

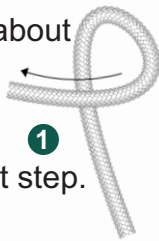
Paracord Survival Bracelet

Supplies: 7½' feet of 550 paracord
Ruler and Scissors
Lighter and Pliers

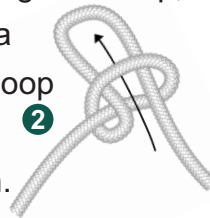
Begin by cutting the cord to 7½'. Burn the ends with a lighter to keep them from fraying. Pinch the burned area flat with pliers.



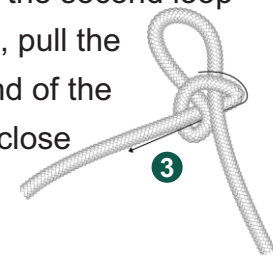
Make a loop at one end of the rope with about a 1/2" opening. Hold this loop in place for the next step.



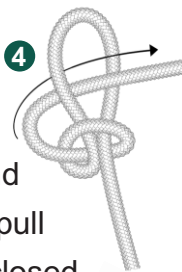
Push some of the longer end through the loop, making a second loop about 1" in length.



Holding the second loop in place, pull the short end of the cord to close the first loop.



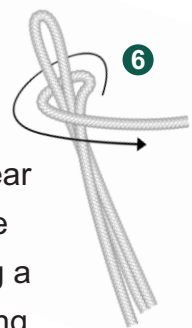
Pull the short end through the second loop and pull the knot closed.



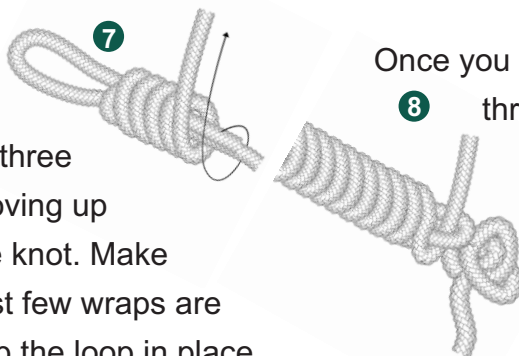
Measure the cord from the bottom of the knot to 9". Pinching at the 9" mark, bring the cord up to the bottom of the knot and back.



Begin wrapping the remaining cord around all three strands near the end opposite the knot, leaving a loop about 1" long.



Continue wrapping the cord around the three strands, moving up towards the knot. Make sure the first few wraps are tight to keep the loop in place.



Once you reach the other end, pull the cord through the loop under the knot and tighten. Trim and burn the ends of the cord if they are too long.

