6c. Explain what you can do while on a campout or hike to prevent or reduce the occurrence of injuries listed in Second Class rank requirements 6a and 6b.
- 6d. Explain what to do in case of accidents that require emergency response in home and backcountry. Explain what constitutes an emergency. Explain what information you will need to provide to first responder.

- 6e. Explain how you should respond if you come upon the scene of a vehicular accident.
- 7a. After completing Tenderfoot rank requirement 6c, be physically active for 30 minutes each day for five days a week for four weeks. Keep track of your activities.
- 7b. Share your challenges and successes in completing Second Class rank requirement 7a. Set a goal for continuing to include physical activity as part of your daily life and develop a plan for doing so.
- 7c. Participate in a substance abuse awareness program. Discuss the program with your family. Report to your Scoutmaster about which parts of the Scout Oath and Scout Law relate to what you learned.
- 8a. Participate in a flag ceremony.
- 8b. Explain what respect is due the flag of the United States.
- 8c. With your parents, decide on the amount of money you need to earn, based on the cost of something you'd like to purchase. Develop a written plan to earn the money. Discuss any changes made to plan and whether you met your goal.
- 8d. At a minimum of three locations, compare prices for the item you wish to purchase. After completing Second Class rank requirement 8c, decide if you will use your earnings to purchase the item as originally intended, save all or a portion of it, or use for another purpose.
- 8e. Participate in an approved (minimum of two hours) service project.
- 9a. Explain the 3 R's of personal safety and protection.
- 9b. Describe bullying; tell what the appropriate response is to someone who is bullying you or another person.
- 10. Demonstrate Scout spirit by living the Scout Oath and Scout Law. Demonstrate how you have done your duty to God and how you have lived four different points of the Scout Law in your everyday life. Also demonstrate Scout participation (one indicator of this rank requirement is to have earned at least ten nights in the field).

11. Participate in a Scoutmaster conference.
12. Complete your board of review for Second Class rank.

FIRST CLASS REQUIREMENTS (*Boy Scout Handbook*, pp. 445-7):

- 1a. Since joining, have participated in 10 separate troop/patrol activities (other than troop/patrol meetings), six of which included camping overnight.
- 1b. Explain each of the principles of tread lightly and tell how you practiced them on a backpack trip.
- 2a. Plan a patrol menu for one campout – including one breakfast, lunch, and dinner – that requires cooking at least two of the meals. Tell how the menu includes the foods from MyPlate or the current USDA nutritional model.
- 2b. Using the menu planned in First Class rank requirement 2a, make a list showing the budget and the food amounts needed to feed three or more boys. Secure the ingredients.
- 2c. Tell which pans, utensils, and other gear will be needed to cook and serve these meals.
- 2d. Explain 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,
- 2e. On one hike prepare a breakfast, lunch and dinner menu that requires cooking; securing ingredients; supervise your assistants in fire building; and prepare the meals. Say grace and supervise cleanup, as appropriate.
- 3a. Discuss when you should and should not use lashings.
- 3b. Demonstrate tying the timber hitch and clove hitch.
- 3c. Demonstrate tying the square, shear and diagonal lashings by joining two or more poles or staves together.
- 3d. Use lashings to make a useful camp gadget or structure.

- 4a. 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.).
- 4b. Demonstrate how to use handheld GPS unit, GPS application or other electronic navigation system. Use GPS to find current location and to create a hiking route.
- 5a. Identify or show evidence of at least 10 kinds of native plants found in your community.
- 5b. Identify two ways to obtain a weather forecast for an upcoming activity. Explain why weather forecasts are important when planning a backpack trip.
- 5c. 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.
- 5d. Describe extreme weather conditions you might encounter in the outdoors, how you would determine ahead of time the potential dangers, alternative planning considerations and how you would prepare for and respond to dangerous weather conditions.
- 6a. Successfully complete the BSA swimmer test.
- 6b. Tell what precautions must be taken for a safe trip afloat.
- 6c. Identify the basic parts of a canoe, kayak or other boat. Identify the parts of a paddle or an oar.
- 6d. Describe proper body positioning in a watercraft, depending on the type and size of the vessel. Explain the importance of proper body position.
- 6e. With a helper and a practice victim, show a line rescue both as a tender and as a rescuer.
- 7a. Demonstrate bandages for a sprained ankle and for injuries on the head, the upper arm, and collarbone.

- 7b. By yourself and with a partner, show how to: Transport a person from a smoke-filled room; and transport for at least 25 yards a person with a sprained ankle.
- 7c. Tell the five most common signs of a heart attack. Explain the steps (procedures) in cardiopulmonary resuscitation (CPR).
- 7d. Tell what utility services exist in your home. Describe potential hazards and how to respond to emergency situations involving the utilities.
- 7e. Develop an emergency action plan for your home that includes what to do in case of fire, storm, power outage and water outage.
- 7f. Explain how to obtain potable water in an emergency.
- 8a. Be physically active at least 30 minutes each day for five days a week for four weeks. Keep track of activities.
- 8b. Share your challenges and successes in completing First Class rank requirement 8a. Set a goal for continuing to include physical activity as part of your daily life.
- 9a. Visit and discuss with a selected individual approved by your leader (elected official, judge, attorney, civil servant, principal, teacher) the constitutional rights and obligations of a U.S. citizen.
- 9b. Investigate an environmental issue affecting your community. Share with your patrol or troop what you learned. Tell what, if anything, could be done by you or by your community to address the concern.
- 9c. On a Scouting or a family outing, take note of the trash and garbage you produce. Before next backpack trip, identify ways to reduce, recycle or repurpose what you take on that outing, and then put those plans into action.
- 9d. Participate in at least three hours of service through one or more approved service projects. Service hours spent on earning previous ranks may not be applied to this requirement.
- 10. Tell/invite/encourage someone about joining Boy Scouts.

- 11a. Demonstrate Scout spirit by living the Scout Oath and Scout Law.;
Tell how you have done your duty to God and how you have lived four different points of the Scout Law in your everyday life. Also demonstrate Scout participation (one indicator of completing this requirement is to have earned at least 15 nights in the field).
12. Participate in a Scoutmaster conference.
13. Complete your board of review for First Class rank.

STAR SCOUT REQUIREMENTS (Boy Scout Handbook, p. 448) :

1. Be active in your troop and patrol for at least four months as a First Class Scout.
2. Show Scout spirit by living the Scout Oath and Scout Law. Tell how you have done your duty to God and how you have lived the Scout Oath and Scout Law in your everyday life.
3. Earn six merit badges, including any four from the required list for Eagle.
4. While a First Class Scout, take part in service projects totaling at least six hours of work approved by your Scoutmaster.
5. While a First Class Scout, serve actively for four months in an approved position of leadership or responsibility set forth under "Boy Scout troop" in Star Scout rank requirement 5.
6. With your parents, complete the exercises in the pamphlet *How to Protect Your Children from Child Abuse: A Parent's Guide* and earn the Cyber Chip Award for your grade.
7. Take part in a Scoutmaster conference.
8. Complete your board of review for Star rank.

Several indicators shall be used by the Troop to help determine when the scout satisfies requirements #1 ("be active in your troop and patrol...") and #2 ("show Scout spirit"). For example:

- a) Have earned at least 20 nights in the field.
- b) Accomplish a wilderness mapping project consisting of laying out compass bearings on a trail or across country, and constructing a trail profile with supporting legend data.

LIFE SCOUT REQUIREMENTS (*Boy Scout Handbook*, p. 449):

1. Be active in your troop and patrol for at least six months as a Star Scout.
2. Demonstrate Scout spirit.
3. Earn at least five more merit badges, including at least three from the required list for Eagle. In total, have earned a total of at least 11 merit badges), including seven from the required list for Eagle.
4. While a Star Scout, take part in approved service projects totaling at least six hours of service.
5. While a Star Scout, serve actively for six months in one or more approved positions of leadership or responsibility set forth under "Boy Scout troop" in Star rank requirement 5 (or carry out a Scoutmaster-assigned leadership project to help the troop).
6. While a Star Scout, use the Teaching EDGE method to teach another Scout one of the skills set forth in Life Scout rank requirement 6. It is preferred that you teach skills to Scouts that are younger than you.
7. Take part in a Scoutmaster conference.
8. Complete a board of review for Life rank.

Several indicators shall be used by the troop to help determine when the Scout satisfies requirements #1 ("be active in your troop and patrol ...") and #2 ("show scout spirit"). For example:

- a) Prepare an essay (approximately 500 words) on some aspect of leadership as discussed with the Scoutmaster.
- b) Make sustained contributions in Troop leadership.

EAGLE SCOUT REQUIREMENTS (*Boy Scout Handbook*, p. 450-1) :

1. Be active in your troop and patrol for at least six months as a Life Scout.
2. Demonstrate that you live by the principles of the Scout Oath and Law.
3. Earn a total of 21 merit badges, including those 13 required for Eagle.
4. While a Life Scout, serve actively for a period of six months on one or more of the positions of responsibility set forth under “Boy Scout troop” in Eagle rank requirement 4.
5. While a Life Scout, plan, develop and give leadership to others in a service project helpful to your religious institution, school, or community. The project idea must be approved by your Scoutmaster and Troop Committee and reviewed by the Council or District before you start.
6. Take part in a Scoutmaster conference.
7. Successfully complete your board of review for the Eagle Scout rank.

MERIT BADGES

TROOP 276

Troop Merit Badge Counselors are referenced in the troop Court of Honor bulletin. Before work is started on a merit badge, the Scout must contact the Scoutmaster or troop adult leader to obtain a signed merit badge blue card.

It is the responsibility of the Scout to turn in to the troop Advancement Chairman completed, signed cards merit badge cards for recording.

NOTE: Please talk to your Patrol Leader about any other questions you might have concerning advancement.



Palos Verdes Estates, California

V. Backpacking Equipment

GENERAL BACKPACK LIST

TROOP 276

Backpack with

- * external frame (preferred for newer Scouts)
- * padded belly band
- * padded shoulder strips

Sleeping bag (line stuff sack with plastic garbage bag)

- * synthetic fibers are preferred (for better warmth when wet)
- * rated to 20 degrees F or below
- * tapered end (mummy style)

Pack cover (troop provided after first hike)

2 quarts water

- * one bottle should be accessible while hiking
- * bottles to be filled at home before hike regardless of the outing

Sierra Cup

Knife, fork, and spoon

50 feet nylon rope 1/8 in. thick (parachute cord) – "bear bagging" rope

Poncho

Tarp or water proof ground cloth

Three large plastic garbage bags (30-gallon size)

Three gallon size ziplock bags (for garbage and general use)

Small flashlight and extra batteries

Clothes - (pack in waterproof plastic)

- * pair of scout pants
- * change of undershorts
- * thermal underwear top
- * thermal underwear bottoms
- * wool or poly polypropylene hat and gloves
- * wool or polypropylene socks (extra set)
- * warm jacket or parka
- * Wash kit
- * wash cloth
- * small soap (motel size)

Toothbrush and tooth paste (smallest size available)

Toilet tissue and plastic trowel

Insulite pad or a Therma-Rest

Note: This is a list of the essentials. If you choose to bring any personal items, it is your responsibility to carry them. Speak to your Patrol Leader or any member of the Leadership Corps if you have any questions.

Your pack should not weigh more than 1/4 (25%) of your body weight, so if you weigh 100 pounds, your pack should not exceed 25 pounds. For longer trips, more clothing will be require, but you will be briefed on the situation as it arises.

FANNY PACK LIST

TROOP 276 – SURVIVAL KIT

Basics

- compass (if not carried in pocket on red lanyard)
- knife (Boy Scout, Swiss Army, or other multi-purpose pocket knife) - can be carried separately on lanyard
- whistle
- signal mirror or reflector small notebook and pencil or pen (waterproofed)

Protection from Elements

- all weather matches (15-20) - (waterproofed)
- candle (3" - 6") - for light, starting fire with damp fuel, and/or saving matches
- space blanket
- garbage bag (30 gallon size) - for emergency rain and pack cover

Personal Comfort Items

- small chap stick or lip balm
- insect repellent (small container)

Emergency Food

- Emergency or quick energy food (granola bar, beef jerky, tea, cocoa, cup of soup packet, or hard candy, etc.) - (waterproofed)
- Water treatment capability (e.g. iodine, halazone tablets, Polar Pure or similar)
- 3 fishing hooks (approximately #10 size) and 20" of fishing line

First Aid Supplies (waterproofed)

- 10 band aids
- Moleskin (at least 4" x 6")
- 3 large adhesive pads (4" x 4")
- 5 alcohol pads
- 24 Tylenol tablets (in container)
- small roll of gauze bandage (2" wide x 6' long)

Other

- Parental consent form for Emergency Medical Treatment - (waterproofed)
- 2 quarters (50 cents for telephone use)
- sewing kit (2 needles and heavy twine/marlin - to repair equipment and clothes)
- 3' of 5/16" rope (get from troop quartermaster)

WATERPROOFED = MUST BE PROTECTED BY WATERPROOF BAG OR OTHER MEANS

BACKPACKING EQUIPMENT REQUIREMENT

TROOP 276

BACKGROUND

Troop 276 is a backpacking troop that emphasizes “high adventure” activities. The troop generally participates in ten hikes each year. These hikes will be from two days to nine days long and cover from 8 to 80 miles over every kind of terrain found in the southwestern states.

Backpacking is fun and develops self-reliance and self-confidence as well as physical fitness while providing the scout an awareness of the history and the natural environment of this area of the country. The scouts of Troop 276 take great personal pride in their accomplishments in the field. They have gained recognition for the orderly manner and discipline maintained by the scouts in the wilderness. They follow the rules, respect the environment and always strive to leave the wilderness in better condition than they found it. The troop will routinely pick up trash left by others and carry it out of the wilderness.

A new Scout entering the troop may find his first few hikes a little challenging but he will soon develop the mental attitude and physical skill required. Every new Scout must make a transition. To help the Scout through this period, the new Scout should consult his patrol leader and a little bit of help from his parents with selection of the proper equipment. As the Scout grows and becomes experienced, he will be the best judge of what he needs and wants to make his outdoor experience pleasurable, but in the beginning he will need some guidance.

EQUIPMENT

The complete Scout uniform is required attire in Troop 276 and has been found to be suitable attire for hiking and camping. Every Scout will need (a) hiking boots and socks, (b) backpack, (c) sleeping gear, (d) camping equipment, (e) additional clothing and (f) various optional items.

HIKING BOOTS AND SOCKS - A sturdy ankle high lace boot with a non-slip sole. Proper fit is important to give correct support and protection and to avoid painful blisters. The boot is frequently comfortable when worn with two pairs of socks. A lightweight Scout sock covered by hiking sock is a good combination. Wool blend or polypropylene socks wear well and stay warmer when damp. Avoid cotton socks!

BACKPACK - A lightweight sturdy frame pack with integral padded shoulder straps and a belly band. (An internal frame pack is not recommended - too expensive, not suitable for Troop 276 needs.) It is important that the pack fit correctly - especially for the beginner who is just developing the physical capability to handle this load. The fit of the straps and belt is critical. The belly band or strap allows the weight of the pack to be carried on the hips. This makes it easier to carry the weight and allows the Scout to remain stable while walking and climbing.

There are many different kinds of frames and packs. Welded frames are recommended over types which use pressure joints or are screwed together. There are various types of belts: wraparound, padded or unpadded, and numerous types of buckle mechanisms. The most important factor is to have the belt fit tightly just above the pelvis bone and that the scout is able to buckle and unbuckle the belt easily. The frame should provide for a place to strap sleeping bag below the pack. Weight carried high on the frame tends to make the scout top heavy and unstable.

The pack bag should be nylon or other durable material and have sufficient volume to carry the scout's camping gear. Side pockets should have zippers and provide easy access for frequently used items.

There are many types and styles of packs to choose from. Remember, "small" fits scouts up to 5'3" tall and most "medium" size packs are made for people over 5'3" and "regular" or "large" are suitable for people above 5'8" tall.

SLEEPING GEAR - There are a wide range of sleeping bags available. One made from synthetic fibers is recommended. The bag should be rated at least 20 degrees F. Weight and loft are the important parameters. It is a good idea to find a bag that weighs less than five pounds and at least five inches of loft. For additional warmth at night the scout may wear thermal underwear, his clothes or his jacket or a combination of these.

A tarp is normally used a ground cloth and is placed under the sleeping bag. This is important to keep the bag from getting damp and to reduce cold from the ground. Also, there are a number of different sleeping pads available. The pad also provides critical insulation between the bag and the ground and provides comfort on hard ground. A jacket or shirt in a stuff bag makes an excellent pillow.

The Scouts normally sleep under the stars. Tarps can be set up as tents if necessary for protection on cold nights or in rain. All that is required to set up a tarp is a line tied between two trees or bushes. Two Scouts can share one tarp. The younger and smaller Scouts are encouraged to share tarps.

CAMPING GEAR AND FOOD - There is a little bit of Tom Sawyer in every Scout. Part of the growth experience in camping is making do with what you have. The Scouts learn to be ingenious and get along with a minimum of objects from

home. The Scout needs eating utensils, a sierra cup and a water bottle. The patrol supplies the food and cooking equipment for the hikes except on the short hikes the Scout may be asked to provide his own trail lunches.

Trail lunches should be hearty but a little on the skimpy side. While hiking, the typical Scout will be drinking more liquids and eating less solid foods than he does at home. Cheese and crackers, nuts, raisins, small cans of hot dogs or spreadables are good items to choose from. Cookies and candies are good items for energy. Hard candy is also good because it has high sugar content, will last for a long time and doesn't melt or make a mess in his pack. Don't send food the Scout will not eat.

Flavored drink mixes are very popular. They are lightweight, easy to mix and provide sugar for energy. Canteens are discouraged. Quart size plastic water bottles are cheap, light, convenient for mixing drinks, easy to clean and store easily in pack pockets. Some plastic water bottles will attach to the waist to serve as a canteen on short hikes.

Fifty feet of nylon parachute cord is necessary. The cord is used to put up a tube tent or a clothes line and sometimes useful for pack repairs or as a safety line. On the long term hike, it can be used to hang "bear bags" to safeguard food.

For personal cleanliness the Scout should have a small toothbrush and tube of toothpaste and small amount of soap. These items should be chosen for minimum weight. A wash cloth is small or light and is a sufficient substitute for a towel. A small roll of toilet paper is a necessary item. It is good for runny noses, as well.

Each Scout should carry a couple of garbage bags. They can be used to keep equipment dry when it rains as well as for carrying out trash. Two to three will be needed for long term hikes.

A small, lightweight reliable flashlight is useful. The small disposable lights are lightweight and certainly adequate for short hikes. For longer hikes, two disposable lights might be necessary or one small flashlight with extra batteries. A small candle is useful for lighting a fire if the wood or tinder is wet.

ADDITIONAL CLOTHING - In addition to what the Scout wears, very little additional clothing is needed. A poncho should be carried for rain protection and can be used as a ground cloth. It should be lightweight plastic, repellent or coated nylon. Avoid heavy, rubberized or canvas ponchos. Small plastic ponchos are available that weigh 10-16 oz.

A jacket or heavy wool shirt is needed for cool mornings and evenings. It also can serve as a pillow or provide additional warmth for sleeping on cold nights. Down jackets are light, comfortable and easy to store but they are expensive and provide little insulation if they get wet. Jackets filled with synthetic fiber are warm and provide insulation when wet, but they are bulky. Scouts should carry a change of underwear and socks, primarily in case he gets wet. Remember, wet clothes do not dry and dirty clothing can be washed if necessary. Extra pants and shirts are optional on short hikes but necessary for long term hikes. The Scout uniform makes an excellent choice. Short pants and short sleeve shirts are reasonably lightweight and durable.

It is essential to pack the one extra set of clothes in a plastic bag which will assure that the clothes are dry when they are needed. The Scout will be using his own judgment on when to change and what to wear. He should not pack items he will not use.

The list of required equipment including weights of each that can be carried by the new Scout for two, three day or longer term hikes is included. Items may vary slightly from scout to scout. The exact list of equipment may depend on the

scout, his equipment, his patrol and list of equipment may depend on the scout, his equipment, his patrol and the specific hike. Some scouts may have a lighter jacket or a heavier pad than those listed, but this list can be used as a guide for assembling backpacking equipment. In general, a scout can carry 25% of his weight on a hike. The pack may weigh slightly more at the outset of the hike because the scout has to carry food, but the weight will diminish as the food is consumed.

MISCELLANEOUS OPTIONAL EQUIPMENT - Every scout will want to carry some items which are personally important to him (i.e. candy, an extra pair of socks, camp shoes, fishing gear, camera, etc.) The younger, inexperienced hiker should carry only a minimum of optional items on his first few hikes. After three or four outings he will become accustomed to the pace and learn his own capability. He will be the best judge of what he can carry and what items he will use at camp or on the trail.

TYPICAL EQUIPMENT WEIGHTS

TROOP 276

ITEM	<u>2 Day</u>	<u>3 Day</u>	<u>Long-Term</u>
Backpack & frame	58 oz	58 oz	58 oz
Backpack cover (troop supplied)	4	4	4
Sleeping bag, insulite pad & straps	80	80	80
Water (2 1-quart containers)	66	66	66
Sierra Cup	2	2	2
Knife, fork, and spoon	3	3	3
50 feet nylon line (parachute cord)	4	4	4
Poncho	10	10	10
Emergency shelter (e.g. Tarp - 1 per 2 people, etc.) ..	22	22	22
Large garbage bags (30 gallon - 2 oz. ea.)	2	2	4
Gallon size plastic bags (3)	2	2	2
Small flashlight & extra batteries	6	6	6
Matches (waterproofed)	1	1	1
Clothes			
- extra underwear (5 oz./set)	0	5	10
- extra pants (Scout shorts)	0	7	7
- thermal underwear	12	12	12
- wool hat & gloves	4	4	4
- extra wool/poly socks (3 oz./pr.)	3	3	6
- jacket/parka	26	26	26
Personal items (Kleenex, toilet paper, Gatorade, etc.)	12	18	32
Wash kit, soap, toothbrush & toothpaste	7	7	7
Wash cloth or hand towel	2	2	2
Trail lunch (8 oz. per)	<u>8</u>	<u>16</u>	<u>0</u>
 SUB-TOTAL	 334 oz 20.9 lbs	 360 oz 22.5 lbs	 368 oz 23.0 lbs
Individual share of			
Patrol common equipment			
- cooking gear, stoves, etc.	2 lbs	2 lbs	2 lbs
- patrol food	<u>2-3</u> lbs	<u>2-3</u> lbs	<u>10-13</u> lbs
 TOTAL WEIGHTS	 24.9 - 25.9 lbs	 26.5 - 27.5 lbs	 35.0 - 38.0 lbs

* * *

Scouts who join the troop enjoy the hiking program. If a new Scout has difficulty with the hiking program, the problem often can be traced to a pack that either does not fit or is too heavy. The new Scout who has the determination to be part of Troop 276 and has the proper equipment will be able to gain the personal growth and self-esteem that are by-products of the troop mountaineering program.



Palos Verdes Estates, California

VI. Parental Consent – Medical Treatment Forms

PARENTS CONSENT FOR EMERGENCY MEDICAL TREATMENT

Date _____

To Whom It May Concern:

The undersigned do hereby give our permission to the officers, leaders, or agents of BSA Troop 276, to obtain and administer such medical aid or assistance as might be required for the immediate care of our son or ward in the event such help of any emergency nature becomes necessary.

It is further understood that such permission will include the administration of such medicines or treatments as might be ordered or administered by a properly licensed physician.

In no event will BSA Troop 276 be held liable for any first aid rendered or treatment, drug and medicine or surgical procedure performed pursuant to this consent.

Name (Scout) _____ Phone _____

Address: _____

Father's or Guardian's Name (printed) : _____

Signature: _____

Mother's or Guardian's Name (printed): _____

Signature: _____

In any emergency notify: _____

If an injury makes it advisable to see a doctor's services, please call:

Address: _____

Phone: _____

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Date _____

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Signature: _____

Mother's or Guardian's Name (printed): _____

Signature: _____

In any emergency notify: _____

If an injury makes it advisable to see a doctor's services, please call:

Address: _____

Phone: _____