



Ingredients:  
Up to 12' x 350lb Paracord

Instructions:  
This paracord bracelet is fully adjustable, includes more length of cordage than a standard Cobra Weave Bracelet, and is fit for an apocalypse survivor!

Start with 12' of paracord, with sealed ends ready for weaving. Fold the length in half, then wrap the loop end around your wrist to get the bracelet length. Note the intersection point; this point is where you will start your weave, so make the first cobra weave knot here as before, but do not pull this first knot very tight as you will need to thread through it with the paracord fid later. Continue weaving until you just have less than 1cm of the loop left showing, and then using the paracord fid, thread the two ends through the loop from opposite sides, as shown below.



Next, thread the ends through the two 'holes' left at the beginning of the weave, as shown below.



To finish the bracelet, you'll need to tie a ball knot with the two ends, at a point which allows 2-3 inches of adjustability. To tie the ball knot, make a loop with each end of the paracord, one looping around to the back, and the other looping around to the front, and hold these two loops together.



As shown above, pull each end around the centre of the knot and through its own loop, before pulling tight. Check one last time that the bracelet will fit you, and then cut and seal the two ends to clean up the knot and finish.



Ingredients:  
2' x 350lb Paracord (4' required for necklace version)  
14 x Pony Bead  
1 x Safety Breakaway Barrel Connector (for necklace version)

Instructions:  
'Ranger Beads' or pace count beads have long been used by the military as a method of keeping track of distance travelled on foot, as an aid to navigation. Here's how to make a simple Ranger Beads lanyard:

Cut off a 2' length of paracord, and then remove the white inner strands by pulling them through. Keep one of the strands as you'll use it later in this recipe. Seal the paracord ends with your lighter. Fold the cord in half to make a loop, take the two ends together and tie them into an overhand knot about an inch from the end. Now take the inner strand of the paracord, and loop it around the loop of your lanyard, before carefully melting the ends of the strand together with your lighter, as shown below.



One by one, thread nine pony beads onto the paracord using the inner strand to guide them on. Put another overhand knot in after the beads, such that the beads will have about 1.5" of travel. Then thread five more beads on, down to the second knot. Remove the inner strand at this point. To finish the lanyard, put in a final overhand knot above these beads, again allowing for 1.5" of travel.

To make the necklace version, use 4' of paracord instead, and use the safety breakaway barrel connector to terminate the cord ends. Thread the paracord ends through the holes in the connector halves, then to each end apply heat with your lighter, before flattening off the end (pressing the molten end against the flat of your scissor blade), as shown below.



### Further Ideas

Dual Colour Paracord Bracelet - Try fusing together two different-coloured lengths of paracord before you cobra weave for a striking two-tone effect.

Paracord Watch Strap - Turn your timepiece into a survival watch by weaving your own custom paracord strap for it.

Paracord Flip-Flops - Why not beef up your flip-flops by replacing the straps with highly durable straps fashioned from braided paracord?

Paracord Mobile Phone Pouch - With a bit of patience, ingenuity (or internet search), about 40' of paracord and your paracord fid, you can make a paracord pouch to keep your mobile phone safe and secure.

????? - Who knows what you'll be able to create with your Adapt and Survive kit! We'd be very interested to see what you come up with, so please feel free to share your ingenious creations on social media, tagged with **#adaptandsurvive**, or get in touch with us:

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# ADAPT —AND— SURVIVE CUSTOM PARACORD & WEBBING KIT

Your 'Adapt and Survive' Custom Paracord & Webbing Kit was made to help you let your imagination run riot in the world of customised paracord and webbing gear. Paracord and nylon webbing are both well-known for their strength, durability and many functions, and that means they are ideal materials for creating your own custom accessories, survival aids and clever little life hacks!

This guide serves as an introduction to the contents of your Adapt and Survive kit, as well as giving you plenty of 'recipe' ideas with instructions, to get you crafting in no time. You'll soon be exploring the endless possibilities of creating, crafting and customisation, and even devising recipes of your own to properly kit yourself out!

### Kit Contents:

- 20' x 350lb Paracord in Army Green
- 20' x 350lb Paracord in Navy Blue
- 10' x 350lb Paracord in Neon Orange
- 1 x Paracord Fid (large paracord threading needle)
- 5 x 5/8" Quick-Release Contoured Buckle
- 1 x Dual-Hole Cord Lock
- 1 x Safety Breakaway Barrel Connector
- 14 x Pony Bead
- 1 x 30mm Split Ring
- 1 x Carabiner (not for climbing use)
- 2m x 25mm Nylon Webbing in Black
- 1 x 25mm Quick-Release Contoured Buckle
- 2 x 25mm Plastic Webbing Slider
- 1 x 25mm Three-Way Plastic Webbing Slider
- 1 x 25mm Heavy-Duty Stainless Steel D-Ring
- 1 x 25mm Plastic D-Ring
- 1 x 60mm Heavy-Duty Keychain Clip / Pet Lead Clip
- 20cm x 4.8mm Black Heatshrink Sleeve
- 20cm x 9.5mm Black Heatshrink Sleeve
- 1 x Nitrile O-Ring (3.5mm thick, 20mm I.D.)

### Tools Required:

- Ruler / Tape Measure (for measuring out paracord / webbing lengths)
- Lighter (for sealing cut ends, fusing paracord lengths together, and shrinking heatshrink)
- Scissors (all cutting in these recipes is done with scissors)
- Needle and Thread (required for 'Webbing Water Bottle Holder' recipe)

### Basic Paracord Craft Techniques:

Overhand knot:



Fusing cord:



Fusing cord:

To fuse two lengths of cord together (great for making multi-colour paracord bracelets), cut at angles the two ends you wish to fuse, heat up the ends with your lighter flame, and then push together and hold (as shown above right) until the joint has cooled and hardened.

Attaching paracord fid for threading:

To attach the paracord fid to the cord end that you'd like to thread, cut the end off at an angle, and apply lighter flame to melt the end into a point. Then you'll need to 'screw' the paracord fid onto the cord end. This does take a little practice, but you will quickly get the hang of it.

### IMPORTANT SAFETY NOTES:

This kit is to be used only by adults, or under adult supervision. Work only in a well-ventilated area, and avoid inhaling the fumes from melting paracord / nylon. Molten paracord / nylon will be hot and may cause burns, so exercise due caution, and do not handle until fully cooled and set.



Ingredients:  
Up to 10' x 350lb Paracord  
1 x 5/8" Quick-Release Contoured Buckle

Instructions:  
Start out by determining the length of cord needed to make a correctly-sized bracelet for your wrist; using a piece of cord, take a wrist measurement in inches, then add 1 to that number, and the result should be the approximate length in feet of paracord needed. So ensure you are working with at least that length of cord to begin with. Cut off the required length and then heat-seal the ends with your lighter before continuing.

Fold your length of cord in half to make a loop, and push the end of this loop about 2" through one half of the buckle. Then take the two ends of the cord through the loop and pull tight, securing the cord to the buckle. Now take those two ends through the other half of the buckle, clip the two buckle halves together, place these beginnings of the bracelet over your wrist, and then gently pull the two ends through the buckle until the bracelet is tight, but not too tight. This will get your bracelet sized correctly before the next stage.

Without adjusting the buckle's position relative to the paracord, unclip it, and then begin your cobra weave with the following steps:



1. Start with two cord ends



2. Left-hand end over centre



3. Right-hand end over left



4. Right-hand end under centre



5. RH end under then over LH



6. Pull tight

Take the left-hand cord end, make it into a small loop and pass the end over the two central cords in a 'figure-four' pattern as shown above in step 2. Then take the right-hand cord end down over the left-hand end, under the two central cords, then up through the figure-four loop you made with the left-hand end, before pulling tight on both ends. Follow the pictures if you get stuck!

At this stage, just make sure the bracelet is still going to be a good fit by test-fitting it on your wrist. If not, you can go back and adjust the length.

Now, continue the weave by this time using the right-hand cord end to make the 'figure-four' pattern, taking the left-hand cord end down over the right-hand end, under the two central cords, and up through the figure-four loop. Pull tight on both ends, and then continue the weave by switching between right and left after each 'knot'.

Continue until you have no more room to add any more knots, and then finish the bracelet by cutting off the excess paracord from the two ends, and carefully using your lighter to heat-seal the cut ends.



'King Cobra' Paracord Bracelet



Ingredients:  
Up to 20' x 350lb Paracord  
1 x 5/8" Quick-Release Contoured Buckle

Instructions:  
You'll need much more cordage to make this beast of a bracelet, so to be on the safe side you'll want to start with double the length you would use for a standard Cobra Weave Bracelet.



Proceed with the Cobra Weave Bracelet as per the instructions for that, but with two differences: Firstly, when you pass the cord ends through the buckle, loop them both through the buckle once more (as shown above left) before starting the weave. Secondly, when you reach the end, instead of cutting and sealing the ends, loop them through the buckle, then double back on yourself and continue the cobra weave in the opposite direction over the existing weave (as shown above right), until you reach the other end, then cut and seal as before.

Custom Paracord Bracelet with Survival Kit Compartment



Ingredients:  
Up to 10' x 350lb Paracord  
1 x 5/8" Quick-Release Contoured Buckle  
Up to 20cm x 9.5mm Black Heatshrink Sleeve  
Your choice of small survival kit items

Instructions:  
Making this bracelet allows you to keep on you at all times your own selection of small emergency survival items, such as mini fishing kits, sewing needles, safety pins, water purification tablets, etc. Stored securely and discretely in a little 'compartment' within your bracelet, these survival kit components are ready to go, should you ever need them.



To make it, first cut off a length of the heatshrink sleeve that will make a long enough 'compartment' to house your chosen emergency survival kit items. Then, follow the instructions for the Cobra Weave Bracelet, but before threading the two cord ends through the second half of the buckle, first thread them through your length of heatshrink sleeve. At this stage, you can insert into the sleeve your chosen survival kit bits, before shrinking the sleeve around the kit components and the two central cords using careful and gradual application of heat from your lighter. Once sealed, continue with the Cobra Weave Bracelet instructions, weaving over the heatshrink compartment just as you would the two central cords of the normal Cobra Weave Bracelet.

Nylon Webbing Utility Belt



Ingredients:  
Up to 2m x 25mm Nylon Webbing  
1 x 25mm Quick-Release Contoured Buckle  
2 x 25mm Plastic Webbing Slider  
(optional) 1 x 25mm Three-Way Plastic Webbing Slider

Instructions:  
This one is nice and simple to make, but the result is a fully adjustable belt, which can have uses other than just holding your trousers up! It can be fitted with the three-way slider to hang a lanyard from (made from webbing or paracord), and then you can attach your keys, every day carry gear, or perhaps a water bottle (see 'Webbing Water Bottle Holder' below).

To make the utility belt, cut off a length of the nylon webbing equal to your waist size plus about 12" (which allows for the adjustable sliders). It's worth quickly passing the lighter flame over these cut ends to seal them properly. Then, thread the two sliders on to the webbing, both the same way up. Take one end of the webbing, and pass it through one half of the 25mm buckle, back over on itself and back through the nearest slider. Now do the same with the other end of the webbing, going through the other half of the buckle and the other slider. Ensure that the buckle contour is facing the same way as both slider contours, for a natural contoured belt fit. Now, using the sliders, you can adjust the belt until it's a perfect fit!

Webbing Water Bottle Holder



Ingredients:  
30cm x 25mm Nylon Webbing  
1 x Nitrile O-Ring (3.5mm thick, 20mm I.D.)  
1 x Carabiner

Instructions:  
Another simple one to make, as long as you're happy with doing a bit of stitching with a needle and some thread.

Cut off the 30cm length of nylon webbing, and then briefly pass your lighter flame over the ends to seal. Fold the length in half, then pass this loop through the o-ring until you have two 'tails' approximately 5cm in length. Then, double these tails back on themselves over the o-ring, and use the needle and thread to stitch the tails in place, as shown below left. Add the carabiner to the webbing loop; this will be great for attaching and detaching your water bottle from a rucksack or belt (such as the above Nylon Webbing Utility Belt recipe).



Now, simply add your water bottle by stretching the o-ring over the ridge on the neck of your plastic water bottle, as shown above right. This recipe works best with up to 500ml plastic spring water or standard pop bottles.

Paracord Dog Collar



Ingredients:  
2 lengths of up to 20' x 350lb Paracord  
1 x 5/8" Quick-Release Contoured Buckle  
1 x 25mm Heavy-Duty Stainless Steel D-Ring  
-or-  
1 x 25mm Plastic D-Ring

Instructions:  
This recipe is a going to take a bit longer than the others, but will result in an awesome and very sturdy dog collar! The collar uses quite a lot of cordage to make, so bear this in mind. Approximately a foot of both colours of cord is required for each inch of collar length required. So if your dog requires a 15" collar, you'll need two lengths of about 15' each. To be on the safe side, you may wish to start with the 20' lengths and then trim down the excess at the end.

To make the dog collar, you'll basically be making a longer version of the King Cobra Bracelet, using two colours of cord, with the addition of a d-ring (you can use either the plastic or stainless steel d-ring for this). Start by fusing your two lengths of cord using the method described on the first page under 'Basic Paracord Craft Techniques'. The fused area will be your halfway point, where you will loop onto the buckle.

You add the d-ring after you have sized the collar, by passing the d-ring over the end of the buckle that you are about to begin cobra weaving from, and securing the d-ring into place with the first cobra weave, as shown below.



Once the cobra weave has been completed down to the other buckle end, as with the King Cobra Bracelet you'll want to loop both ends through the buckle and then double back on yourself, weaving back over the existing cobra weave in the other direction.

When you eventually reach the end with the d-ring again, and can fit in no more cobra weave knots, it's time to finish off the collar by cutting off the excess paracord and sealing the ends with your lighter.

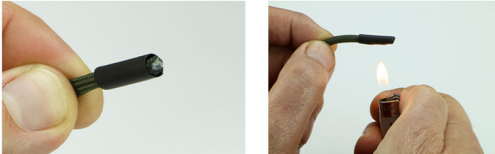


Paracord Bootlaces / Shoelaces



Ingredients:  
350lb Paracord (total length of laces to be replaced)  
8cm x 4.8mm Black Heatshrink Sleeve

Instructions:  
A very easy recipe, but yet another way of carrying cordage with you! To make them, remove the laces that you wish to replace from your footwear. Then, measure out two lengths of paracord against the length of your existing laces. Cut, and seal the ends with your lighter. Place a 2cm length of the heatshrink on one end of one of the paracord lengths, as shown below. Then, gently and evenly apply your lighter flame in short bursts, until the heatshrink has wrapped itself tightly around the end of the paracord. Make sure the heatshrink has cooled and formed into a stiff 'aglet'. Repeat for the rest of the cord ends, and then your new paracord laces will be ready to be laced onto your footwear.



Paracord Keychain Lanyard



Ingredients:  
8' x 350lb Paracord  
1 x 30mm Split Ring  
1 x Carabiner  
-or-  
1 x 60mm Heavy-Duty Keychain Clip / Pet Lead Clip

Instructions:  
This lanyard is a great way of keeping your keys secured and within easy reach, as the carabiner / keychain clip can be attached to your belt or trouser belt loop, and the keys tucked into your trouser pocket.

To make it, treat it like a Cobra Weave Bracelet, but start with 8ft of cord, and after folding the paracord length in half, tie the loop onto the carabiner / keychain clip. Then, measure out the two central cords to a length of 4.5 inches, and at that point pass them through the split ring. Tie your first cobra weave knot around the split ring, then carry the weave on down to the carabiner / keychain clip end. When you can fit in no more knots, cut off the excess ends, and seal with your lighter to finish.

