



MATERIALS



5 feet of paracord — one length, folded at the center to create two working strands

SETUP — FINDING CENTER & STARTING KNOT

1

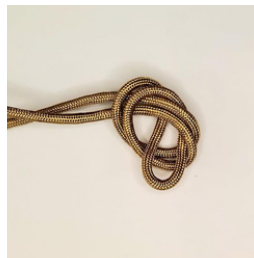
Find the center of your 5 ft cord by holding both ends in one hand, then running your other hand down until you reach the loop end. **That loop is your center.**

2

Create a small loop at the center and pass the end through it to begin the starting knot. Tighten until **the loop fits just over the tip of your thumb.**

3

Hold the knot with the two cord strands spread **to your left and right — do not let them hang straight down.** This position sets up the zipper stitch.



■ **Repeat these 4 steps**

- 1 Insert a loop using the cord that the current loop is pointing toward.
- 2 Tighten the outer loop using the **right** cord.
- 3 Insert the right cord into the loop just created.
- 4 Tighten the outer loop using the **left** cord.



FINISHING

A

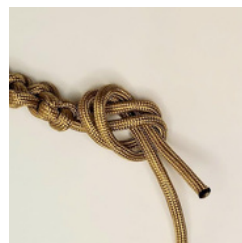
When **6"–8" of loose cord remains**, finish by inserting the cord end directly into the last loop (instead of making a new loop). Tighten the outer loop.

B

Take both ends and tie a final knot — wrap cords around your finger and insert ends through the loop. **Tighten the knot as close to the lanyard bottom as possible. Do not over tighten.** Pulling too hard can make the lanyard difficult to deploy. A simple tug when tightening the outer loop is enough.

C

If ends are uneven by more than 2", trim the longer one and **heat-seal the cut end** to match the shorter side.



✓ **Congratulations — your lanyard is complete!**

You'll see the characteristic zipper pattern running the full length of the braid.

■ **To deploy**

Untie the bottom knot, pull the cord end back out of the last loop, hold one end in each hand, and pull. The lanyard opens just like a zipper in a matter of seconds.