



## KNOTS + KNIVES

# Knots & Knives

**Pillar:** Outdoor

**Outcomes:** Develops a strong sense of self  
Seeks challenges and learns from setbacks

When going outdoors, whether it's for camping, hiking, or just to be outside, it is nice to have a few skills/tricks up your sleeve. Knowing some basic knots and how to properly and safely use a knife can go a long way!

**Knots:** Rope, yarn, string, lacing cord, paracord, the things you can tie goes on and on. Knot tying is so much more than just looping some string and pulling really tight—it's an essential skill for taking on the outdoors. In most outdoor activities, your safety relies on the accuracy of your knots. Some knots work better than others, and it is important to know when and how to tie the necessary knots

### Basic Knot Vocabulary

**Jam:** When a knot becomes permanent, or so tight to the point of being unable to untie it.

**Loop:** A full circle formed by passing a rope over itself.

**Running End:** The "moving" portion of the rope that is used to thread the knot itself.

**Standing End:** The "still" portion of the rope that remains fixed in place throughout the knot tying process.

**Stopper Knot:** A type of knot used to make a portion of the rope thicker and prevent it from unraveling.

**Round Turn:** A full encirclement of the rope.

**Half Hitch:** A knot that runs around the standing end and through the loop formed.

**Hitch:** Attaches a rope to another object (relies on the object to hold its own shape.)

**Bight:** A "u" shaped loop; the slack part of the rope.

**Bend:** A type of knot used to join two ropes together

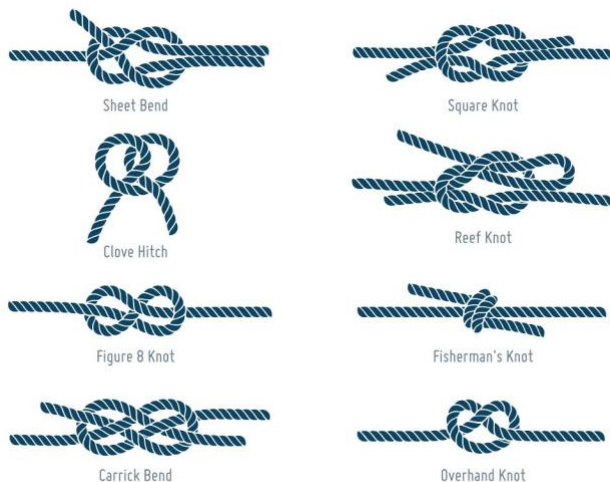


Image from Shutterstock

Like any new skill, all of these knots will take practice. Your fingers may get tangled and you may feel tied up, but once you get the hang of it, you will have a whole new world of adventures at your fingertips. Crafting, first aid, climbing, sailing—try naming a Girl Scout activity that doesn't require some knot tying. Like the knots, keep it tight!



**Daisies & Brownies:** Choose one of the following activities below to do to earn your patch!

The first knot you learn as a child is how to tie your shoes. Tying your shoes is a great beginning to learning more advanced knots.

- Watch the below video to learn [how to tie and Overhand knot](#).

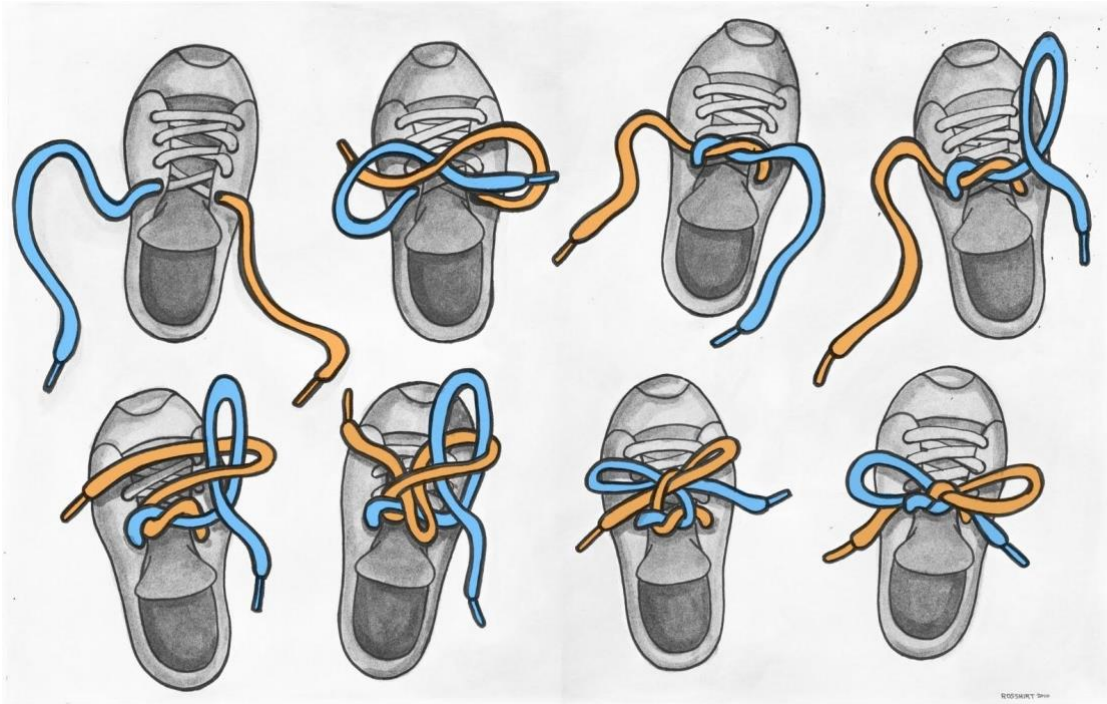


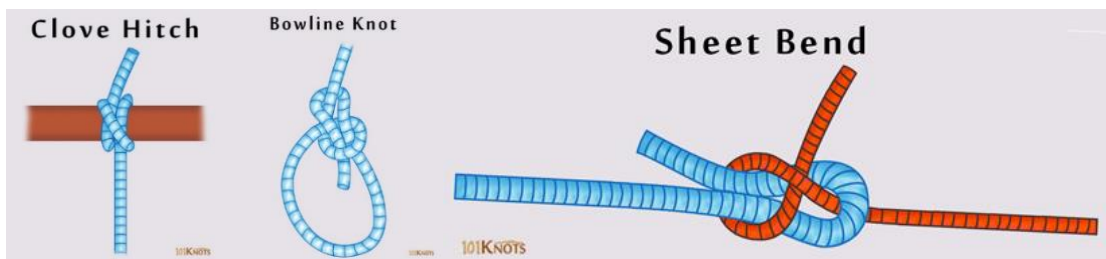
Image from Instructables.com

- Tie 3 different pair of shoes using the above picture.

Once you have learned how to properly tie your shoe, time your self to see how quickly and safely you can tie your shoes! Remember it must be properly tied for the time to count! Let's see how fast you can tie!

**Juniors & Cadettes:** Choose one of the following activities below to do to earn your patch!

Below are three different knots that are very useful to have. Learn one or all. After learning the knots, write down a list of different ways you would use them in your life! Lets so how creative you can be!



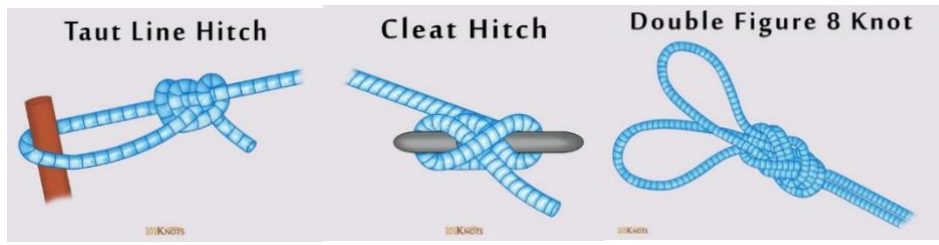
Images from 101knots.com

Check out these how-to videos:

- [Clove Hitch \(Fun Fact: A Clove Hitch is one of the knots used for Rappelling at Camp Prairie Schooner!\)](#)
- [Bowline](#)
- [Sheet Bend](#)



**Seniors & Ambassadors:** Choose one of the following activities below to complete to earn your patch!  
 Below are three different knots that are very useful to have. Learn just one or all. After learning the knots, write down a list of different ways you would use them in your life! Lets see how creative you can be!



Images from 101knots.com

Check out these how-to videos:

- [Taut Line Hitch](#)
- [Cleat Hitch](#)
- [Double Figure Eight \(Fun Fact: A Double Figure Eight knot is used for our Ziplines at Camp Prairie Schooner and Camp Tongawood!\)](#)

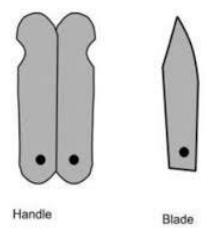
**Knives:** Knowing how to handle and use knives are important skills for you to learn. It gives you a sense of independence, ownership in tasks that require the use of knives, and necessary emergency skills and knowledge. Those who gain respect for tools at a young age generally treat all tools with consideration and respect. This knowledge will pay off in other ways as you grow older. An important and versatile tool for camping, the pocket/jackknife is safe when handled carefully. *\*Adult supervision while handling knives is important. Always be sure to check out [Girl Scouts Safety Activity Checkpoints](#) before doing activities.*



Image from Mary Beth Magee – Girl Scout Knife Safety

**Daisies & Brownies:** Complete the following activities below to earn your patch!

- What are knives used for, and what are safety aspects?
  - Make a list of a few things you would use knives for:
- Make a Paper Knife
  - [Directions for Making a Paper Knife](#)
    - 1. Cut the handle and blade shapes as shown on the left. The handle is all one piece. The shapes don't have to be exact. Make them the size of a real pocketknife.
    - 2. Punch holes in the cardboard where indicated by the black dots.
    - 3. Fold the handle along the center line.



- 4. Insert the blade into the handle, aligning the hole in the blade with the holes in the handle. Remember to orient the blade so that it is facing the same direction as it would in an actual knife.
- 5. Use a brass faster to attach the blade to the handle

**Juniors & Cadettes:** Choose one of the following activities below to earn your patch!

Before you use a knife for any reason you must review and sign the safety pledge.

Check out this [Knife Safety Video from GS of Western Ohio](#)

Girl Scout Pocket Knife/Jackknife Safety Pledge Carrying a pocket knife/jackknife is an honor and a responsibility. I have participated in a specific training/workshop on pocket knife/jackknife handling and safety and I will always agree to the following guidelines to ensure the safety of myself and those around me at all times:

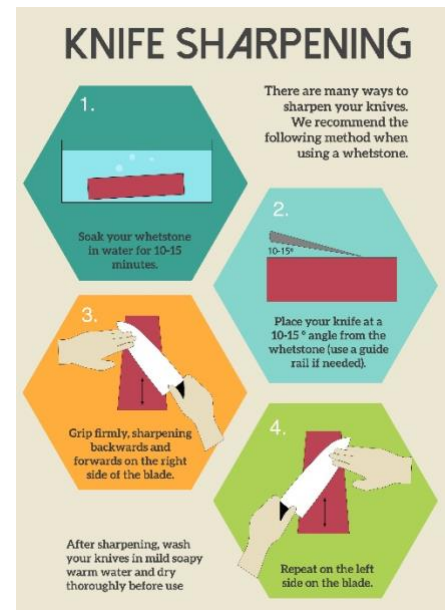
1. I will respect my pocket knife/jackknife at all times and use it as a designated tool.
2. I will always keep my pocket knife/jackknife closed and stored when not in use.
3. I will not use my pocket knife/jackknife when there is a chance that someone could be hurt.
4. I promise to never throw or toss my pocket knife/jackknife.
5. I will always use my pocket knife/jackknife safely and in a manner I was instructed to do so.

\_\_\_\_\_  
Girl Scout Signature/Date

\_\_\_\_\_  
Responsible Adult Signature/Date

- Learn why a sharp knife is safer than a dull one (a sharp knife requires less pressure, and therefore has less chance to slip). A Whetstone or other sharpening device is used to sharpen a pocketknife. Practice sharpening a knife using a stone.
  - Place the stone on a level surface.
  - If using a whetstone, wet the stone with a little water.
  - Place the blade of the knife flat on the stone, then raise the back edge about the width of the blade itself, keeping the cutting edge on the stone. Keep the knife at the same angle at all times.
  - Push the blade along the stone as through you were slicing a layer off the top. Repeat this pushing motion three or four times. Turn the blade over and place it at the far end of the stone. Repeat the process of the other side an equal number of times by pulling the knife towards you. Remember to keep the blade on the stone at all times.
  - Wipe the blade off on a rag or towel on a flat surface. Do not hold the towel in your hand and wipe the blade off in your palm.

Image from grunwerg.co.uk



- Learn how to clean your knife.
  - Open blade.
  - Use a Q-tip or toothpick with a small bit of cloth twirled onto the end moistened with light oil.
  - Wipe the inside of the knife.
  - To rid the knife of bacteria from food, wash the blade with hot soapy water, being careful when handling the blade.



- As needed, slightly oil the hinges with a light oil.
- Make sure to keep dirt off the knife - this can damage the knife.
- Keep the knife out of fire. The heat can damage the steel and the edge of the blade may become soft over time.

**Senior & Ambassadors:** Complete the following activities below to earn your patch!

Check out this [Knife Safety Video from GS of Western Ohio](#)

- Whittle or Carve something such as a plaster sculpture or soap sculpture.

Check out this step-by-step for soap carving:

- <https://www.wikihow.com/Make-a-Soap-Carving>

**Share your work** on our social media using #gsksmosummer and @gsksmo or <https://www.facebook.com/gsksmo/>.

**When you're finished:** Congratulations, you have earned your patch! You can purchase at <https://www.girlscoutshop.com/GSKSMO-Bar-Knots-and-Knives> for just the bar (\$2.00 each) or purchase the entire series: main patch and all 6 bars for \$10.00 at <https://www.girlscoutshop.com/GSKSMO-Outdoor-All>.

