



# KNOT TYING

*Knot tying is a basic & essential life skill.*

*There are lots of different kinds of knots that are useful for different purposes.*

*Learning the basic knots is not only kinda cool & interesting but could one day even save your life!*

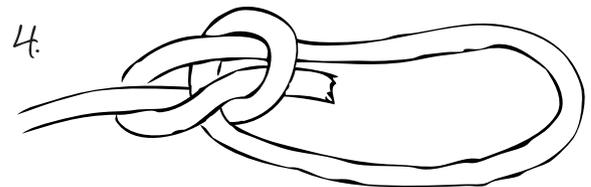
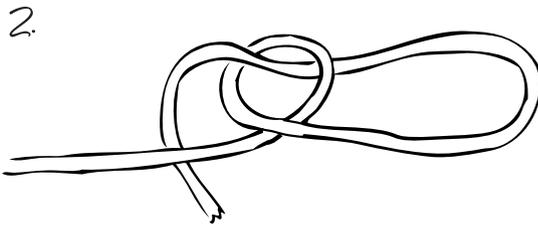
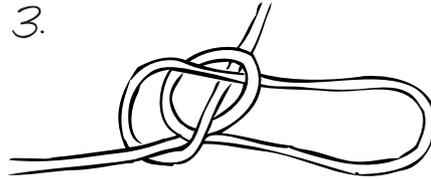
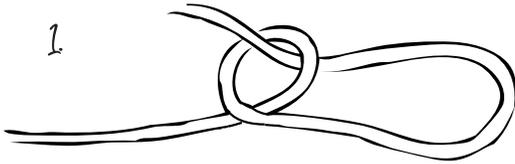
- ✗ On the next few pages we show you how to tie seven different useful knots and explain what you can use them for.
- ✗ We also provide a handy printable knot guide that you can print out and get laminated to keep in your utility belt.
- ✗ Grab your rope (that you keep in your utility belt) and practice these knots when you have a spare moment – a great campfire activity too!



## Bowline Knot

The Bowline is an essential knot – easy to tie and untie – it is used to make a fixed loop at the end of a rope. The Bowline is also one of the four basic maritime knots, the other three are the Figure-Eight Knot, the Reef Knot and the Clove Hitch.

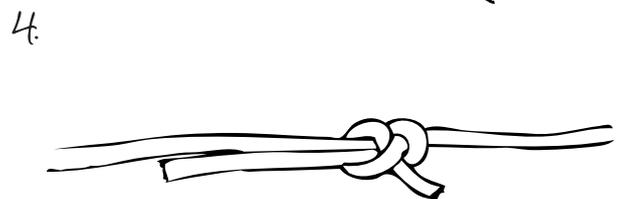
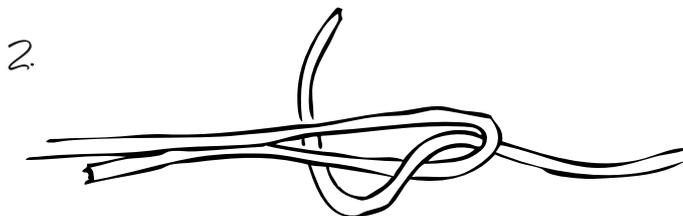
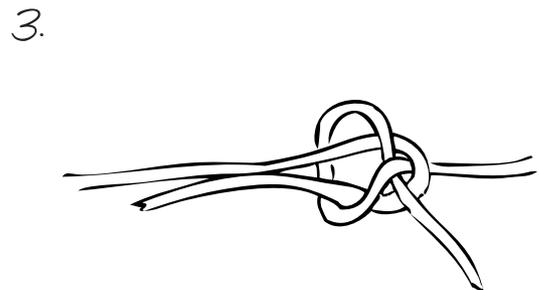
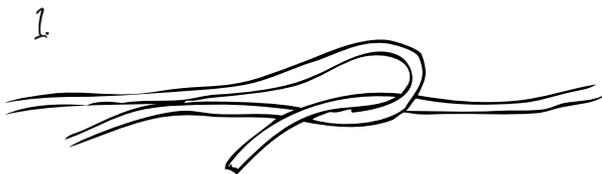
The Bowline is a common rescue knot used when securing and lifting people or equipment. This knot could save your life – if you ever need rescuing with a rope tied around your chest, this knot is the safest and most secure.



## Sheet Bend

The difference between a bend and a knot is that a bend is for joining the ends of two ropes together, always use the Sheet Bend as it is the most secure and works well on both the same size and different sized ropes.

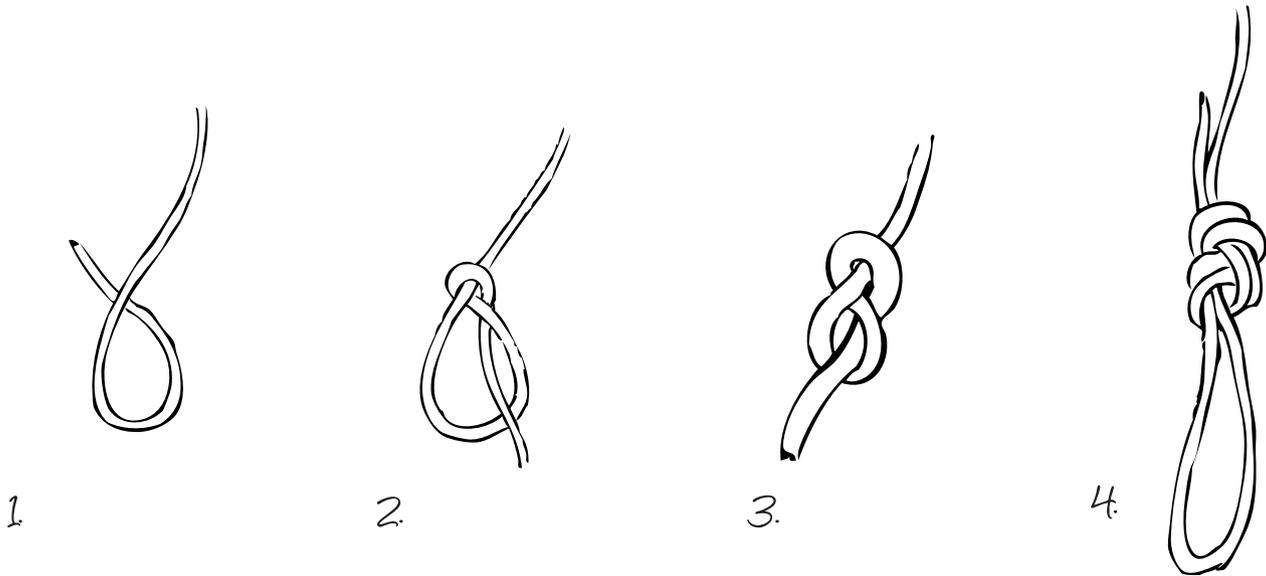
The Sheet Bend, the Clove Hitch and the Bowline are considered to be the three most essential knots to know.



## Figure-Eight Knot

The Figure-Eight Knot is an important stopper knot. It is used mostly in sailing and rock climbing so you don't lose your rope.

Variation: The Figure-Eight Loop (image four in this set), is a Double Figure-Eight Knot made with a loop and it is very useful to make a loop to tie things securely.

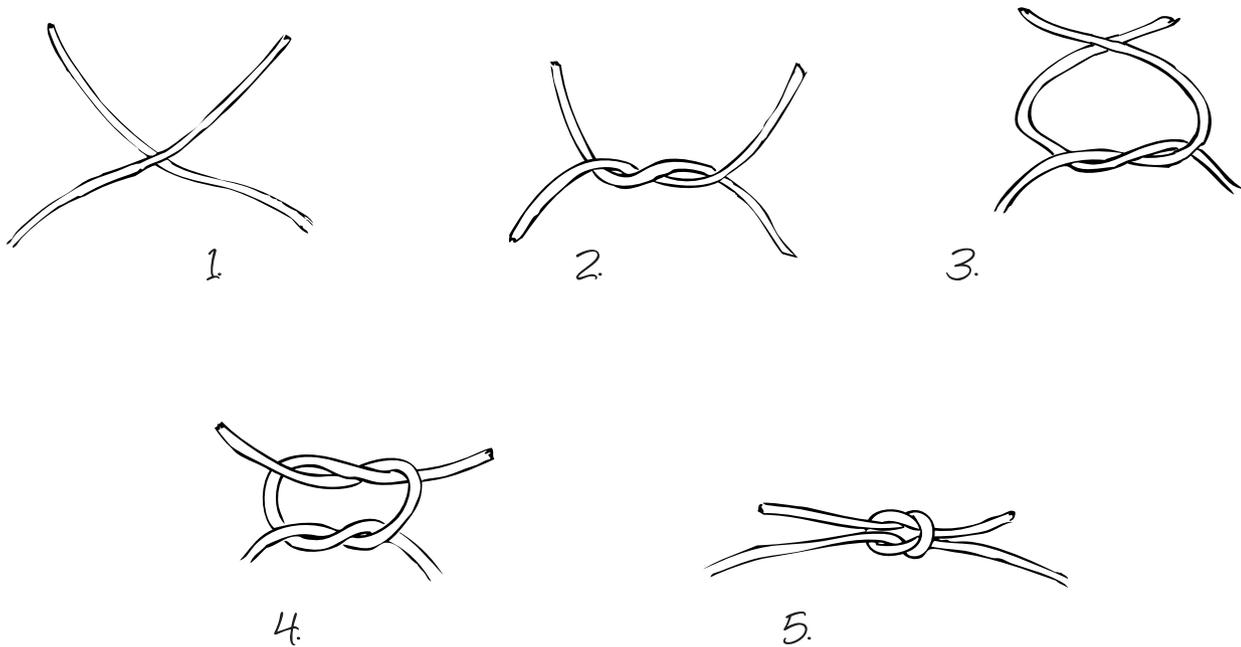


## Reef Knot

The Reef Knot (also called the Square Knot) is an ancient and simple binding knot used to secure a rope or line around an object.

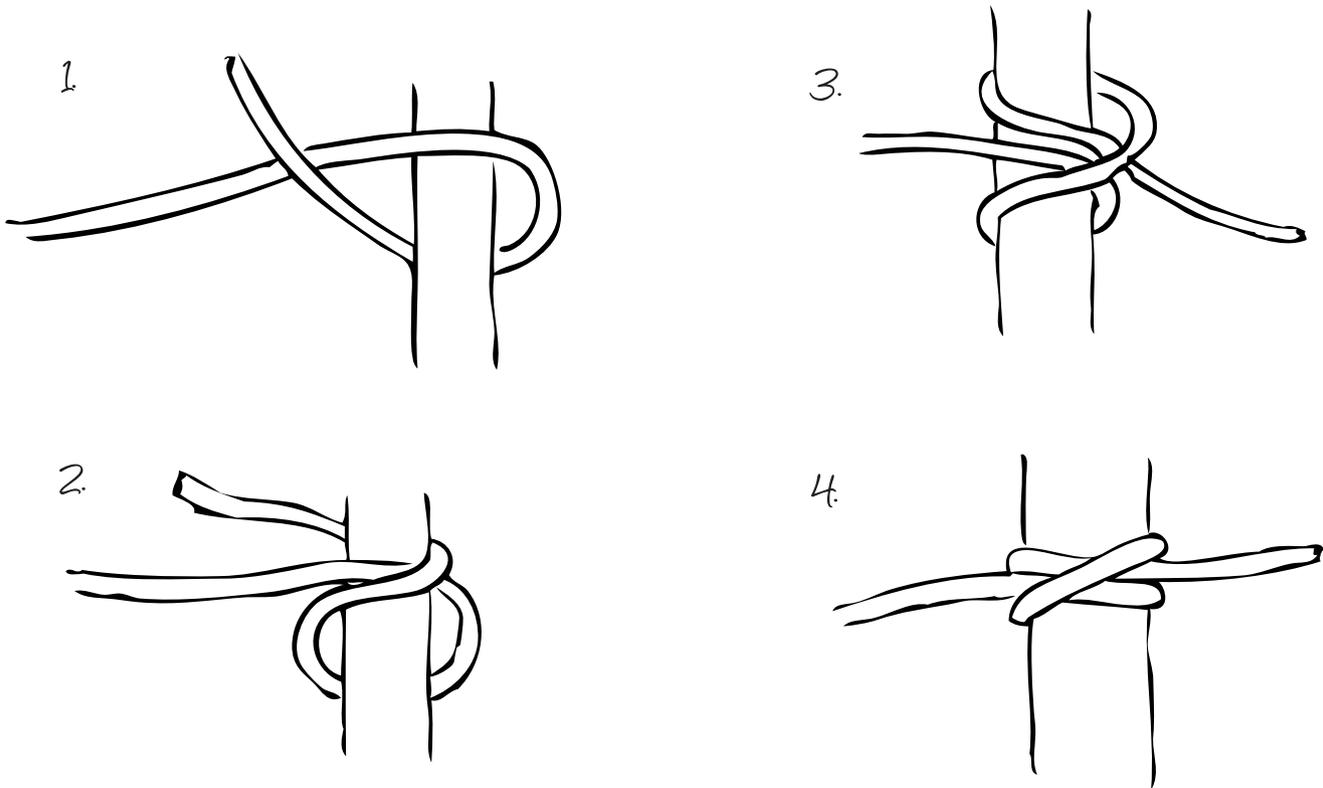
Although the Reef Knot is often seen used for tying two ropes together, it is not very reliable and should never be used in a critical situation where lives are at risk—instead use the Sheet Bend! Use this knot to tie bandages and shoelaces, the knot will lie flat and be comfortable to wear and your shoes will not slip off when walking in the mud.

A Reef Knot is formed by tying the rope right over left, then left over right.



## Clove Hitch

Along with the Bowline and the Sheet Bend, the Clove Hitch is considered to be one of the most essential knots to know. It consists of two opposed half hitches around an object. It is a quick and easy way to secure a rope to a post. It is usually used as a temporary knot. To make it more secure use a Double Half Hitch alongside it.



## Double Half Hitch

The Double Half Hitch is made by tying two simple overhand knots together, where the working end of a line is brought over and under the standing part. It is a valuable component of a wide variety of useful and reliable hitches, bends, and knots. It is very useful in securing a rope to a pole and is perfect when camping for tents and clotheslines.

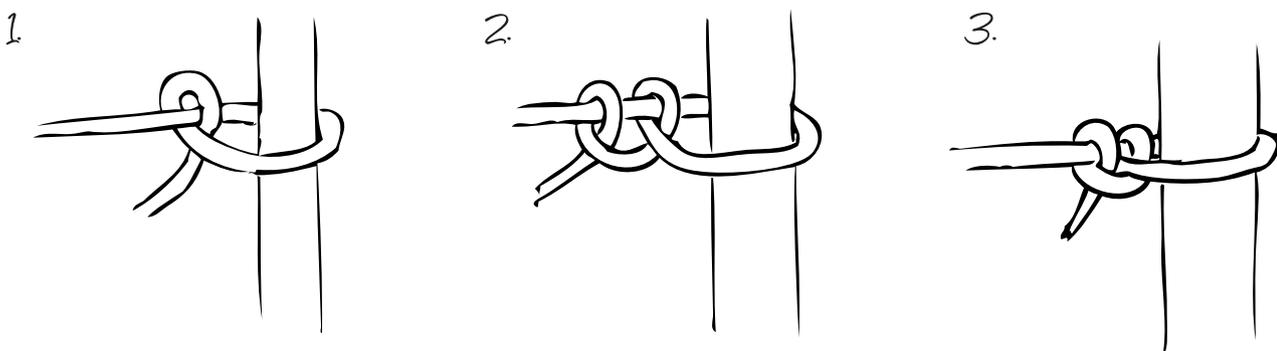
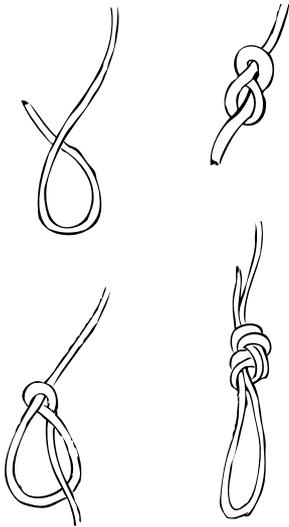
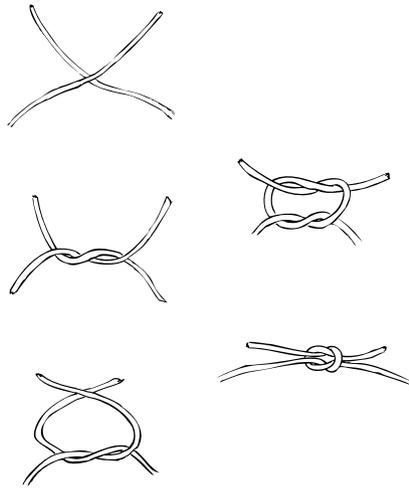


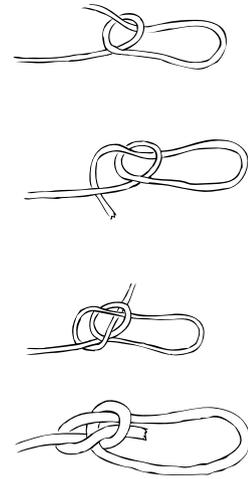
Figure-Eight



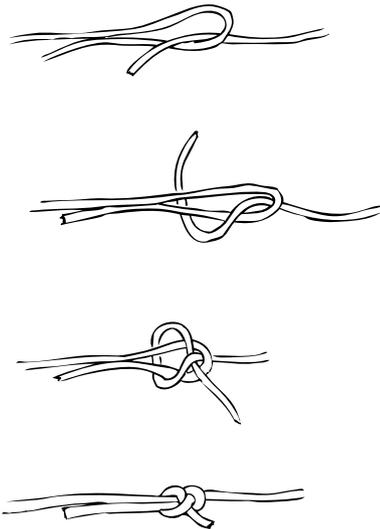
Reef Knot



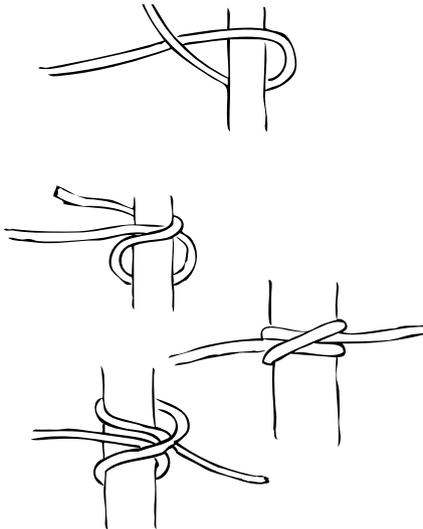
Bowline



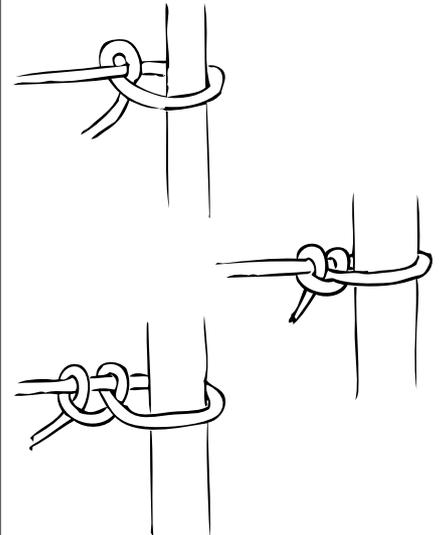
Sheet Bend



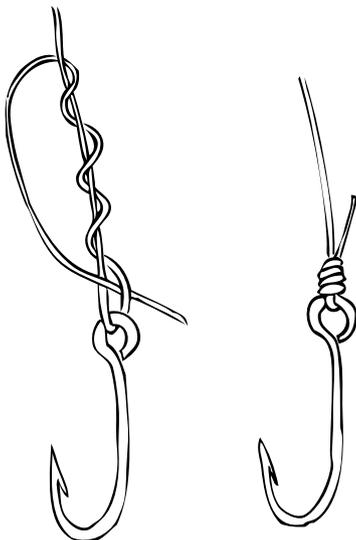
Clove Hitch



Half Hitch



Blood Knot



# 7 ESSENTIAL KNOTS

Print out this handy guide. Cut out each square and, if you can, laminate them. Then punch a hole through each corner and tie them together with some string or a key ring loop and store in your utility belt.