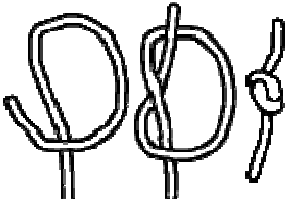
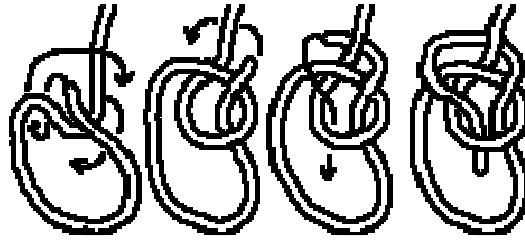


Basic Caver Knots

The Overhand Knot or Half Knot:



The Bowline:



Keep the cross point in step A between a finger and thumb and make a clock-wise turn with your wrist. Secure the tail with an overhand knot over the loop.

Double Figure-of-eight loop:



Figure-of-eight Follow-Through:



If the loop is to be tied round something (round "your waist" for instance) you first tie an eight then lay the loop and rethread back through the eight with the rope end. It is important to have enough rope for the loop. It requires experience, so start practicing.

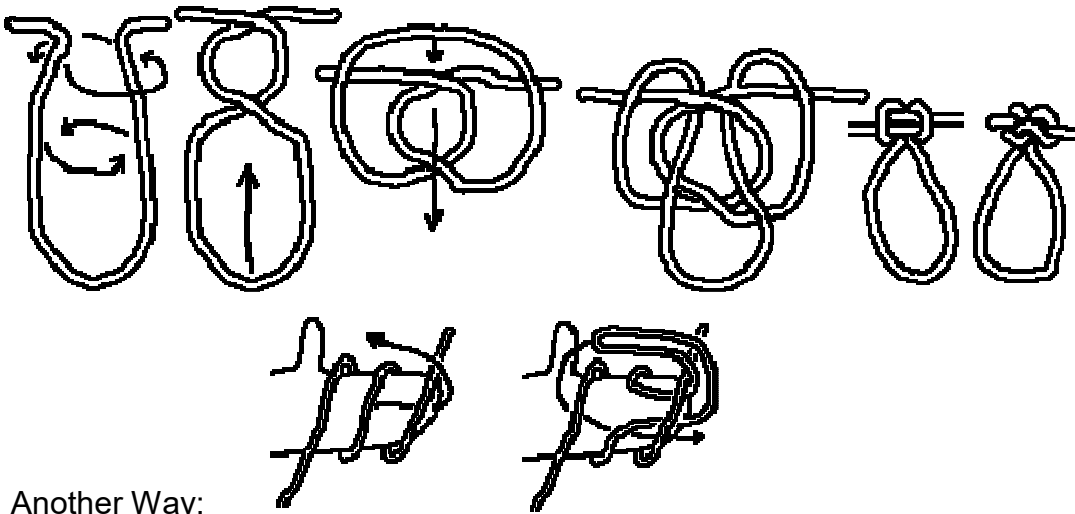
Double Fisherman's Knot:



Water Knot (Tape Knot):



Alpine Butterfly or Lineman's Loop:



Another Way:

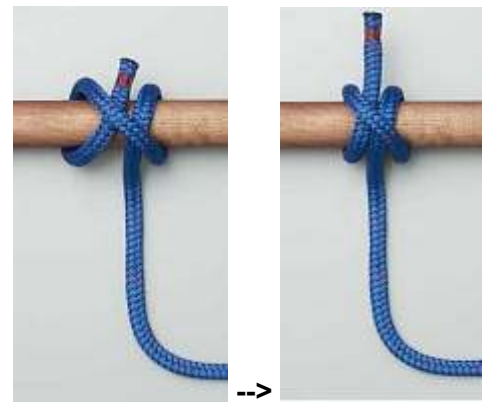
Prusik Knot:



Munter Hitch:



Clove Hitch:



Chain Sinnet:

