

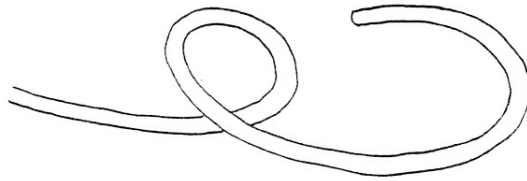
Bowline (pronounced boh-lynn)

Use a bowline:

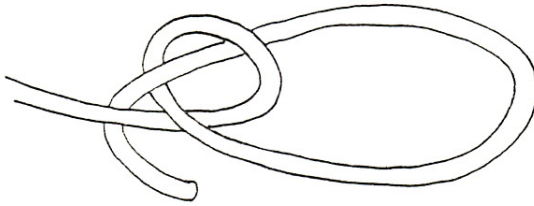
- to make a loop that won't slip
- as a rescue knot on the end of a rescue line to reach someone who has fallen in the water or down a cliff
- in a series up a rope, to use as footholds and handholds in climbing.



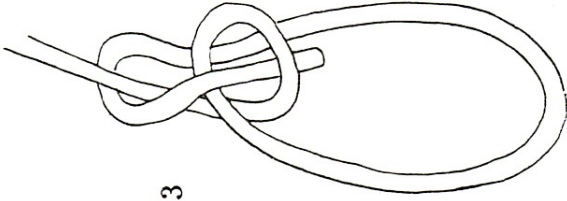
1



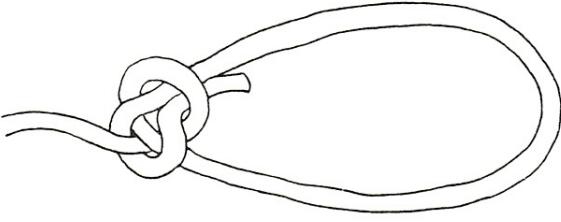
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3



4



3. Tuck the working end back down through the loop.

4. Pull to tighten.

An easy way to remember how to tie a bowline is: make a rabbit hole. The rabbit comes up out of her hole, around the tree and down into the hole again.

If your rope is a slippery synthetic, you can make the bowline more secure by making a half hitch at the end.

How did the bowline get its name? The bow (pronounced as in bow-wow) is the front end of a boat. The bow line is the rope used to tie the front end of a boat to a dock. A bowline at the end of the rope can be slipped over a post on the dock.

1. Make an overhand loop in the standing part of the rope, like writing the number 6.
2. Bring the working end of the rope up through the loop, and around the standing part of the rope.