

CLIMBING

HOW TO TIE A RE-THREADED FIGURE OF 8 WITH A STOPPER KNOT

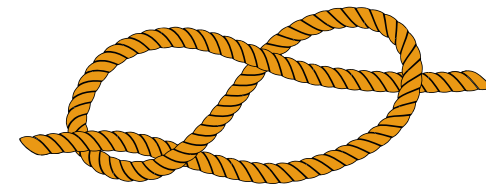
The most commonly used knot to tie a climber into a harness is a re-threaded figure of 8 with a stopper knot. Follow our videos to learn how to tie these knots.



It involves a few stages:

- 1 Tying a figure of 8 onto a single piece of rope.

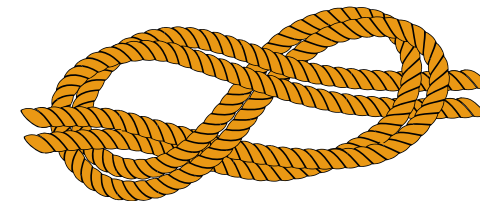
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- 2 Looping your rope through a harness (or a belt if you don't have a harness).

- 3 Re-threading your figure of 8.

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- 4 Tying a stopper knot.