



Figure 8 Follow Through Knot

Practicing knots is a great way to build your climbing skills without having to leave home! Before you start to learn how to rock climb, the **Figure 8 Follow Through** is an essential knot for all climbers to learn and practice. Be prepared for your next climbing adventure by memorizing this knot right now, then plan out what your next adventure will look like with the help of Girl Scout Safety Activity Checkpoints and the Approved Outfitters list.

Learn

First, find out why it is important.

- 1) Watch the **GSOSW Figure 8 Follow Through Knot Tutorial video**.
- 2) For another example, you can use [this animation](#).
- 3) Identify one common mistake somebody could make when attempting to tie this knot.
- 4) Think of one advantage and one disadvantage of this knot (for example, it's quick to learn but you need to use both hands).

Materials you need:

- **The figure 8 follow through knot video**
- Roughly 6-10 feet of rope
- A sturdy attachment point to tie a knot around (like a harness, chair leg or water bottle)

Try It Out

Now, gain confidence tying this knot so you can be prepared next time you go climbing!

- 1) Practice this knot as many times as you need to feel comfortable tying it, memorize it and know that it is done correctly.
- 2) Teach somebody you live with how to tie this knot and have them give it a try.
- 3) If you can, take a photo or video of your finished knot and share it with us on the **GSOSW Facebook page**. You can also use the hashtag #gsoutdoors.

Did you Know? This knot is needed for activities in the Climbing Adventure badges!