



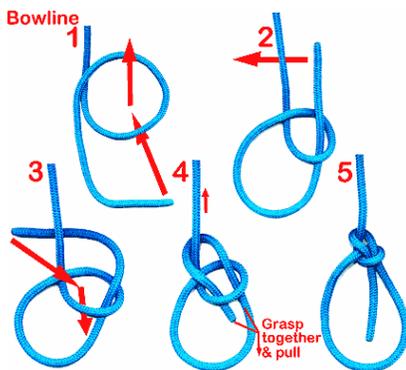
Camp Knots



The Challenge

Can you tie a bowline knots like the Camp Wilderness staff?

A Bowline Knot



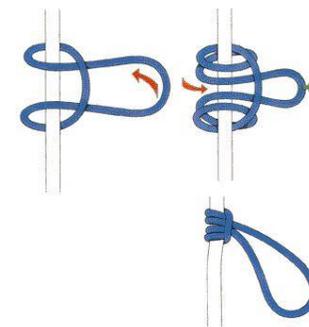
Equipment

- String or cord
- Strong upright item like a tree, table leg or a chair leg.

Progression

Try and tie the prusik knot

The Prusik Knot



Once you have mastered both the bowline and prusik knots. Use them to build a den, either in your bedroom or in your garden like the Camp Wilderness Staff