



The Prusik knot is a useful “friction hitch” often used in climbing. It can be easily slid by hand along a thicker rope, but locks up when subjected to a lateral load, as in the picture on the left. One can actually climb or abseil a static rope using a couple of prusik knot loops or “prusiks”. This should not be done without proper safety equipment, however. Ideally your prusik should be about 60% of the diameter of your static rope.

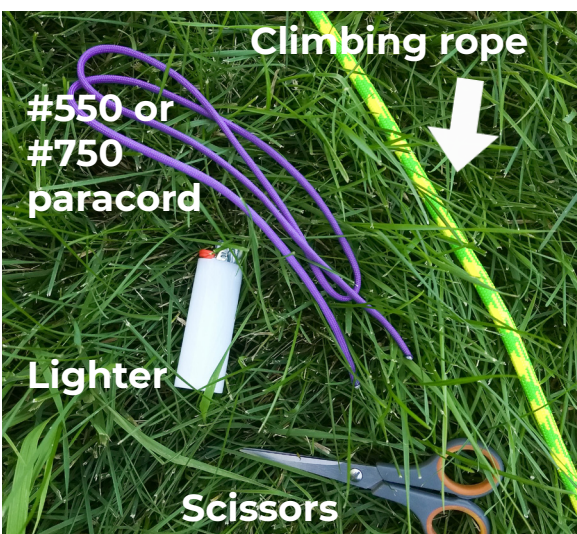
1. First, take 2 feet of #550 or #750 paracord and form a loop by crossing the right end over the left. We are going to create this loop with a double fisherman's knot closure.



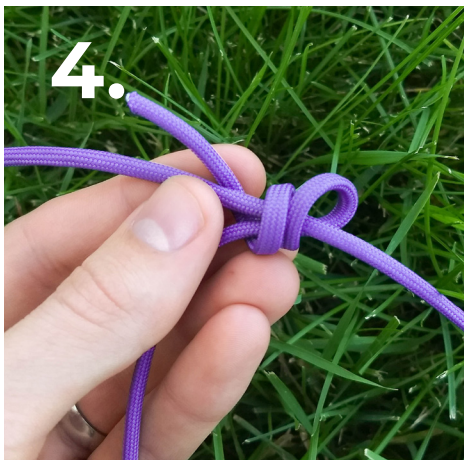
2. To do this, start by looping the left cord over the right.



3. Continue wrapping it around toward the left for two passes, making sure it goes around both itself and the standing end of the rope.







4. After completing the second wrap-around, it should look like this.

5. Poke the end back through the inside of the loops.

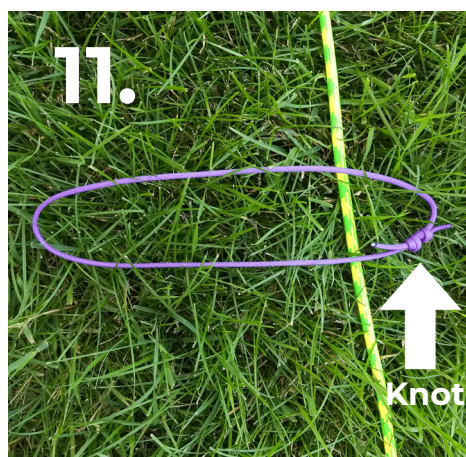
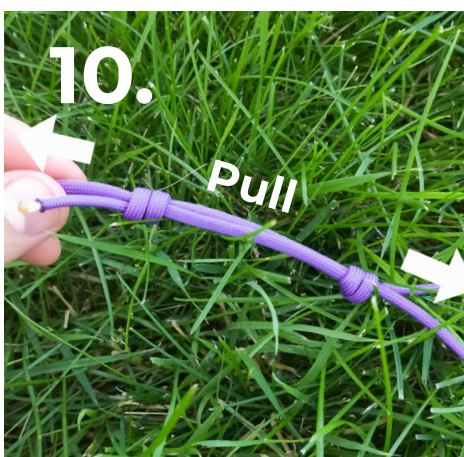
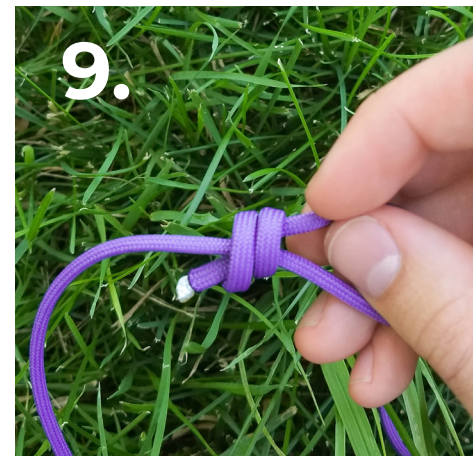


6. Tighten the knot. The knot should freely slide back and forth on the cord it is tied around. Slide it up so that the end sticks out about 6 inches.

7. Now we have to secure the other end so that it does not slide through the fisherman's knot. Make another fisherman's knot by looping the cord around the standing end and itself.

8. Twice around. Just like last time.

9. Poke the end back through again and tighten the knot.

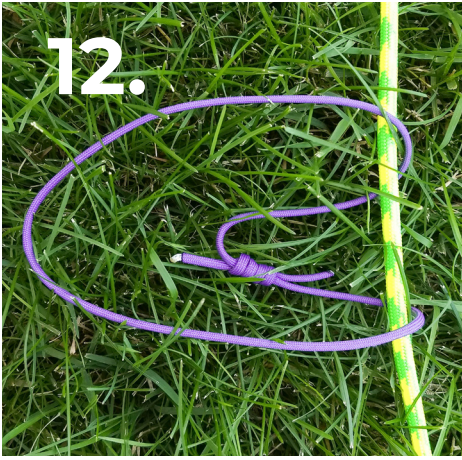


10. Pull on both ends of your completed loop to slide the two fisherman's knots together until they touch. Your prusik is now ready to attach to the climbing rope.

11. Lay your prusik loop across the climbing rope. Orient your knot toward the right.



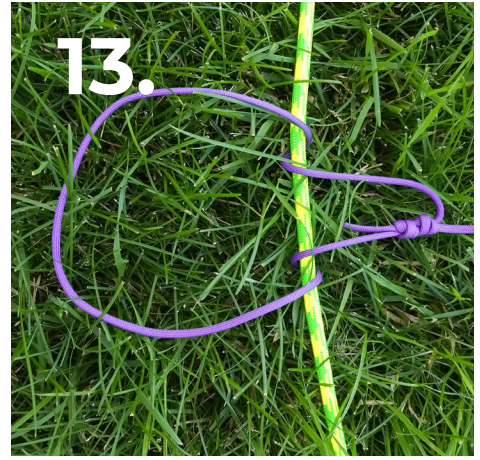




12.

12. Pull the knotted end around the back of the climbing rope.

13. Keep wrapping the knotted end around for a total of three passes.



13.



14.



15.

14. Keep your knot tidy as you wrap. Your paracord should not cross over itself at this point.

15. Now, after three times around, pull the knotted end up and out.



16.



16. Pull the knot tight. You may have to arrange the cord loops so that they all line up like in the picture.

**ATTENTION:** This tutorial is for information purposes only and should not be mistaken for climbing advice. Proper climbing equipment should be used when climbing with prusiks. A paracord loop does not provide adequate fall protection by itself. Consult a climbing or rappelling instructor before using the prusik technique to climb a rope. Paracord Planet accepts no responsibility for the use or misuse of their products.

