

Activity Challenge: Essential Girl Scout Knots*

Rope, yarn, string, lacing cord, paracord, the things you can tie goes on and on. We've all tied our shoelaces, but knot tying is so much more than just looping some string and pulling really tight—it's an essential skill for taking on the outdoors. In most outdoor activities, your safety relies on the accuracy of your knots. Some knots work better than others, and it's important to know when and how to tie the necessary knots.

To get started:

► Click on each knot title** to watch a “how to” video, and follow along using your own rope or string.

1. **The Overhand Knot**
2. **The Round Turn and Two Half Hitches**
3. **The Clove Hitch**
4. **The Square or Reef**
5. **The Sheet Bend**
6. **The Bowline**
7. **The Bowline on a Bight**
8. **The Taut Line Hitch**
9. **The Cleat Hitch**
10. **The Double Figure Eight**

**Hyperlinks not working?

Find the whole playlist at bit.ly/GS_Knots

Like any new skill, all of these knots will take practice. Your fingers may get tangled and your girls may feel tied up, but once you get the hang of it, your girls will have a whole new world of adventures at their fingertips. Crafting, first aid, climbing, sailing—try naming a Girl Scout activity that doesn't require some knot tying. Like the knots, keep it tight!

*Activity content by Girl Scouts of Northern California. Read the original post on [The Trailhead](#)

Basic Knot Vocabulary

Jam: When a knot becomes permanent, or so tight to the point of being unable to untie it.

Loop: A full circle formed by passing a rope over itself.

Running End: The “moving” portion of the rope that is used to thread the knot itself.

Standing End: The “still” portion of the rope that remains fixed in place throughout the knot tying process.

Stopper Knot: A type of knot used to make a portion of the rope thicker and prevent it from unraveling.

Round Turn: A full encirclement of the rope.

Half Hitch: A knot that runs around the standing end and through the loop formed.

Hitch: Attaches a rope to another object (relies on the object to hold its own shape.)

Bight: A “u” shaped loop; the slack part of the rope.

Bend: A type of knot used to join two ropes together.