

# Tying Purcell Prusiks

- Long Foot Prusik:
  - Start with of 10m (32feet) 6mm cord.
  - Tie a figure eight on a bight at one end of the cord,the bight should be ~20cm (8inches).
  - Hold the tip of bight at the nipple line, run the cord to the ground and make one loop around your foot until it crosses itself. Grab the cord 3-5cm (1-1.5inches) beyond this. Keep this location and undo the wraps around your foot.
  - Put that spot of cord across the palm of your right hand. Wrap the cord around your pinky 3 times. Wrap the cord around your thumb 2 times (start all wraps from the outside of the hand). Bring your thumb and pinky together. Loosen the wraps and pass both tails (figure 8 and long tail) through the wraps from the thumb side to the pinky side. Dress and set the prusik.
  - Slide the loop created by the prusik on its doubled self over one foot, tighten, and check for size. The tip of the bight should reach the nipple line.
  - Retrace the figure eight on a bight with the long tail coming from the prusik so the two strands between the figure eight and the prusik are the same length.
  - Check for size again and make any necessary adjustments.
  - Dress and set all knot/bends and hitches.
- Short Foot Prusik:
  - Tie a figure eight on a bight at the other end of the cord,the bight should be ~20cm (8inches).
  - Hold the tip of bight at the top of your inseam, run the cord to the ground and make one loop around your foot until it crosses itself. Grab the cord 3-5cm (1-1.5inches) beyond this. Keep this location and undo the wraps around your foot.
  - Put that spot of cord across the palm of your right hand. Wrap the cord around your pinky 3 times. Wrap the cord around your thumb 2 times (start all wraps from the outside of the hand). Bring your thumb and pinky together. Loosen the wraps and pass both tails (figure 8 and long tail with the long foot prusik) through the wraps from the thumb side to the pinky side. Dress and set the prusik.
  - Slide the loop created by the prusik on its doubled self over one foot, tighten, and check for size. The tip of the bight should reach the top of the inseam.
  - Retrace the figure eight on a bight with the long tail coming from the prusik so the two strands between the figure eight and the prusik are the same length.
  - Check for size again and make any necessary adjustments.
  - Dress and set all knot/bends and hitches.
- Cut the center piece of cord about three inches from each prusik.
- Harness Prusik Loop:
  - Tie a loop with the remaining cord using a double overhand bend.
  - Size this loop from the nipple line to about 3cm (1 inch) above your helmet.

## **Tying Purcell Prusiks**

- Dress and set the bend.
- Cut off excess material.