

First Class eXpress ~ 2019 Schedule (2017 Requirements)

Monday

9:00am – 10:00am	Safety Requirements Scout 1a, 1b ~ Scout Oath, Law, Motto, and Slogan Tenderfoot 5a, 5b ~ Buddy System Second Class 9a ~ Three R's of Personal Safety Second Class 9b ~ Bullying	FCX Area
10:15am – 11:45am	Totin' Chip ~ Tenderfoot 3d Scout 5 ~ Pocket Knife Safety	
2:00pm – 3:30pm	Flag Etiquette ~ Tenderfoot 7a	Gilwell Field
3:45pm – 4:00pm	Nature Area Visit Tenderfoot 4b ~ Local Poisonous Plants	Amerock
4:00pm – 4:45pm	Instructional Rifle	Rifle Range
9:00pm – 10:30pm	Star Hike Second Class 3d ~ Find North at Night	Parking Lot

Tuesday

9:00am – 11:45am	Knots and Lashings Scout 4a ~ Square Knot, Taut Line, and Two Half Hitches Tenderfoot 3a, 3b, 3c ~ Demonstrate Practical Use Tenderfoot 8 ~ Square Knot EDGE Method Second Class 2g ~ Bowline	FCX Area
2:00pm – 3:45pm	First Aid Activity Tenderfoot 4a ~ Choking, Cuts, Blisters, 1 st Degree Burn, Bites and Stings, Venomous Snake Bites, Nosebleed, Frostbite, and Sunburn Second Class 6a ~ Object in Eye, Rabid Animal Bite, Puncture Wounds, Serious Burns (2 nd Degree), Heat Exhaustion, Shock, Heatstroke, Dehydration, Hypothermia, and Hyperventilation Second Class 6b ~ Hurry Cases ... Stopped Breathing, Serious Bleeding, Ingested Poison	Gilwell Field
4:00pm – 4:45pm	First Class 7c ~ Most Common Signs of a Heart Attack, CPR	
9:00pm	Instructional Archery First Class Express Overnight	Archery Range Schmig Memorial

Wednesday

9:00am - 10:45 am	Firem'n Chit Second Class 2a ~ When to use Fire Second Class 2b ~ Chop and Prepare Firewood Second Class 2c ~ Light Fire	FCX Area
11:00am -11:45am	First Aid Activity~ Part 2 First Class 7a ~ Treat Ankle, Head, Upper Arm, Lower Arm, and Collarbone Injuries First Class 7b ~ Transport Smoke Filled Room, Transport Victim with Sprained Ankle for 25 yards	Gilwell Field

2:00pm – 3:45pm	Knots and Lashings ~ Part 2 First Class 3a ~When to Use Lashings First Class 3b ~ Clove Hitch, Timber Hitch First Class 3c ~ Square, Diagonal, Shear Lashings	FCX Area
3:45pm – 4:00pm	Scoutcraft Area Visit	Scoutcraft Area
4:00pm – 4:45pm	Fingerprinting Merit Badge	Handicraft Lodge

Thursday

9:00am - 1:30pm	Five Mile Hike Tenderfoot 4d ~ Personal First Aid Kit Tenderfoot 5c ~ Safe Hiking Rules Second Class 1b ~ Leave No Trace Second Class 3a ~ Compass Orientation Second Class 3b ~ Five Mile Hike Second Class 3c ~ Injuries Second Class 3d ~ Find North During the Day Second Class 4 ~ Ten Native Animals First Class 5a ~ Ten Native Plants	Schmig Memorial
2:00pm – 2:45pm	Swimming Talking Requirements Second Class 5a ~ Safe Swim Defense* Second Class 5d ~ Explain When to use Rescues First Class 6b ~ Safety Afloat* First Class 6c ~ Identify Parts of Watercraft First Class 6d ~ Body Positioning in Watercraft	FCX Area
3:00pm -3:45pm	Swimming Requirements Second Class 5c ~ Arm, Leg, Pole, and Ring Rescues First Class 6e ~ Line and Tender	Pool
4:00pm -4:45pm	Open Swim	Pool

Friday

9:00am -11:45am	Orienteering First Class 4a ~ Orienteering Course	FCX Area
2:00pm – 3:00pm	Tenderfoot 7b ~ Service Project	
3:00pm - 4:45pm	Open Area	FCX Area

** Not Actual Safe Swim Defense and Safety Afloat Courses. These Programs are offered separately at different times and locations for adult leaders.*

Camp Lowden First Class Express is a “participate as needed” program. Scouts may choose to do all of the activities or only those which are needed for rank advancement. When not participating in FCX activities, Scouts may choose to work on merit badges or take advantage of other program opportunities.

Be sure to ask the FCX Director about the Trailblazer Award which is available for First Class Express participants. Special recognition will be given to those who successfully complete the program.