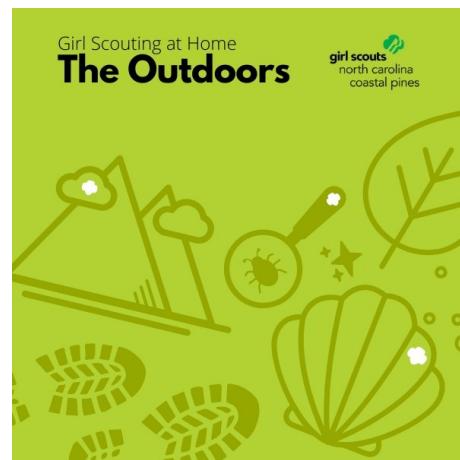


Girl Scouts North Carolina Coastal Pines invites girls, families, and volunteers to stay involved while at home. We know that today's girl is ready to pivot on a moment's notice and is willing to embrace new ways to explore Girl Scouting. That's why we're promoting these options for engaging with us while you're at home today ... or any day!

THE OUTDOORS encourages Girl Scouts to nourish their love of the great outdoors and their connection



Outdoor Skill: Knots!

Time to practice your knot tying skills in order to prepare for your next outdoor experience! Knot tying is a very useful skill to learn, especially when you are camping in the great outdoors!

You do not need to have rope to learn how to tie knots—find materials in your home that you can use that you can practice the different kinds of knots! Suggestions: Shoe laces of an old pair of shoes, yarn, twine, floss, thread, paracord, rope, or even a tie! Double-check with the adult at home before using any materials!



Before you start!

- Make sure to find the page that matches your Girl Scout level. It is OK to go down or up a level!
- Take your time with each knot, practice makes progress!
- If you are having difficulties with certain knots, you can always go to the next one and try again later!
- Check out this playlist from Girl Scouts of the USA's Youtube [HERE](#) for video tutorial of some knots!

Here's the Challenge!!

After you completed learning and practicing a knot, do your best to teach someone else the knot that you learned! This can be someone in your home or a video chat with a fellow Girl Scout! If you post it on social media, tag us using **#OurGSNCCPCommunity**

Need a copy of a Journey, badge requirements or want to order patches?

While our shops are closed, please feel free to [shop online](#) or [email](#) us for merchandise needs. We will provide free shipping within in our council footprint on orders emailed to us (please provide phone number in email so we can call you for payment details). **See page 10 for the badges that go with this activity!**



brownies

Knots: Overhand, Square, and Slip

Why is it important to learn different types of knots?

Knots can be used to tie things together, to stop rope from going through holes, to wrap rope around poles, to tie down tents, etc—the list goes on!

Activities where knots are used:

Sailing, climbing, caving, fishing, firefighting, truck driving, and surgery!

It is important to learn different types of knots and what the purpose is for that knot. It can be dangerous if you use the wrong knot for something.

You will need 1 piece of rope material about 3 feet long to practice these knots.

Overhand Knot

An Overhand Knot is an easy stopper knot to tie. It's used to keep a rope from slipping out of a hole through which it has been threaded.

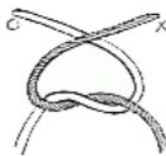
1. Make a "Q" shape with your rope. Cross the end of the rope over the top of the remaining rope, making a "Q" shape.
2. Tuck end through loop.
3. Tighten!
4. Untie and practice again!



Square Knot

Square knots are used to join two pieces of rope that are the same width or two ends together

1. Hold one end of a rope in your right hand and one end in your left hand to prepare to tie the knot. *Pro Tip: You can use two different colored ropes which makes it easier because you can say blue rope and red rope instead of left and right hands.*



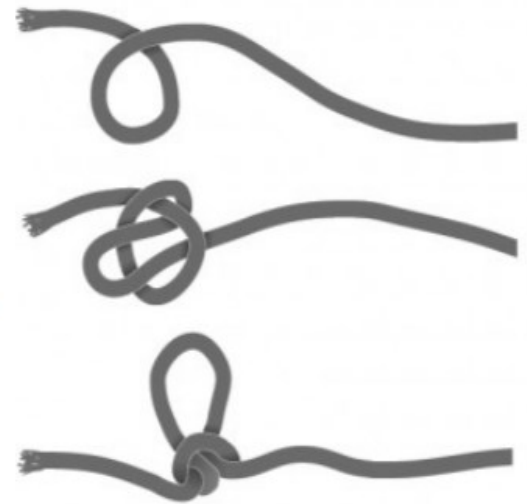
2. Loop the right end over the left end all the way around (right over left)
3. Loop the left end (formerly the right end) over the right end all the way around (then left over right)
4. Pull on all four strands at the same time. This should tighten the knot into place resulting in a square knot.
5. Untie and practice again!



Slip Knot

Slip Knots are used when you need a loop that you can change the size of.

1. Hold the rope with two hands and form a loop by bring the rope in the right hand under the rope in the left hand so that the rope crosses.
2. Secure the loop with your left hand where the rope crosses.
3. Reach your right hand through the loop and grab a hold of the rope on the left side.
4. Pull your right hand back through the loop.
5. Let go with your left hand and then grab onto the two hanging ends.
6. Finish by pulling your hands away from each other, twisting your right hand clockwise until the knot is tight
7. Untie and practice again!



Time to Practice ALL three Knots!

Learning how to **tie** a knot is one thing! Now you have to spend the time to practice tying the 3 different knots at home. Take the next couple of days to work on practicing tying Overhand, Square, and Slip knots on your own or with someone in your home! **Once you have it mastered, remember the challenge! Reach out to a fellow Girl Scout via video chat or someone in your family to teach them one of the knots that you learned!**

Want to incorporate your Knot Tying Skills into a craft? Check out this link [HERE](#) to make your very own Yarn Doll! You can practice your Knots while crafting! All you need is yard, cardboard scrap, and scissors!





Knots: Figure 8, Double Overhand, and Bowline

Why is it important to learn different types of knots?

Knots can be used to tie things together, to stop rope from going through holes, to wrap rope around poles, to tie down tents, etc—the list goes on!

Activities where knots are used:

Sailing, climbing, caving, fishing, firefighting, truck driving, and surgery!

It is important to learn different types of knots and what the purpose is for that knot. It can be dangerous if you use the wrong knot for something.

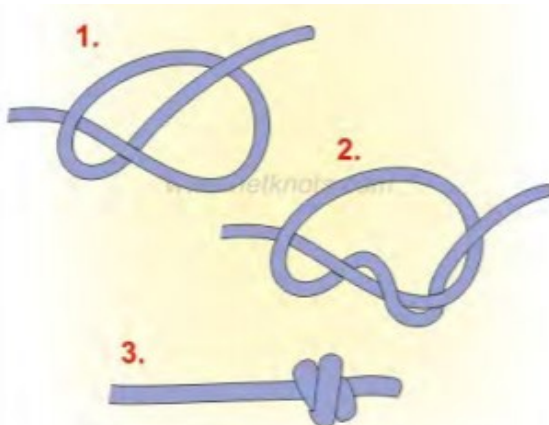
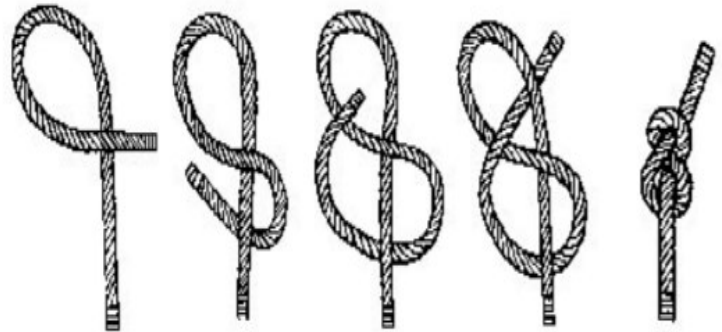
You will need 1 piece of rope material about 3 feet long to practice these knots.

Please note: If you are new to knot tying, please review the knots in the Brownie level before learning the knots in this section!

Figure 8 Knot

Figure eight knots are used as stopper knots in climbing.

1. Pass the tail over itself to form a loop.
2. Continue under and around the standing end.
3. Complete the knot by passing the tail down through the loop.
4. Tighten
5. Untie and practice again!



Double Overhand Knot

Double Overhand knots are used as a reliable, moderately large stopper knot.

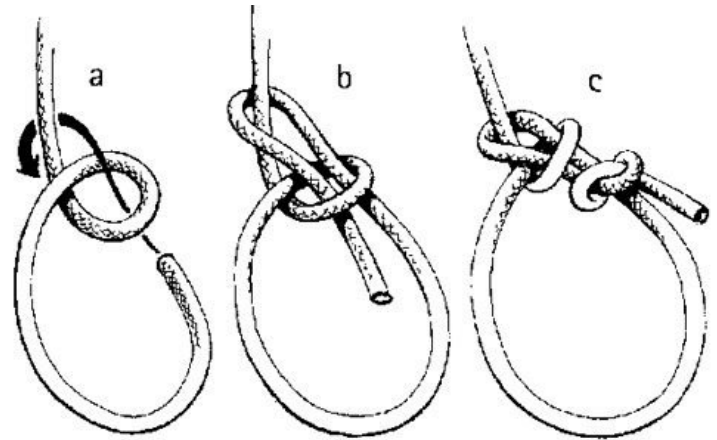
1. Form a loop in the rope
2. Pass the end through it
3. Pass the end through the loop again
4. Untie and practice again!



Bowline Knot

Bowline knots are used to form a non-slip loop in the end of a rope.

1. Form a small loop, leaving enough rope for the desired loop size
2. Pass the end of the rope through the loop as though making an overhand knot.
3. Continue around the standing end and then back through the small loop.
4. Untie and practice again!



Time to Practice ALL three Knots!

Learning how to **tie** a knot is one thing! Now you have to spend the time practicing tying the 3 different knots at home. Take the next couple days to work on practicing tying Figure 8, Double Overhand, and Bowline knots on your own or with someone in your home. **Once you have it mastered, remember your challenge! Reach out to a fellow Girl Scout via video chat or someone in your family to teach them one of the knots that you learned!**

Want to incorporate your KnotTying Skills into a craft? Check out this link [HERE](#) to make your very own lanyard bracelet or Keychain! Practice the skills you learned into this craft to enhance your Knot-Tying abilities! You can use yarn, paracord, or plastic string to get started!





Knots: Double Fisherman's, Sheet Bend, and Trucker's Hitch

Why is it important to learn different types of knots?

Knots can be used to tie things together, to stop rope from going through holes, to wrap rope around poles, to tie down tents, etc—the list goes on!

Activities where knots are used:

Sailing, climbing, caving, fishing, firefighting, truck driving, and surgery!

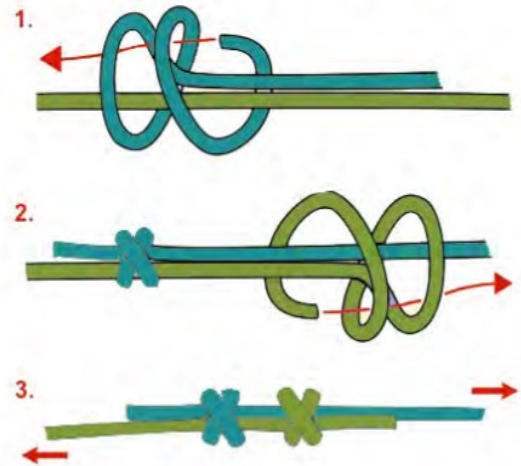
It is important to learn different types of knots and what the purpose is for that knot. It can be dangerous if you use the wrong knot for something.

Please note: If you are new to knot tying, please review the knots in the Junior level before learning the knots in this section!

Double Fisherman's Knot

Double Fisherman's Knots are used to combine two pieces of rope together. You will need rope that is about 3 feet long—cord or string for necklaces works great!

1. Set the two ends together, each pointing in opposite directions
2. Wrap one end around both ropes two times, Pass this end back through the loops that these turns created and pull tight.
3. Do the same on the other side, wrap the other end two times around both ropes. Pass this end back through and pull tight.
4. Make sure both sides of the knot sit against each other (if they don't, untie one end, and try wrapping it in the other direction)
5. Pull on both ropes tight to cinch the two knots against each other
6. Untie and practice again!



Sheet Bend Knot

Sheet Bend is used to tie two ropes of unequal thickness together. You will need 2 pieces of rope about 3 feet long that are different diameters.

1. Form a bight (a loop that is open at the bottom) in the thicker rope and hold it in one hand.



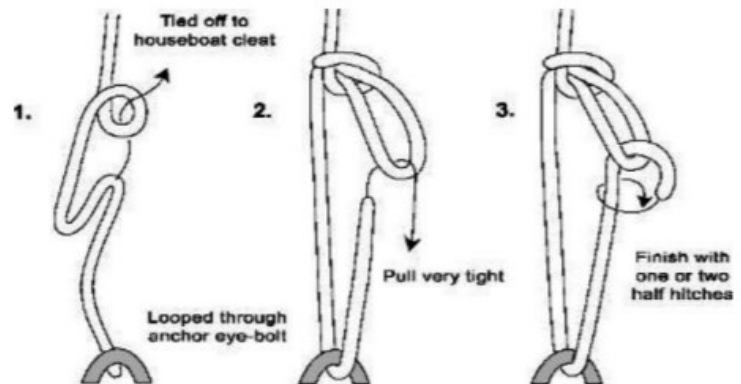
2. Pass the thinner rope through the bight and behind the other's tail and standing ends— in that order.
3. Finally, tuck the smaller rope under itself to finish the knot.
4. Untie and practice again!



Trucker's Hitch Knot

Trucker's Hitch knots are used to tighten and secure items. You will need one rope that is about 6 feet long and 2 chairs (or other sturdy objects).

1. Tie one end of the 6 foot rope to one of the chair's leg.
2. About mid-way on the rope, tie a slip knot in the middle of the line.
3. Make a wrap around the leg of another chair. Feed the free end through the loop of the slip knot.
4. Using the loop as a pullet, pull down with the free end as tight as you can and secure the knot with two half hitches around one or both lines. (Unsure of what a half hitch is? Check out this video [HERE!](#))
5. Untie and practice again!



Time to Practice ALL three Knots!

Learning how to **tie** a knot is one thing! Now you have to spend the time practicing tying the 3 different knots at home. Take the next couple days to work on practicing tying Double Fisherman's, Sheet Bend, and Trucker's Hitch knots on your own or with someone in your home. **Once you have it mastered, remember your challenge! Reach out to a fellow Girl Scout via video chat or someone in your family to teach them one of the Knots that you learned!**

Want to incorporate your Knot Tying Skills into a craft? Check out this link [HERE](#) to make your very own Paracord Survival Bracelet! You can practice your Knots while crafting! Paracord material is required for this craft but you can improvise with the buckle!



seniors ambassadors

Lashing: Square, Diagonal, and Sheer

Why is it important to learn different types of Lashes?

Lashing is used to join together poles in order to create useful items.

Activities where lashes are used:

Shelter building, building camp gadgets, pioneering, building items!

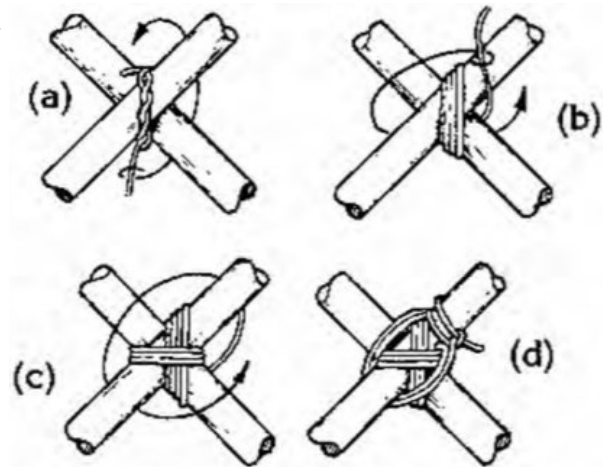
It is important to learn different types of lashes and what the purpose is for that lash. It can be dangerous if you use the wrong lash for something.

Please note: If you are new to knot tying, please review the knots in the Cadette level before learning the knots in this section!

Square Lashing

To practice square lashing, you will need 1 piece of rope that is about 3 feet long and 2 sticks of similar thickness.

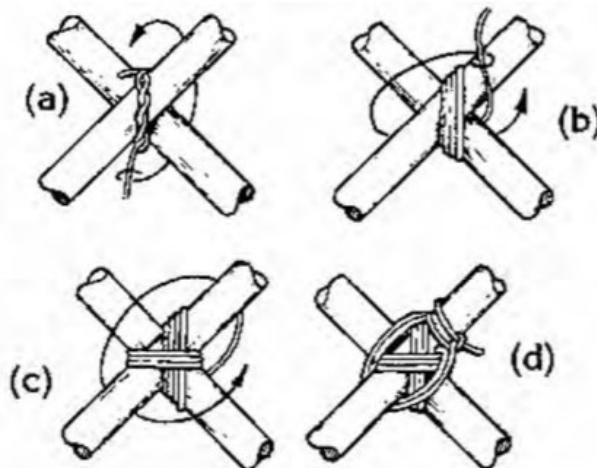
1. Start with a clove hitch (Video Tutorial [HERE](#)) around one pole.
2. Twist short end around long and wrap the rope around both poles, alternately going over and under each pole about three or four turns.
3. Tighten the lashing by surrounding it with three or four frapping turns.
4. Finish with two or three tight half hitches.
5. Untie and practice again!



Diagonal Lashing

To practice diagonal lashing, you will need 1 piece of rope that is about 3 feet long and 2 sticks of similar thickness.

1. Start with a single timber hitch around both poles. Video Tutorial [HERE](#)!
2. Wrap three or four turns around the two poles in the one axis followed by three or four turns in the other axis.
3. Tighten the lashing by surrounding it with three or four frapping turns.
4. Finish with a clove hitch
5. Untie and practice again!



seniors



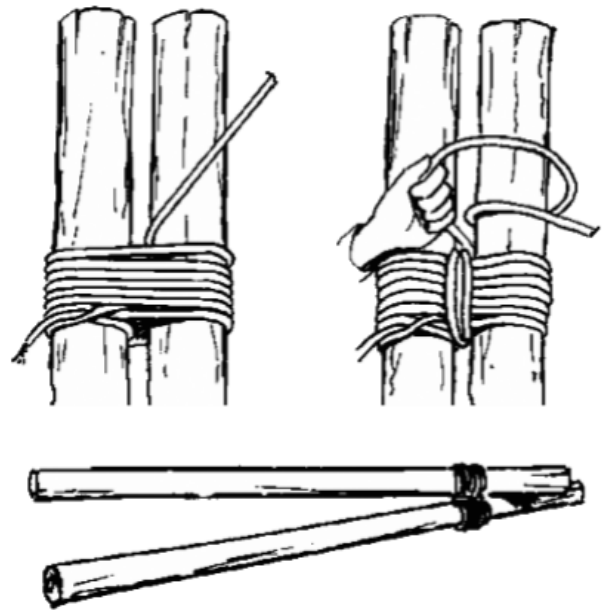
ambassadors



Shear Lashing

To practice shear lashing, you will need 1 piece of rope that is about 3 feet long and 2 sticks of similar thickness.

1. Tie a clove hitch around one pole
2. Wrap both poles with a simple lashing
3. Wrap the lashing with a two or three tight frapping turns
4. Tie off the end with a clove hitch
5. Spread the poles to make shear legs
6. Untie and practice again!



Time to Practice ALL three Lashes!

Learning how to **tie** a knot is one thing! Now you have to spend the time to practice tying the 3 different lashes at home. Take the next couple of days to work on practicing using square, diagonal, and sheer lashing on your own or with someone in your home. **Once you have it mastered, remember the challenge! Reach out to a fellow Girl Scout via video chat or someone in your family to teach them one of the lashes you learned!**

Want to incorporate your Lashing Skills into a craft? Check out this link [HERE](#) to make your very own Nature Photo Frame and practice your lashing skills while crafting! All you need rope or yarn, and some sticks/nature from outside (Remember, use items that are not on live plants/trees: on the ground is best!)

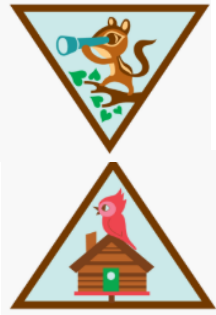


Badges by Level

Brownie

What did you earn? By doing this activity you completed Step 4 in the Brownie Outdoor Adventurer Badge and Step 4 in the Cabin Camper Badge.

Like this activity? Try to complete the rest of this badge on your own!



Junior

What did you earn? By doing this activity you completed Step 2 in the Camper Badge.

Like this activity? Try to complete the rest of this badge on your own!



Cadette

What did you earn? By doing this activity you completed Step 4 in the Primitive Camper Badge

Like this activity? Try to complete the rest of this badge on your own!



Senior

What did you earn? By doing this activity you learned a new camping skill in the Adventure Camper Badge and part of the Outdoor Art Expert Badge if you created the craft!

Like this activity? Try to complete the rest of this badge on your own!



Ambassador

What did you earn? By doing this activity you learned a new camping skill in the Survival Camper Badge and part of the Outdoor Art Master Badge if you created the craft!

Like this activity? Try to complete the rest of this badge on your own!



Need a copy of a Journey, badge requirements or want to order patches?

While our shops are closed, please feel free to [shop online](#) or [email](#) us for merchandise needs. We will provide free shipping within in our council footprint on orders emailed to us (please provide phone number in email so we can call you for payment details).