



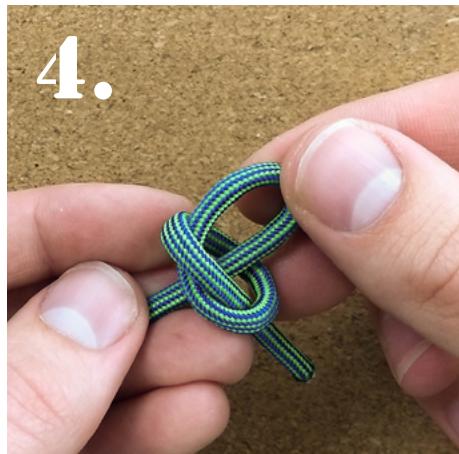
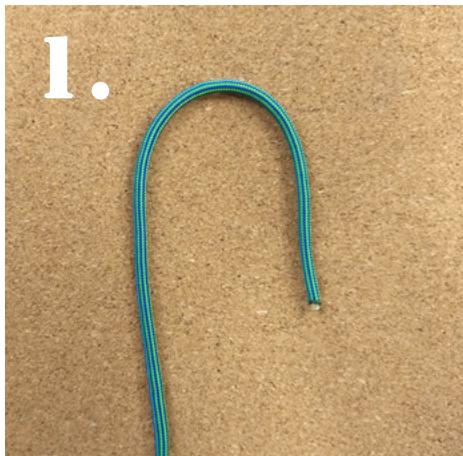
1 MINUTE SURVIVAL BRACELET



What happens when you are in a bind and your classic cobra bracelet takes too long to unwind? With this variation of the survival bracelet, you will never have to know. With a 5-second deploy and a 1-minute reconstruct, this is one fast emergency tool!

All you need to make this bracelet is a ruler, 7 1/2 feet of 550 paracord, and as always, a pair of scissors and a lighter.

DIRECTIONS:



1. Start by making an "Ashleigh Stopper Knot." To do this, make a hook or candy cane shape with one end of your precut 7 1/2" cord.

2. Then, take the hook in your hand and fold down the top curve so that it forms two loops that look similar to a cow hitch.

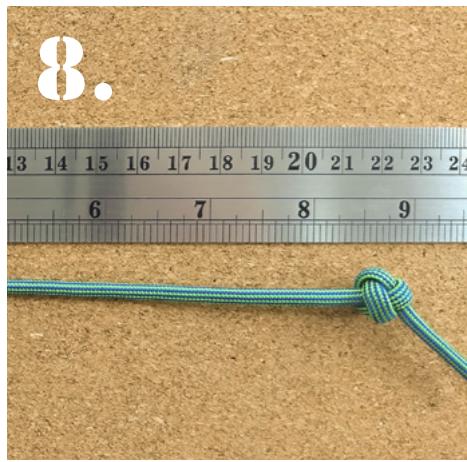
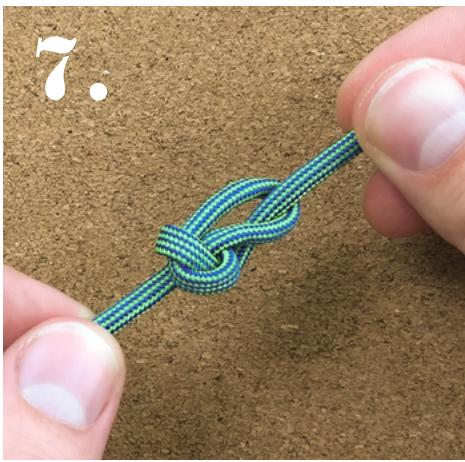
3. Insert the left loop through the right loop from behind.

4. Pull it through so that the inserted loop sticks out about 1".



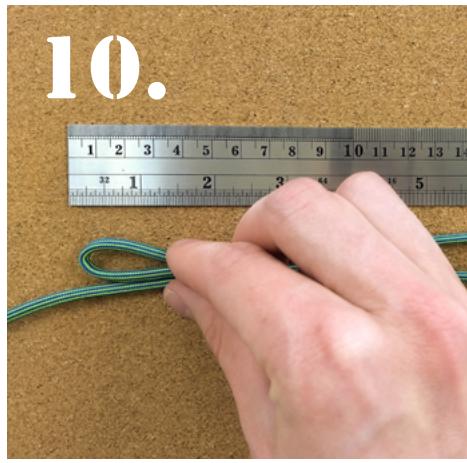
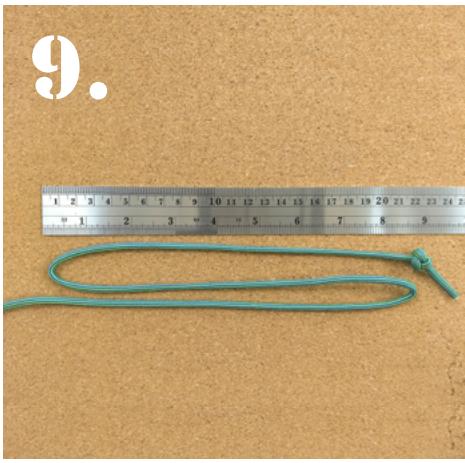
5. Cinch the knot around the loop by pulling on the short end of the cord.

6. Insert the end through the remaining loop from behind.



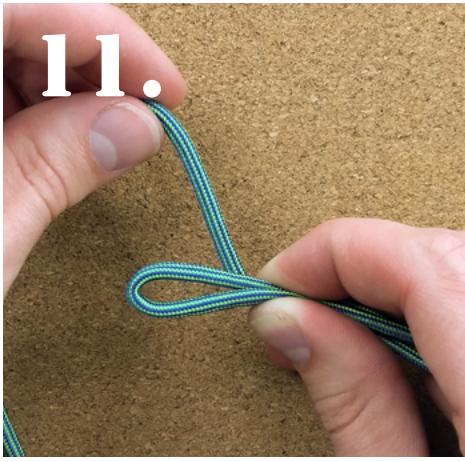
7. Pull the stopper knot tight by pulling on both ends. You may need to adjust the knot a little to make sure it tightens properly.

8. Lay the cord beside your ruler, with the base of the knot at 8 1/2" and your cord pointing back toward the low end of the ruler. (Alternately, you can measure your wrist and add 1").



9. Fold the cord back on itself twice, making a squished "S" shape 8 1/2" long.

10. Pinch the three strands together at 1" and pick it up.

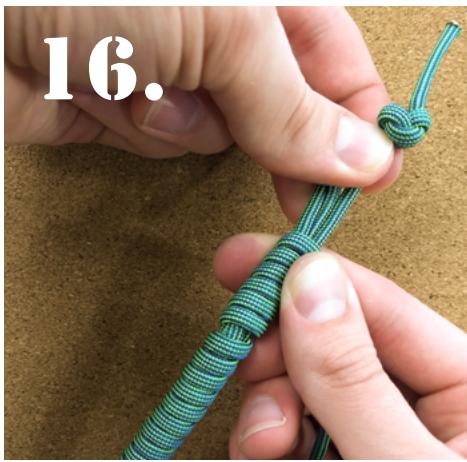


11. Begin wrapping the remaining cord around the three center strands. You will be wrapping toward the right.

12. Make the first 4 times around nice and tight. Slide your right hand down the bracelet as needed to allow for more wrapping space.



13. After the first 4 wraps or so, you can readjust your hands. The rest of the bracelet should be wrapped firmly, but not as tight as the first few.



15. You will need to pack the winding together to fit the rest of the cord on the bracelet. Holding onto the knot and loop at the top, start at the bottom and pull the outer wrap towards you.

16. Pull about an inch at a time until you get to the top. You should have plenty of space to finish now. (You may need to repeat this step a couple of times to fit all of the cord onto your bracelet.)



17. When you have wrapped all your cord, you should have about a half-inch loop showing at the top.

18. Poke the end of the cord through this loop.



19. You can then pull the wrap up towards the knot so that the end will not slide out of the loop. Adjust the wrap so that it looks even. One way this can be done is by rolling it between your hands and the table.

20. To put the bracelet on, insert the tail of your stopper knot through the loop on the other end of the bracelet. This will help you get the rest of the knot through.