

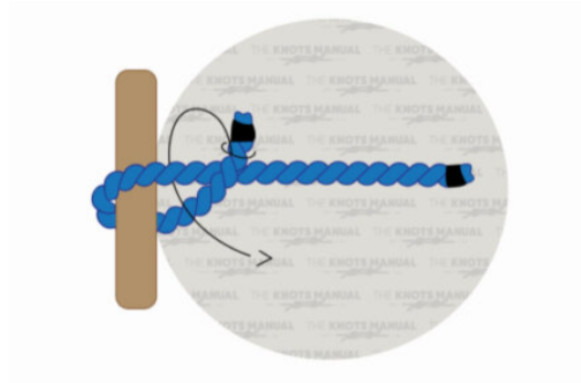
Checklist

- ☐ 2 half hitch (1 pt)
- ☐ Square Knot (1 pt)
- ☐ Figure 8 (1 pt)
- ☐ Figure 8 follow through (2 pt)
- ☐ Bowline (2 pt)
- ☐ Sheet bend (2 pt)
- ☐ Taut line (3 pt)
- ☐ Clove hitch (3 pt)
- ☐ Alpine butterfly (3 pt)

Two Half Hitch

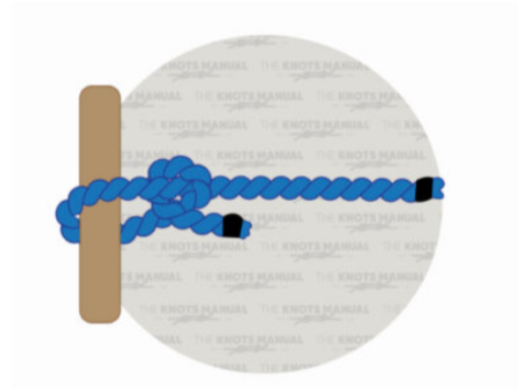
Step 1:

Make a loop with your rope around an object



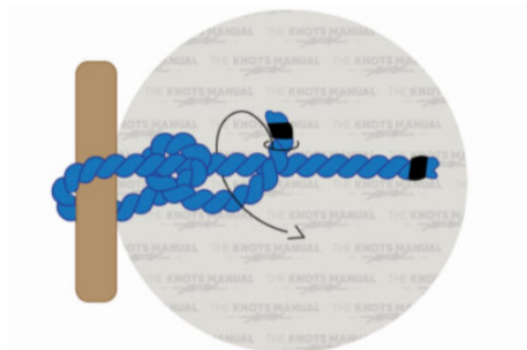
Step 2:

Take the end of your rope and pass it through the loop



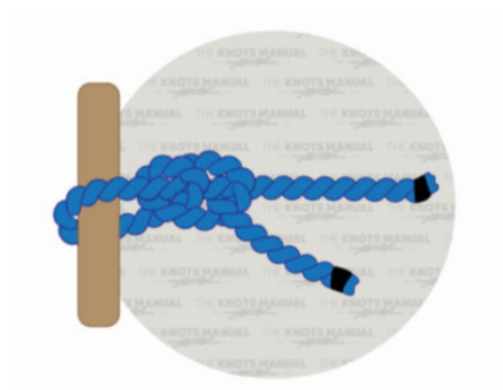
Step 3:

Wrap the end of your rope around the other side again



Step 4:

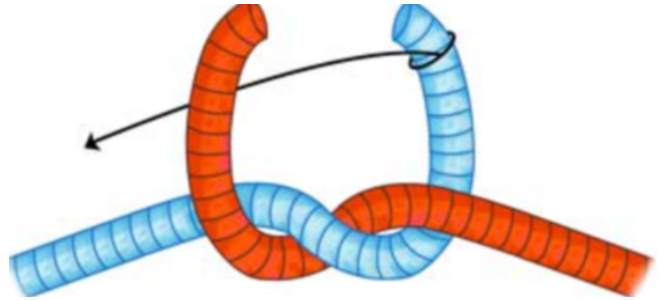
Tighten the knot!



Square Knot

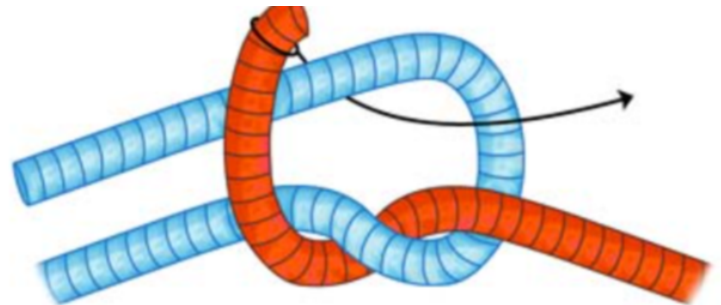
Step 1:

Using two pieces of rope, twist the two ends together once



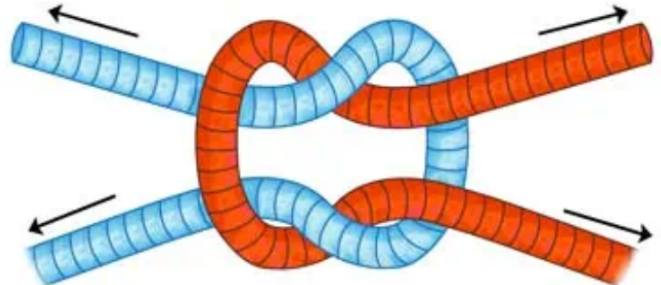
Step 2:

Make a loop with one end by laying it over the other end



Step 3:

Pass the other end through the loop you just made



Step 4:

Pull on all ends to tighten

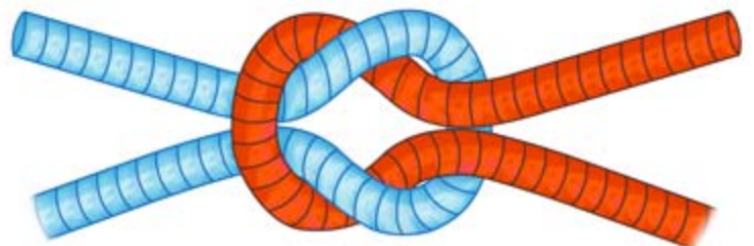
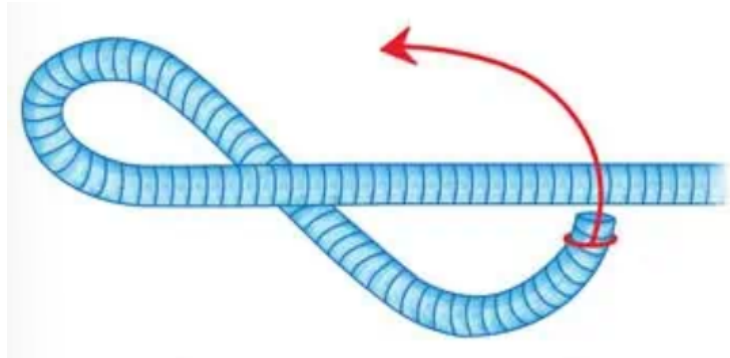


Figure 8

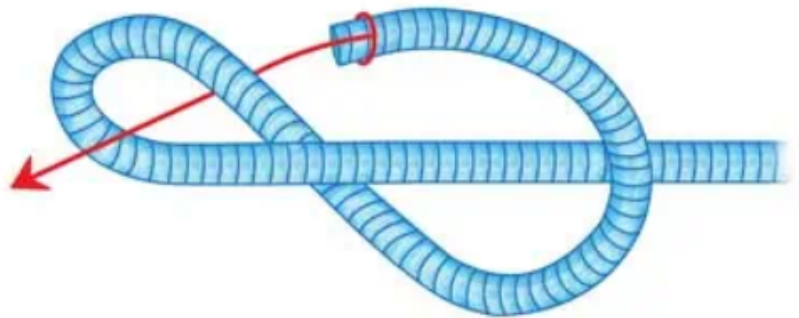
Step 1:

Make a loop with one end of the rope



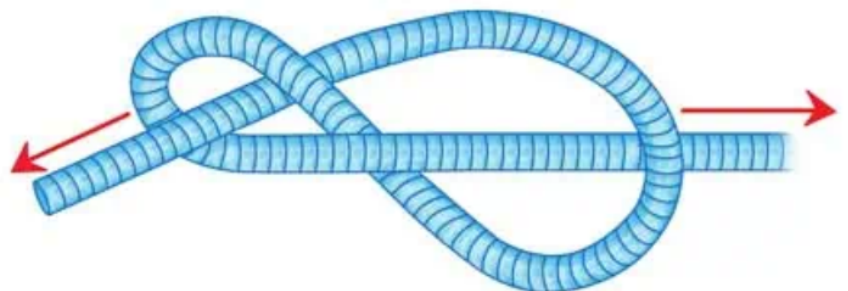
Step 2:

Wrap the end around the other side of the rope



Step 3:

Thread the end through the loop you made in step 1



Step 4:

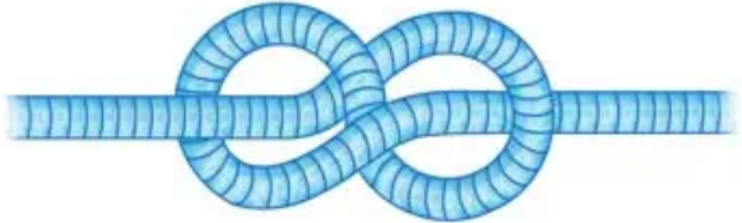
Tighten both ends to fasten the finished knot!



Figure 8 Follow Through

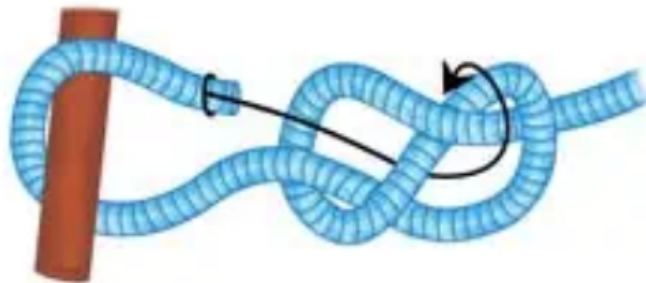
Step 1:

Tie a normal figure 8 with the directions from the page before! Don't pull it tight and make sure you leave lots of extra rope on the ends!



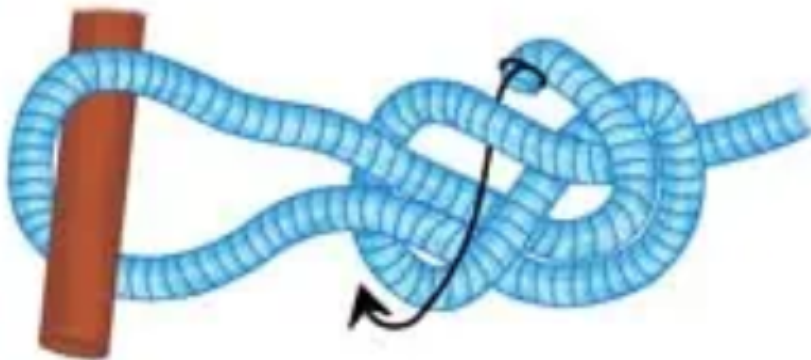
Step 2:

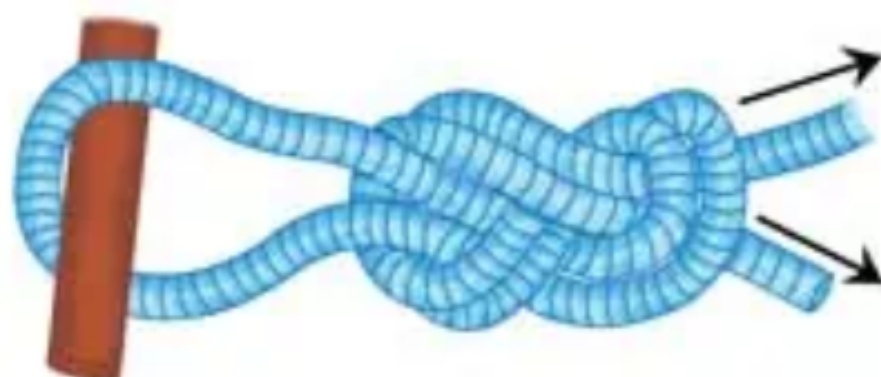
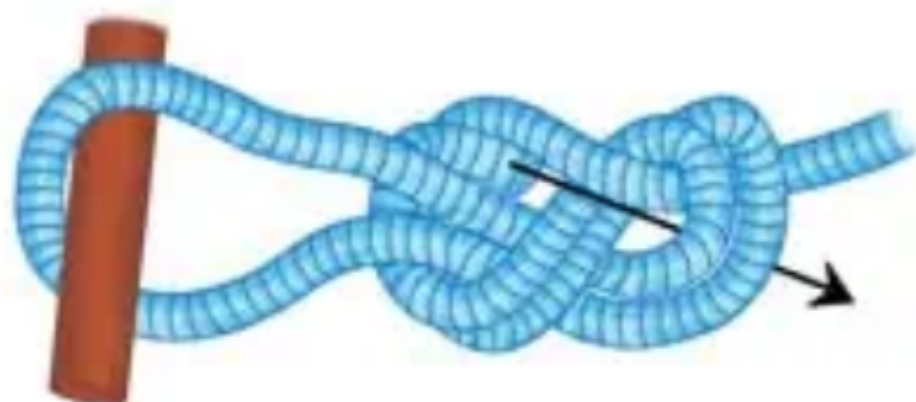
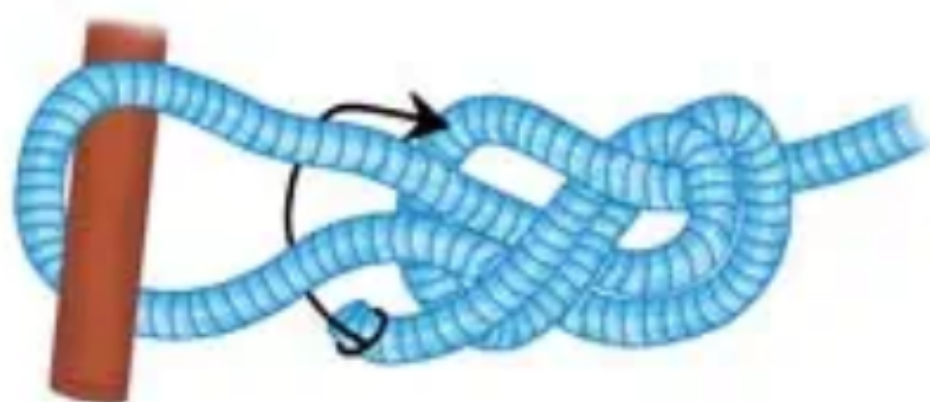
Wrap one end of the figure 8 around an object



Step 3:

Loosen your figure 8 knot and feed your rope end through the knot, following the path of the existing rope.

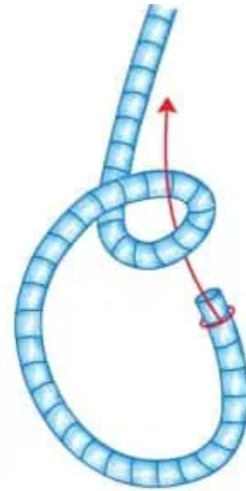




Bowline

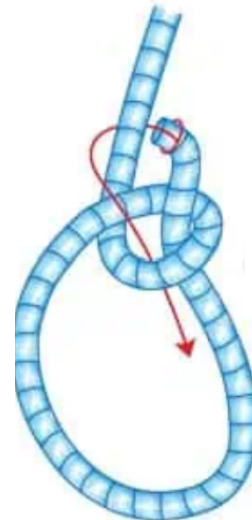
Step 1:

Make a loop in your rope



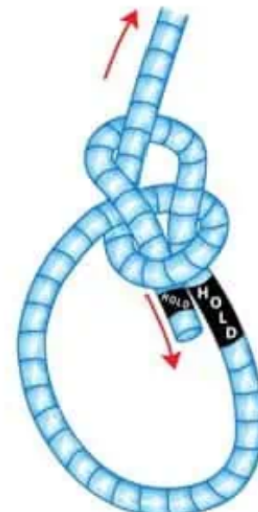
Step 2:

Take the end of your rope and pass it through the loop from the bottom



Step 3:

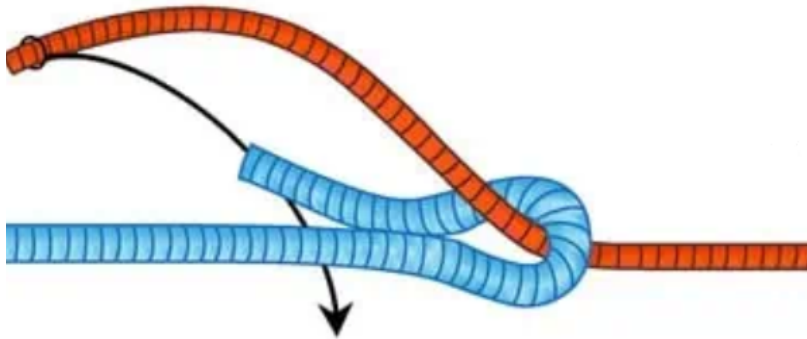
Wrap the end around the other side of the rope and back through the loop



Sheet Bend

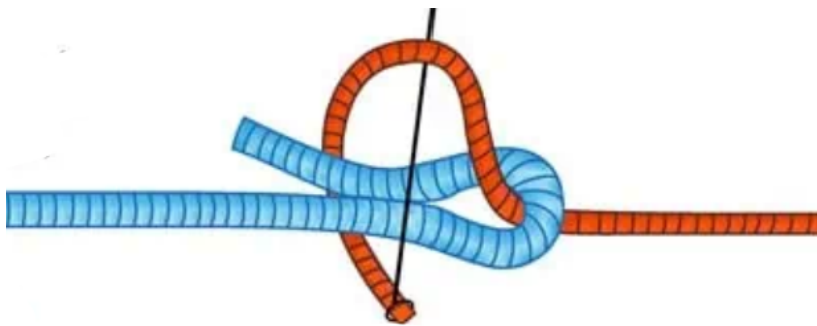
Step 1:

Using 2 pieces of rope, make a loop with one around the other



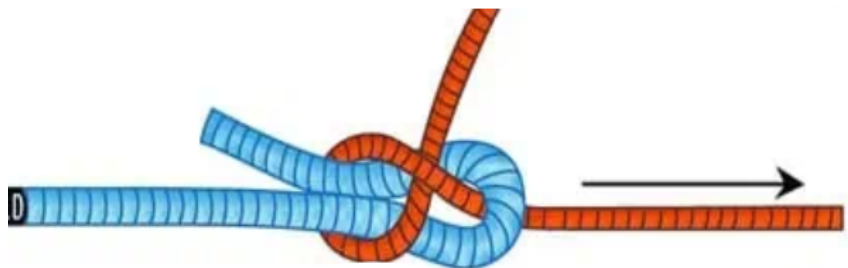
Step 2:

Take the end of the piece not making the loop and wrap it around the loop



Step 3:

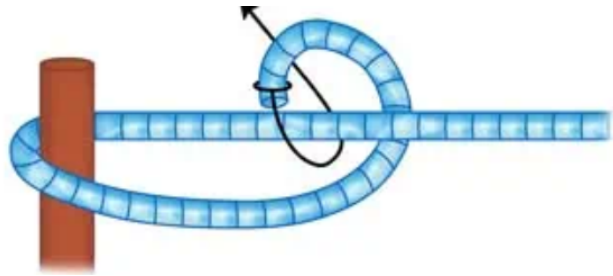
Thread the loose end of that piece underneath itself



Taut Line

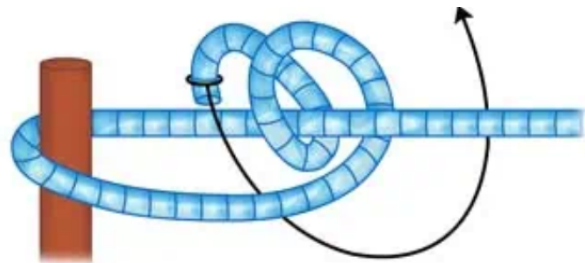
Step 1:

Loop your rope around an object



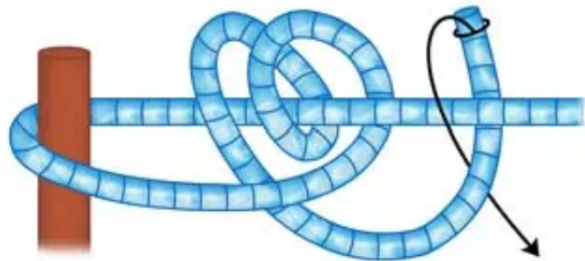
Step 2:

Wrap the end twice around the other end of the rope



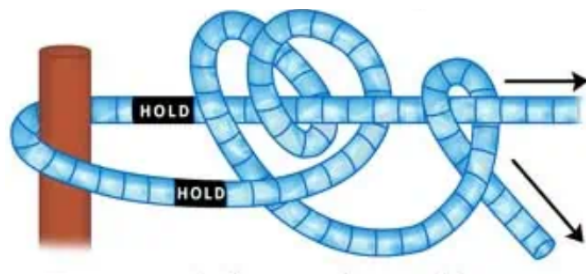
Step 3:

Bring the end of the rope below the two loops



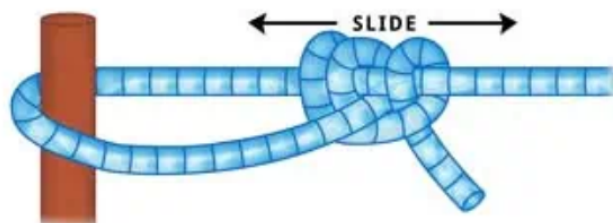
Step 4:

Loop the end below the first two loops



Step 5:

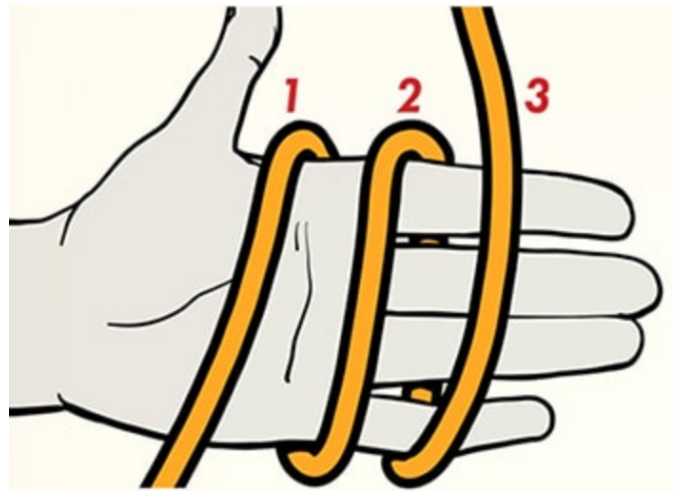
Pull your knot tight!



Alpine Butterfly

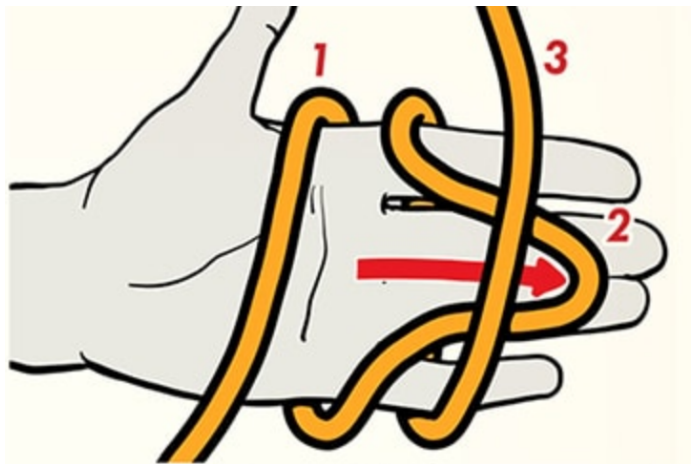
Step 1:

Wrap your rope around your hand 3 times



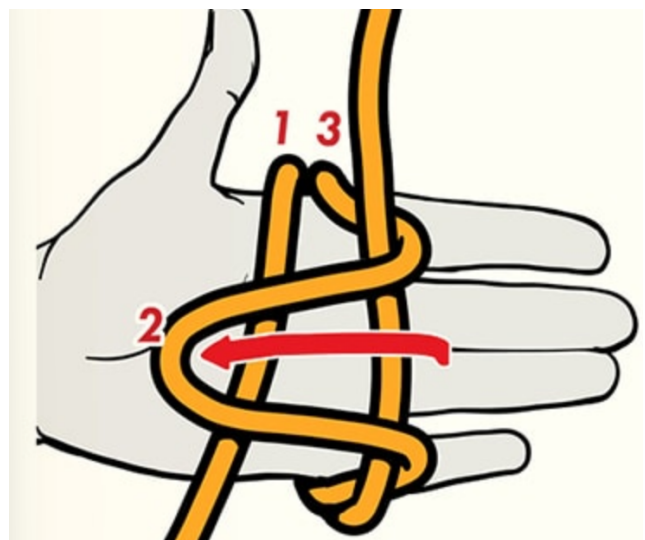
Step 2:

Grab the 2nd loop and pull it **under** the 3rd



Step 3:

Pull the same loop back over loop 1 and 3



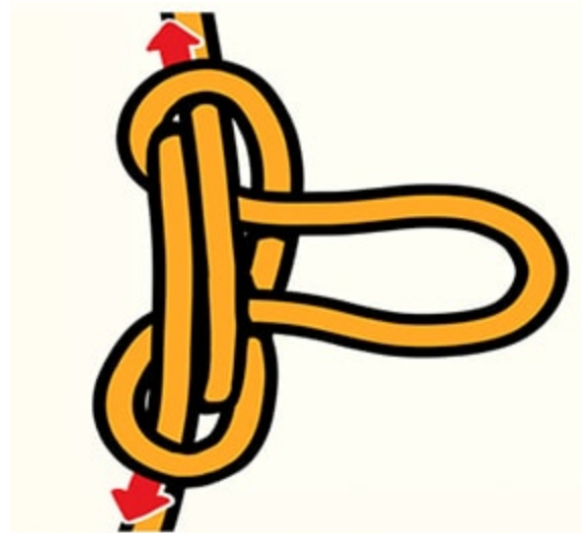
Step 4:

Tuck the same loop underneath loops 1 and 3



Step 5:

Remove your hand from the knot and pull on the two ends to tighten



Completed Alpine Butterfly:

