

Virtual Program – Outdoors

Week 7: Knots & Lashing

All Ages

Knowing basic knots and how to lash are essential Girl Scout skills. You can use them at home, at camp, during troop time, and to help others.

Do:

- Learn the difference between knots and lashings
- Watch the GSUSA “How To Tie” video series:
<https://www.youtube.com/playlist?list=PLZaWZO965rJ1OpvjmEkd1paft-Ly2WRP6>
- Practice your skills by lashing a shelter (miniature or full, human sized) and tying a tarp or sheets over it to create your own fort. Create pictures during a virtual troop meeting or with your family and share for a chance to be recognized in our newsletter!

Besides the GSUSA Videos, this website is a great resource for learning different knots and styles of lashing:
<https://www.animatedknots.com/basic-knots>

Knots vs. Lashing

Quality knots have three things in common:

- *easy to tie,*
- *serve a specific purpose*
- *easy to untie*

Knots can be grouped into a few major categories: *loops, hitches, bends, and lashings.*

Loops

Loops are knots used to create an attachment point or a hold in a rope. They are usually created by tying the rope to itself. Common uses in the wilderness include: attach a bear bag to a rope, creating a rescue throw rope, hanging a lantern or by-passing weak spot in a rope.



Hitches

Hitches are knots used to tie a rope to an object. Common uses in the wilderness include: hanging a clothes line, putting up a rain fly, securing a boat, tying a bear bag to a tree, or starting and ending a lashing.



Bends

Bends are knots used to tie ropes together. Some bends are better for uniting ropes of various diameters. Common uses in the wilderness include: lengthening a bear bag line, creating a bandage, or repairing a fishing line.



Lashings

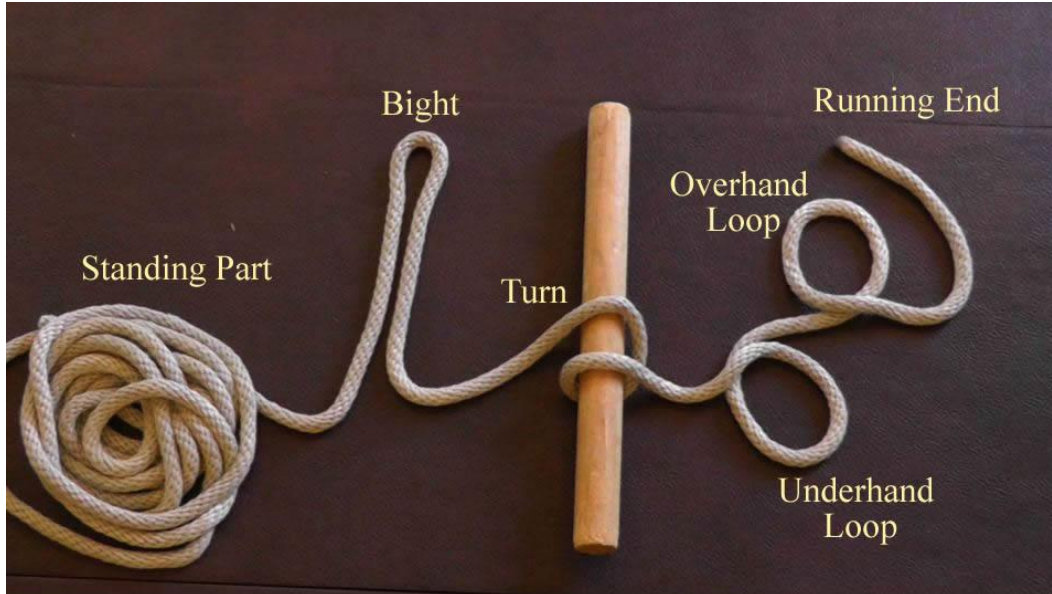
Lashings are used to tie objects together. Common uses in the wilderness include: building a tripod, repairing a fishing pole, create a ladder, or build a bridge.



Identify Common Rope and Knot Terms

A common language is helpful when describing how to tie a knot. Helpful terms include:

- *Running End*: the working end of the rope used to tie a knot.
- *Standing Part*: any part of the rope not considered the running end.
- *Overhand Loop*: a loop which crosses on top of the standing part.
- *Underhand Loop*: a loop which crosses under the standing part.
- *Turn*: a loop around an object.
- *Bight*: a bend in the rope which does not cross itself.



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