

## Family Activities

# Paracord Survival Bracelet

### SUPPLIES

#### Materials provided

10 feet of paracord  
1 black buckle  
1 carabiner clasp  
1 key-ring

#### Materials needed

Ruler or tape measure  
Scissors  
Lighter (Adult supervision required!)

### TRY

1. Measure your wrist circumference (around your wrist). 1 inch of weaved bracelet length equals about 1 foot of unbraided cord. So, if your wrist circumference is 7 inches you need 7 feet of cord. Measure out the length of cord you will need. I recommend adding 6 inches to your total just to make sure you have enough. Attach the paracord to one side of the buckle (either side of the buckle works).

2. Use a Girth Hitch (see images below). Find the center of the full length of the cord by holding the loose cut ends of your length of cord together and pinching a loop at the midpoint. Thread the loop through the end of the buckle so that the loop is sticking out by an inch or so. Thread the loose cut ends through the loop and pull the cord snug against the buckle. The buckle half will be caught at the midpoint of your cord.



3. Determine the bracelet length (see images below). Thread the loose cut ends of the cord through the other remaining buckle piece. Measure from one buckle to the other excluding the male prongs. Position the second half of the buckle so that the cord between the buckles equals the measurement of your wrist, plus 1 inch. This will make sure the bracelet is a comfortable fit.



4. Weave the bracelet using Cobra Stitch (see images below). I recommend securing the buckle with the free ends to your work surface with a piece of tape, so it doesn't move around while you're braiding. Pick up the left-hand cord and thread it behind the center strands. Cross it over the top of the right-hand cord. Pick up the right-hand cord and cross it over the center strands, then through the loop created by the left-hand cord. Pull the cords snug.



5. Repeat the weave (see images on next page), alternating the side (cord) you start with to make the first knot, until you arrive at the other buckle. If you start by picking up the left hand cord you will be making a knot on that side of the bracelet. So alternating the sides you create the knot on keeps the bracelet even and straight. If you forget to alternate sides, the braid will start to curve. To fix this simply undo the last knot and continue weaving.



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at [www.sclcd.org/events](http://www.sclcd.org/events).



6. Finish by weaving as close as you can to the buckle. You can gently push up the body of the weave towards the opposite buckle to fit in a last weave to make sure the weave fits snug between your buckles. Just be careful not to weave it too tight as the bracelet will then be very stiff and inflexible.

7. Once you have completed your weaving, trim the ends of the extra cord to about half an inch. Have an adult help use a lighter to burn the trimmed ends and flatten them locking the ends in place. Now you have a paracord Survival Bracelet!

Tip: You may also create a key chain with the left over paracord, or instead of the bracelet. Follow the same directions for how to weave the bracelet but substitute a carabiner clasp and a key ring for the buckle ends. Also, change the measurement in between the two for how long you would like the key chain to be.



## EXPLORE

Need to use up paracord scraps? If you have at least two feet of paracord left over after you make your bracelet, you can try making a paracord buddy!

**<https://www.paracordplanet.com/paracord-people/>**

Why is the paracord bracelet considered a "survival bracelet"? Well, all you need to do is unravel your bracelet and the cord can help you:

- Make a shelter: hang a tarp or lash branches together
- With fishing: weave the thin internal strands into a net or use as fishing line
- With repairing: fix clothing, tent, backpack, or shoelace
- And more!

Can you think of more ways to use a paracord bracelet?