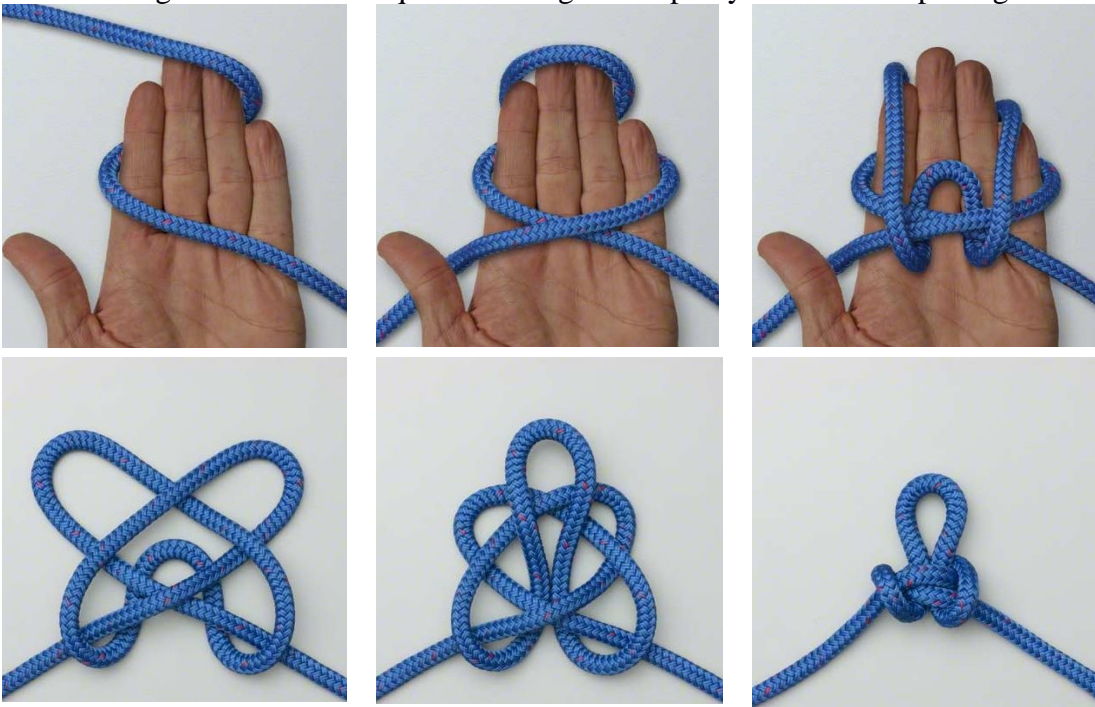


Norcal Camporal Knots

Clove Hitch: Used to attach a rope to a post, rail or ring.
Formula is: *“Around and Through make two”*



Alpine Butterfly Loop: used to create a secure loop in the middle of a rope.
Note: Setting the knot often requires holding the loop in your teeth and pulling both ends with your hands.



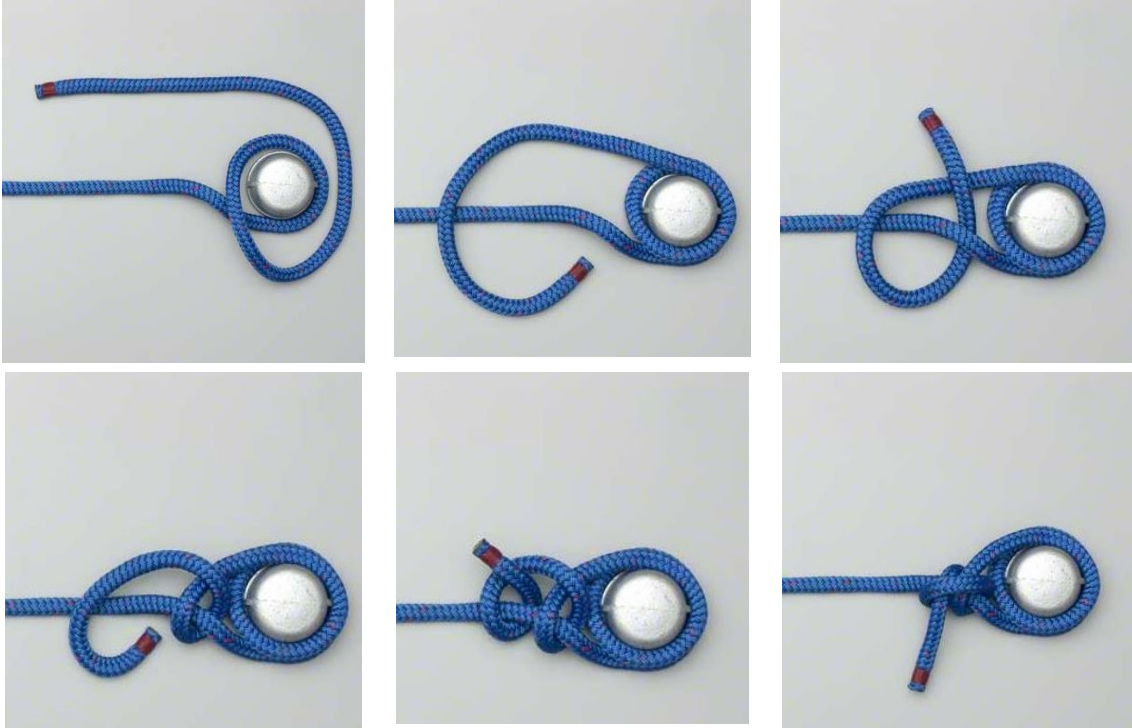
Bowline: Used to tie a non-slip loop easy to untie even after it's been under strain
Formula is: *“The rabbit comes out of the hole, around the tree and back down the hole.”*
A “Cowboy” bowline (with the tail outside the loop) is acceptable.



Round Turn and two Half Hitches: Used to attach a rope to a post, rail or ring.

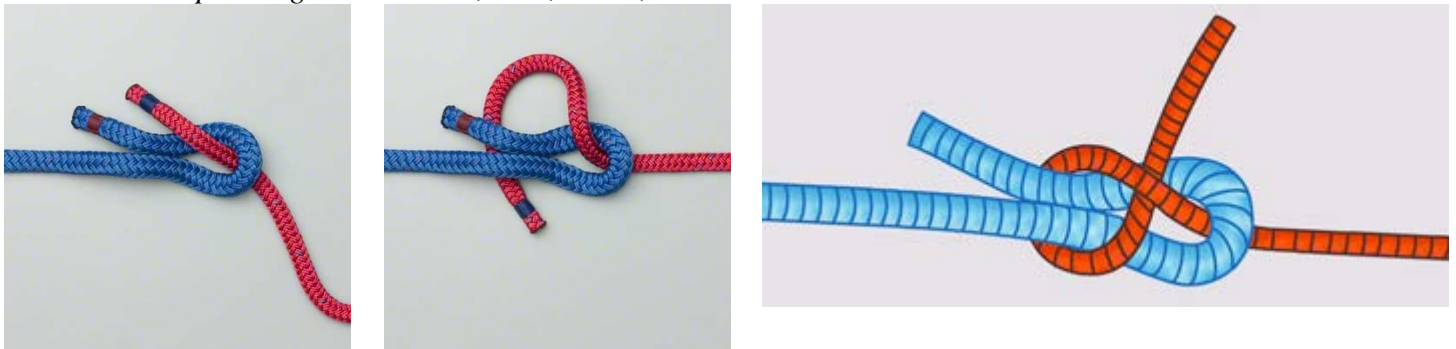
Visit www.animatedknots.com for detailed instructions and applications

Notes: The initial two turns take the stress off of the rope while you do the two half hitches



Sheet Bend: used to tie the ends of two ropes of unequal thicknesses: thinner rope around the thicker rope, with both ropes' loose ends on the same side of the knot.

Formula is: *“Up through around two, over, under, over”*



The Figure 8 Loop: used to form a loop, especially in rock climbing

Formula is: *“Figure eight, around the ring, U turn, backtrack.”*

