

Knots to Know!



Learn a special skill that might be handy every day: knot tying!

We use knots in our everyday lives more than we think, from tying our shoelaces to wrapping up packages and even during outdoor activities like camping.

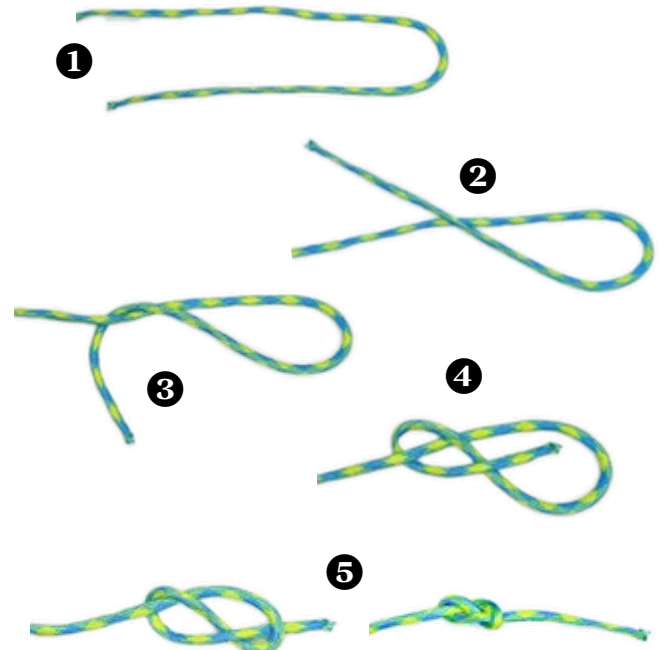
Picking up how to tie different knots isn't just a handy skill—it's also a fun way to challenge yourself! Getting good at these knots can prepare you for all kinds of situations, making you feel confident and creative when tackling tasks. Whether you're setting up a tent or just want to impress your friends, knowing how to tie knots really opens up the possibilities!

Watch [Girl Scouts of the USA's videos \(LINK\)](#) to learn various knots such as, Overhand knot, Round turn and two half hitches, Clove hitch, Square / reef knot, Sheet bend, Bowline, and more.



Learn a Figure 8 Knot, step-by-step:

1. **Form a Bight** - Create a bight (a U-shaped curve) in the rope by folding the working end back toward the standing part.
2. **Cross the Working End Over** - Pass the working end over the standing part, forming a loop. This creates the first turn of the knot.
3. **Wrap Around the Standing Part** - Take the working end and continue behind the standing part, moving away from the loop you just made.
4. **Tuck Through the Original Bight** - Now pass the working end through the original bight you created in Step 1, moving toward the loop's center.
5. **Dress the Knot** - Pull on both the standing part and working end to snug the knot up. Make sure the strands are aligned and the knot is "dressed" properly to resemble a figure 8 shape.



Advantages of a Figure 8 Knot

- ▶ *Strong and secure: Very resistant to slipping under load.*
- ▶ *Easy to inspect: The shape makes it easy to verify it's tied correctly.*

Disadvantages of a Figure 8 Knot

- ▶ *Hard to untie after heavy load: The knot can jam and become difficult to undo.*
- ▶ *Not suitable for slippery rope without proper tail/back-up.*