

# How to make a paracord bracelet

Note: For instructional purposes, a very short piece of paracord is used in the photos below.

By Barb Brenner and Lydia D'Amato

## 1) Prepare the paracord ...

- Cut a piece of paracord 9' long and melt the ends to prevent fraying.
- Fold it in half.

## 2) Prepare the buckle ...

- Notice the curve of the buckle.
- Mark a dot on the underside (concave side) of the female end with a gray Sharpie marker or with a small piece of tape.
- Position the buckle with the male end to your right and with the curve up. Notice the seam where the male and female ends join together – it should be on your right.



## 3) Thread the paracord through the ends of the buckle ...

- Feed the folded center point of the paracord up through the male end of the buckle
- Next feed the center point down through the female end of the buckle.



## 4) Lock in the female end ...

- Unbuckle the buckle.
- Fold the center of the paracord up over the female end of the buckle.
- Pull tight.



## 5) Size the bracelet to your wrist ...

- Connect the 2 ends of the buckle together.
- Put the loop around your wrist and adjust the size, allow for the room the knots will take



up and for how loose or tight you would like it. General rule: size of your wrist plus 3 fingertips. (This step is easier with the help of a friend!)

- Pinch the cord on the male end to capture this size.

## 6) Prepare to tie the knots (remember to keep the cord pinched on the male end to keep the selected sizing) ...

- Unbuckle the buckle.
- Lay it so the underside of the buckles are facing up and the female end is closest to you. The gray dot on the female end should be visible.
- Ensure that the 2 center cords, those connected to the buckle pieces, are straight, even and laying flat.

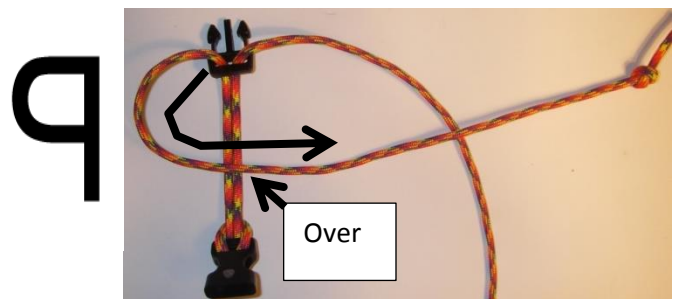


- Pull the working ends out to their respective sides.
- To help distinguish one working end from the other, tie an overhand knot towards the end of the left working end.

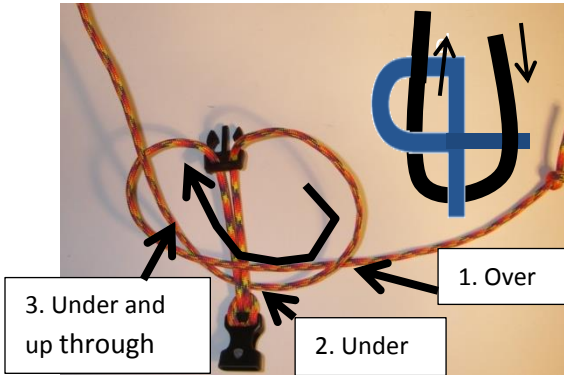


## 7) Tie the knots (The knot used here is called a cobra stitch in boondoggle or square knot in macramé.) ...

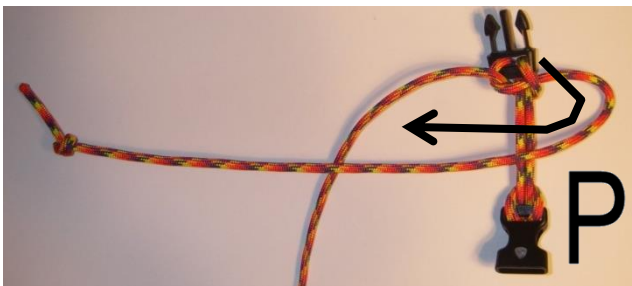
- First part of the knot:
  - Take the working end on the left, the one with the overhand knot in it, and lay it over the 2 center cords, forming a shape that looks like a backwards letter P.



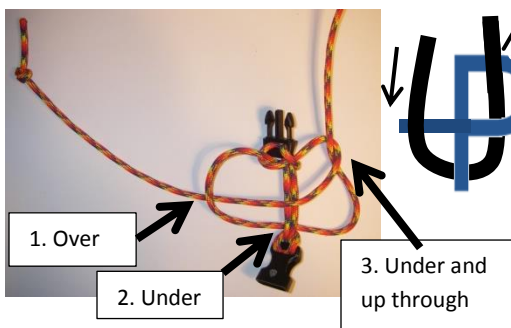
- ii. Take the other working end ...
  1. Lay it over the horizontal part of the working end with the knot
  2. then under the 2 center cords
  3. and finally, up through the hole created by the backwards P shape.



- iii. Tighten the knot, while keeping your selected sizing.
- b. Second part of the knot:
  - i. Take the working end on the right, the one with the overhand knot in it, and lay it over the 2 center cords, forming a shape that looks like the letter P.



- ii. Take the other working end ...
  1. Lay it over the horizontal part of the working end with the knot
  2. then under the 2 center cords
  3. and finally, up through the hole created by the letter P.



- iii. Tighten the knot.



- c. Repeat steps 7a and 7b until the entire length of the center cords is covered by knots.



- d. When finished, try on the bracelet. If it is too tight or too loose, just untie all of the knots, adjust the sizing and re-create the knots.

8) Finish it off ...

- a. Take out the overhand knot that you put in one of the working ends.



- b. Working with the gray dot facing you, loosen the last square knot (2 rows) - don't untie them, just loosen them. (The toothpicks in the photo are showing the last 2 rows.)



- c. Slip the working ends under the loosened knots and pull everything tight again (this can be like a puzzle ... determining which part to pull to tighten a section!)



- d. Cut off the tails of the working ends that are sticking out. It may help to bend the bracelet over your finger or a stick to cut off the ends. Melt the ends to prevent fraying. The arrow points to the cut-off, melted ends.



9) Enjoy your new bracelet.

- a. If you are in need of rope, just untie the bracelet and you will have one continuous piece of rope.