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Double Wide Paracord Survival Bracelet

Supplies: 2 lengths of paracord (2 different colors) Sample is pink and khaki, $\frac{3}{4}$ " buckle, measuring tape, scissors, & a lighter.



Instructions:

1. Measure around your wrist and add 2 inches. (Sample $7+2=9$ ")



2. Each inch = 's a foot of paracord. (Sample 9')
3. Cut paracord and burn ends so they are skinny at the end so you can slide it through the buckle.



4. Find middle of pink paracord by folding in half.
5. With right side of buckle facing up insert both ends of a pink paracord down through the buckle (make sure the buckle is facing up) and pull through until the loop of the other end is almost pulled through.



6. Thread the ends through the loop and tighten.
7. Repeat steps 4 – 6 with the khaki paracord.
8. Separate buckle.
9. Thread the two ends of the pink paracord through the other buckle (make sure the buckle is facing up).



10. Thread the khaki paracord through the buckle.

11. Lay down the bracelet next to the tape measurer and lengthen or shorten the bracelet to what you measured in step #1.



12. Start by making your first knot with the khaki paracord make a knot doing (Right cord over the two khaki center to left, left cord over top of left, now down and behind, and up through remaining right loop).



13. With the pink paracord tie a knot around the two pink center cords. (Left cord over the two pink center cords to the right, right cord over top of left, now down and behind, and up through remaining left loop). Tighten each knot.

14. The middle two cords will automatically want to go opposite so let them. Keeping the pink middle cord always on top.



15. Finish the square knot starting with the middle pink cord. (Left pink cord over the center khaki to right, right khaki cord over top of left, now down and behind, and up through remaining left loop). Tighten square knot.



16. Finish the knot on other side with the middle khaki cord. (Right khaki cord over the pink center to left, left khaki cord over top of pink, now down and behind, and up through the remaining right loop).
17. Continue doing square knots keeping the pink middle cord on top so the pattern stays the same.



18. When you come to the end of buckle cut each paracord, burn end, then flatten with side of scissor. (repeat)





19.You are done!

20.Paracord has many “Survival” uses.



Instructions by; Julie Roylance

Paracord sold at:

Smithfield Implement

99 North Main

Smithfield, UT 84335