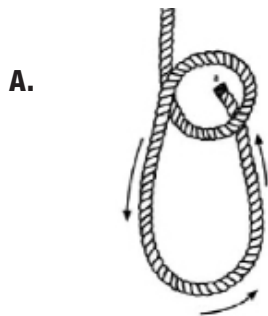


## The Dad Checklist®: Bowline Checklist

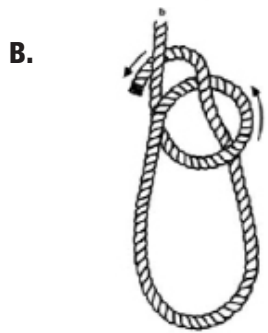
From *The Dad Checklist*  
by Jeff Levinson  
Starting Nine, a History Compass imprint

The bowline (pronounced “bo-lin”) is used to tie a strong loop in the end of a rope, for rescues, harnesses, moorings, or whenever you need a loop that does not move. It can be used in place of a square knot to join two ropes securely together by their loops.

To tie a bowline, hold the rope near the end (known as the “free end”), and form a little loop a ways up from the end. How far “a ways” depends on how large you want your big loop and what you need it for. You’ll be able to estimate loop size quickly after you’ve practiced this knot a few times.

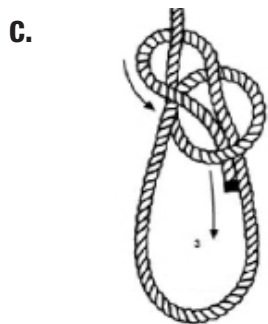


The little loop goes around so that the part of the rope leading to the free end is over, or in front, as you see in the first figure. Take the free end of the rope in your other hand, as you hold the little loop in the rope in place. Thread the free end up through the loop, around the back of the rope, and back down through the loop. Pull the knot tight. You now have a large loop in the end of the rope that will not easily slip.



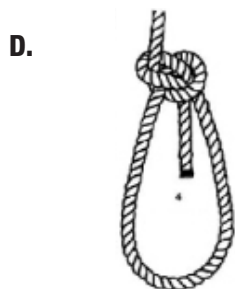
The easy way to teach (and remember) how to tie this knot is that the rabbit comes up out of the hole, runs around the tree, and then goes back into his hole.

**A.** Take the end of the rope and form a loop further up the rope (the top piece of the rope known as the “standing part,” or the piece attached to an object, goes behind the loop).



**B.** While holding the loop in your left hand, hold the free end of the rope in your right hand. Thread the free end up through the loop. (Teach it as the free end of the rope being the rabbit, the loop being the hole, and the rope leading away as the tree. So the rabbit pops its head up out of the hole and jumps out.)

**C.** And around the back of the long piece of rope that leads away. (The rabbit runs around the tree.)



**D.** And back around and down through the loop. (The rabbit jumps back down into the hole.) Pull tight.