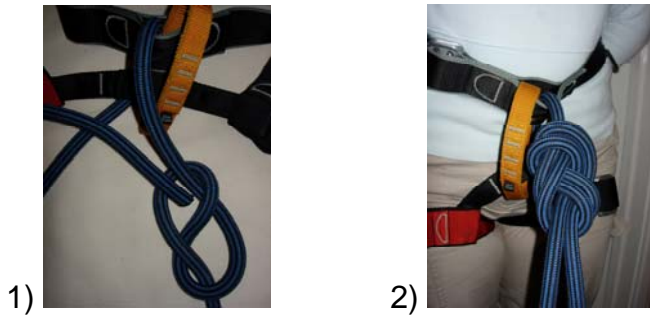


How to tie into your harness using a Figure of Eight Knot

Tie a single figure of eight about a meter from the end of the rope and pass the end through your harness. Please note the difference between a sport type harness as in figs (2) and (3) and alpine type harness as in fig (4).



Where the end of the rope comes out of the harness, follow the rope back through the knot like a train on a track until it comes out the other end ensuring the loop of rope is kept as small as possible.



Then tie a stopper knot (Double fishermans) to secure the tail of the rope.



The following pictures show how to tie in if a chest harness is needed.

