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Camp Sloane YMCA

How-To Guide

Paracord Bracelets

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Supplies You Need:

Paracord (10ft per bracelet) - <https://www.amazon.com/WEREWOLVES-Paracord-Combo-Kits-Parachute/dp/B07YFV2YQZ>

5/8" side release buckle - <https://www.amazon.com/LIHAO-Colors-Plastic-Release-Buckle/dp/B00MXZ90TC>

Tape measure/ruler - <https://www.amazon.com/Singer-00218-Tape-Measure-1/dp/B000B7Q9FM/>

Scissors - <https://www.amazon.com/Scissors-Titanium-Multipurpose-Comfort-Grip-Handles/dp/B07H3QKN2Z>

Lighter (WARNING: Adult supervision required)

Step 1: Measure Wrist

Wrap the paracord around your wrist and make a note of where the cord meets. Hold this point next to your ruler or tape measure and that's your wrist size.

Step 2: Find the Center of the Cord

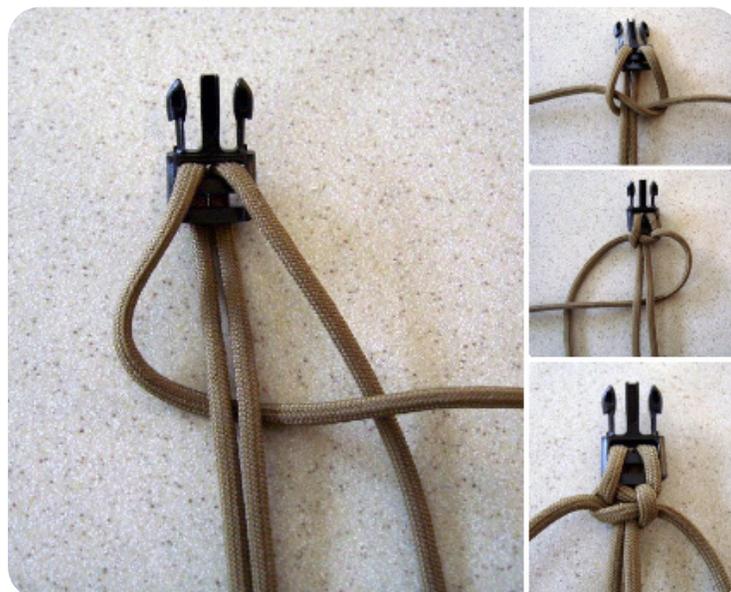
Hold the ends of the cord together and find the center of the loop. Take the center of the cord and pull it through one end of the buckle (either side of the buckle, it doesn't matter). Now pull the cord ends through the loop until it's tightened up and attached to the buckle.

Step 3: Find the Bracelet Length

Take buckle apart and pull the free ends of the cord through the other part of the buckle, sliding it up towards the attached part. You're going to measure the distance between the two buckle ends for the bracelet size for your wrist. Add about 1 inch to your measured wrist length, this will make the finished bracelet a comfortable fit. You're measuring from the end of the female part of the buckle to the flat part of the male end of the buckle (the part with the prongs, they don't count for the measurement because they fit inside the female part of the buckle when the bracelet is closed).

Step 4: Start Making the Knots

The knot used for the bracelet has a few different names, cobra stitch, Solomon bar, and Portuguese sinnet. Take the cord on the left side and place it under the center strands running between the buckle ends. Now take the cord on the right side under the left side cord, over the center strands, and through the loop of the left side cord. Tighten up the cords so the half knot you just formed is next to the buckle. Now take the right side cord under the center strands. The left side cord goes under the right side cord, over the center strands and through the loop of the right side cord. Tighten up the cords (not too tight, just until they meet the resistance of the knot) and now you have a completed knot. You will continue doing this alternating the left and right sides as you go. If you don't alternate, you'll quickly see a twisting of the knots, just undo the last knot and alternate it to correct.



Step 5: Continue Knotting

Keep tying the knots until you have filled the space between the buckle ends. The knots should be uniform from one end to the other. Tie each knot with the same tension to keep them all the same size.

Step 6: Trim Excess Cord & Melt Ends (WARNING: please have an adult do this part)

You can now use your scissors to trim off the extra cord close to the last knot that you tied. I trim one at a time and use my lighter to quickly melt the end I cut. Wait a second for the melted cord to cool just a bit and then use my thumb to press the melted end onto the surrounding cord so it hardens as it attaches. You must be careful with this step. The melted cord is extremely hot, and it's possible to get burned, so you might also try using a soldering iron or wood burning tool for the melting step if you wish. Or even use something like a butter knife, the side of your lighter, or the knurled section of a tool to flatten out the melted end of the cord to finish it.

An alternative to melting the ends, is to tuck/pull the ends under the last couple of knots (I have used hemostats to do this on the inside of the bracelet) then trim them to finish. It does work, and is just barely noticeable as the cords add a slight bulge at that end of the bracelet.

Step 7: You're Done!

If you did everything correctly, it should look something like this finished one. Once you know what you're doing you can vary the amount of cord used by making the knots tighter or looser and pushing the knots closer together as you go.

