

Chapter 13

Knots & Hitches

Slip Hitch

Comments: Used to cinch a runner around a feature, such as a chicken head.



Clove Hitch – Building it on a Biner

Comments: Load strand must “drop in” first so load is aligned with the spine of the biner.



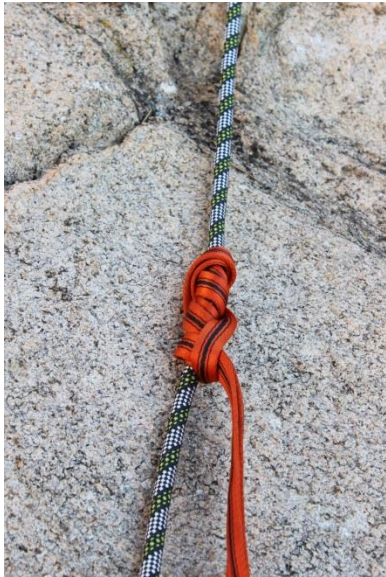
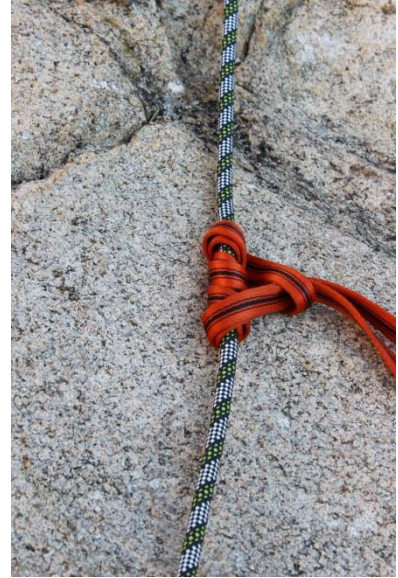
Flat Overhand (aka EDK – European Death Knot)

Comments: Used to join ropes of similar diameters, such as two ropes for a rappel. Make sure to leave long tails (12" to 18") on rope and to dress properly with no twists. A significant advantage in rappel applications is the small knot profile and the natural tendency for the knot to lie flat on the rock, minimizing the risk of snagging when pulling the rope.

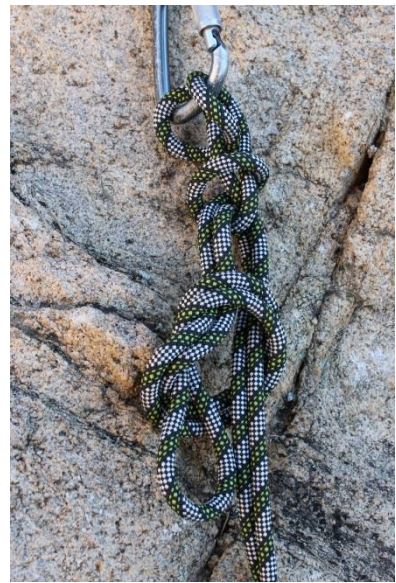
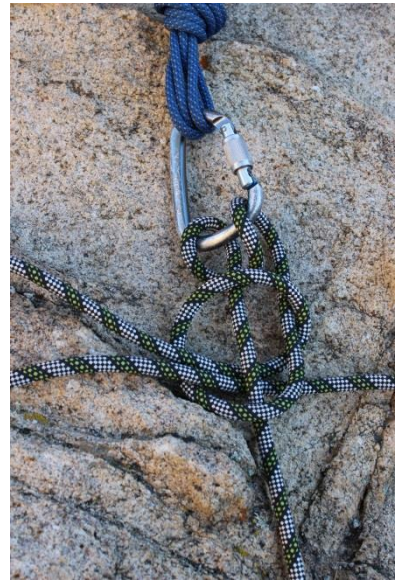
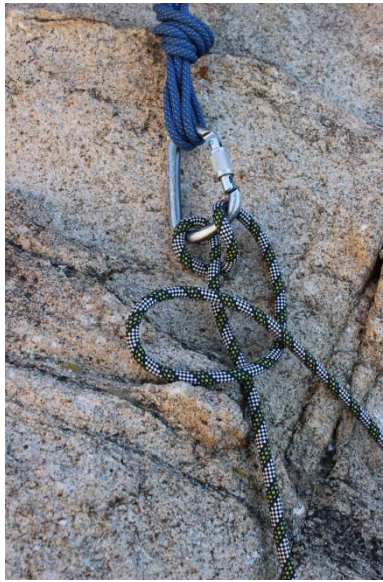


Klemheist - friction hitch

Comments: Alternative to a prusik hitch, using a sewn runner. Best used with a nylon runner due to the much lower melting temperature of Spectra or Dyneema.



Muenter Mule – Tying off the **M**uenter hitch with a **M**ule Knot and **O**verhand back up (MMO)



Basket Hitch



Square Hitch



Double Loop Figure – 8

Comments: Use the final “over the top” loop to change to length of the individual loops (or “bunny ears”) to equalize as needed.



In-line Figure-8

Comments: While the “figure 8 on a bight” is a solid “end-of-rope” knot, the in-line figure 8 is a variation that is an effective directional “middle-of-rope” knot.

