

Adventure 2 Eagle



Merit Badge prerequisites

CAMPING
CITIZENSHIP IN THE COMMUNITY
CITIZENSHIP IN THE NATION
CITIZENSHIP IN THE WORLD
COMMUNICATIONS
EMERGENCY PREPAREDNESS
ENVIRONMENTAL SCIENCE
FAMILY LIFE
FIRST AID
LIFESAVING
PERSONAL FITNESS
PERSONAL MANAGEMENT



CAMPING

Requirement 9

Show experience in camping by doing the following:

1. Camp a total of at least 20 days and nights. You may use a week of long-term camp toward this requirement. Sleep each night under the sky or in a tent you have pitched (long-term camp excluded)..

LIST MUST BE CERTIFIED BY SCOUTMASTER OR OTHER LEADER.



CITIZENSHIP IN THE COMMUNITY

Requirement 2

Do the following:

a. on a map of your community, locate and point out the following:

Chief government buildings such as your city hall, county courthouse, and public works/services facility

Fire station, police station, and hospital nearest your home

Historical or other interesting points<>

b. Chart the organization of your local or state government. Show the top offices and tell whether they are elected or appointed.

Requirement 7

Do the following:

1. Choose a charitable organization outside of Scouting that interests you and brings people in your community together to work for the good of your community.

2. Using a variety of resources (including newspapers, fliers and other literature, the Internet, volunteers, and employees of the organization), find out more about this organization.

3. With your counselor's and your parent's approval, contact the organization and find out what young people can do to help. While working on this merit badge, volunteer at least eight hours of your time for the organization. After your volunteer experience is over, discuss what you have learned with your counselor.

Requirement 8

Develop a public presentation (such as a video, slide show, speech, digital presentation, or photo exhibit) about important and unique aspects of your community. Include information about the history, cultures, and ethnic groups of your community; its best features and popular places where people gather; and the challenges it faces. Stage your presentation in front of your merit badge counselor or a group, such as your patrol or a class at school.



CITIZENSHIP IN THE NATION

Requirement 2

Do TWO of the following:

1. Visit a place that is listed as a National Historic Landmark or that is on the National Register of Historic Places.
2. Tour your state capitol building or the U.S. Capitol.
3. Tour a federal facility.
4. Choose a national monument that interests you. Using books, brochures, the Internet (with your parent's permission), and other resources, find out more about the monument. Tell your counselor what you learned, and explain why the monument is important to this country's citizens.

Requirement 8

... Write a letter about a national issue and send it to one of these elected officials...Show your letter and any response you receive to your counselor.



CITIZENSHIP IN THE WORLD

Prerequisite

Requirement 7

Do TWO of the following

- Visit the Web site of the U.S. State Department. Learn more about an issue you find interesting that is discussed on this Web site.
- Visit the Web site of an international news organization or foreign government, OR examine a foreign newspaper available at your local library, bookstore, or newsstand. Find a news story about a human right realized in the United States that is not recognized in another country.
- Visit with a student or Scout from another country and discuss the typical values, holidays, ethnic foods, and traditions practiced or enjoyed there.
- Participate in or attend an international event in your area, such as an ethnic festival, concert, or play.



COMMUNICATIONS

Prerequisite

Requirement 3

Write a five-minute speech. Give it at a meeting of a group.



EMERGENCY PREPAREDNESS

Prerequisites

Requirement 1

Earn the First Aid Merit Badge.

Requirement 7

Take part in an emergency service project, either a real one or a practice drill, with a Scouting unit or a community agency.

Requirement 8

Do the following

1. Prepare a written plan for mobilizing your troop when needed to do emergency service. If there is already a plan, explain it. Tell your part in making it work.
2. Take part in at least one troop mobilization. Before the exercise, describe your part to your counselor. Afterward, conduct an "after-action" lesson, discussing what you learned during the exercise that required changes or adjustments to the plan.
3. Prepare a personal emergency service pack for a mobilization call. Prepare a family kit (suitcase or waterproof box) for use by your family in case an emergency evacuation is needed. Explain the needs and uses of the contents.

Requirement 9

Do ONE of the following:

- a. Using a safety checklist approved by your counselor, inspect your home for potential hazards. Explain the hazards you find and how they can be corrected.
- b. Review or develop a plan of escape for your family in case of fire in your home.
- c. Develop an accident prevention program for five family activities outside the home (such as taking a picnic or seeing a movie) that includes an analysis of possible hazards, a proposed plan to correct those hazards, and the reasons for the corrections you propose.



ENVIRONMENTAL SCIENCE

Written assignments that can be completed prior to camp include, 1, 2, 3a2, 3b2, 3c3, 3e.



FAMILY LIFE

Prerequisites

Requirement 3

Prepare a list of your regular home duties or chores (at least five) and do them for 90 days (3 months.) Keep a record of how often you do each of them.

Requirement 4

With the approval of your parents/guardians and your merit badge counselor, decide on and carry out a project that you would do around the house that would benefit the family. Submit a report to your merit badge counselor outlining how the project benefited the family

Requirement 5

Plan and carry out a project that involves the participation of your family.

The objective or goal of the project

How individual members of your family participated

The results of the project

Requirement 6

Plan and carry out a family council to include the following subjects:

- 1) How to avoid the use of drugs and drug abuse
- 2) Understanding the growing-up process, how the body changes, and making responsible decisions dealing with sex
- 3) Personal and family finances



FIRST AID

Requirement 2b

Prepare a first aid kit for your home; bring it to camp.



LIFESAVING

Requirement 1

Before doing requirements 2 through 15

- a. Complete Second Class requirements 7a through 7c and First Class requirements 9a through 9d.
 - o Second Class requirements 7a through 7c
 - a. Tell what precautions must be taken for a safe swim.
 - b. Demonstrate your ability to jump feetfirst into water over your head in depth, level off and swim 25 feet on the surface, stop, turn sharply, resume swimming, then return to your starting place.
 - c. Demonstrate water rescue methods by reaching with your arm or leg, reaching with a suitable object, and by throwing lines and objects. Explain why swimming rescues should not be attempted when a reaching or throwing rescue is possible, and explain why and how a rescue swimmer should avoid contact with the victim.
 - o First Class requirements 9a through 9c
 - a. Tell what precautions should be taken for a safe trip afloat.
 - b. Successfully complete the BSA swimmer test.
 - c. 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).
- b. Swim continuously for 400 yards using each of the following strokes in a strong manner for at least 50 continuous yards: front crawl, sidestroke, breaststroke, and elementary backstroke.



PERSONAL FITNESS

Prerequisites

Requirement 1

- a.) Physical exam
- b.) Dental visit

Requirement 6

Before doing requirements 7 and 8, complete the aerobic fitness, flexibility, muscular strength, and body composition tests as described in the Personal Fitness merit badge pamphlet. Record your results and identify those areas where you feel you need to improve.

Requirement 7

Outline a comprehensive 12-week (3-month) physical fitness program using the results of your fitness tests. Be sure your program incorporates the endurance, intensity, and warm-up guidelines discussed in the Personal Fitness merit badge pamphlet. Before beginning your exercises, have the program approved by parents.

Requirement 8

Complete the physical fitness program you outlined in **requirement 7**. Keep a log of your fitness program activity (how long you exercised; how far you ran, swam, or biked; how many exercise repetitions you completed; your exercise heart rate; etc.). Repeat the aerobic fitness, muscular strength, and flexibility tests every two weeks and record your results. After the 12th week, repeat all four tests, record your results, and show improvement in each one. Compare and analyze your preprogram and postprogram body composition measurements. Be prepared to discuss the meaning and benefit of your experience.



PERSONAL MANAGEMENT

Prerequisite

Requirement 2

Do the following:

1. Prepare a budget reflecting your expected income (allowance, gifts, wages), expenses, and savings. Track your actual income, expenses, and savings for 13 consecutive weeks (3 months.) Compare expected income with expected expenses. If expenses exceed income, determine steps to balance your budget. If income exceeds expenses, state how you would use the excess money (new goal, savings).

Requirement 8

Demonstrate to your merit badge counselor your understanding of time management by doing the following:

- a. Write a "to do" list of tasks or activities, such as homework assignments, chores, and personal projects, that must be done in the coming week. List these in order of importance to you.
- b. Make a seven-day calendar or schedule. Put in your set activities, such as school classes, sports practices or games, jobs or chores, and/or Scout or church or club meetings, then plan when you will do all the tasks from your "to do" list between your set activities.
- c. Follow the one-week schedule you planned. Keep a daily diary or journal during each of the seven days of this week's activities, writing down when you completed each of the tasks on your "to do" list compared to when you scheduled them.
- d. Review your "to do" list, one-week schedule, and diary/journal to understand when your schedule worked and when it did not work. With your merit badge counselor, discuss and understand what you learned from this requirement and what you might do differently the next time.

Requirement 9

Prepare a written project plan demonstrating the steps below, including the desired outcome. This is a project on paper, not a real-life project. Examples could include planning a camping trip, developing a community service project or a school or religious event, or creating an annual patrol plan with additional activities not already included in the troop annual plan. Discuss your completed project plan with your merit badge counselor.

- a. Define the project. What is your goal?
- b. Develop a timeline for your project that shows the steps you must take from beginning to completion.
- c. Describe your project.
- d. Develop a list of resources. Identify how these resources will help you achieve your goal.
- e. If necessary, develop a budget for your project.