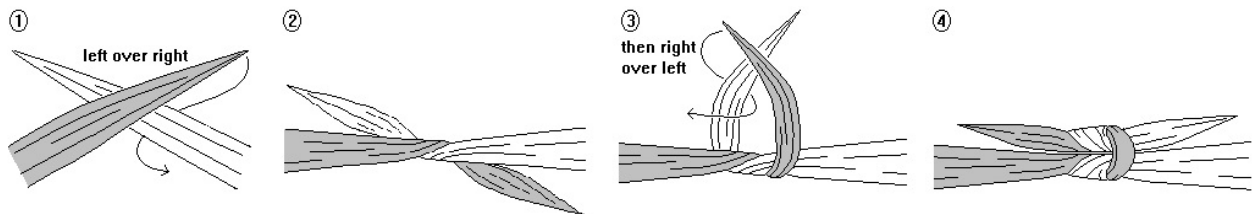


# SCARF LORE

Simple square pieces of cloth can be a very useful, multi-purpose addition to any survival kit. Over the years we have used bandannas, cravats, and scarves for: wash cloths, towels, 'table' clothes, pot-holders, signal flags, water filters, wrapping things up, bags and packs, first-aid applications, neck warmers, head covering, head bands, improvised cordage and clothing, blindfolds, additional bedding at night, and even diapers. The loose bulky weave of 'shemaghs' 'kefiyah' or 'coalition scarves' also work for improvised mosquito netting. These and other larger type scarves can be used for improvised packs and clothing.

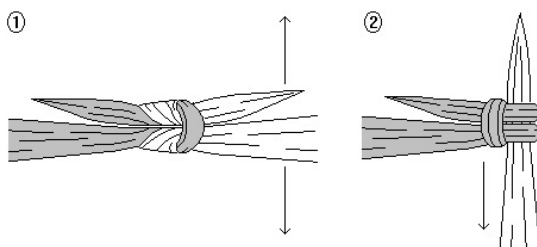
## Square Knot

Use a Square Knot when tying scarves as it is easier to untie than most other knots. Make a Square Knot by tying the ends, 'left over right, then right over left.' (In the drawing, one end has been shaded for clarity.)



To untie the Square Knot:

- (1) With one hand, tightly hold the scarf on one side of the knot as the material goes into the knot. Grab the end of the material on the same side of the knot with the other hand. Then pull them apart sharply.
- (2) If the knot isn't too tight, the side of the knot that was pulled should end up fairly straight, with the material of the other side of the knot wrapping around it. Then you can simply pull the straightened side out of the knot. (If the knot is tight, try doing this on the other side of the knot.)



Square Knots work well for tying up bundles, scarves, and bandaging. But, DO NOT use it for other applications. When stress is placed on it, IT CAN UNTIE ITSELF! –and has earned it the name “**DEATH KNOT.**”

## Cordage

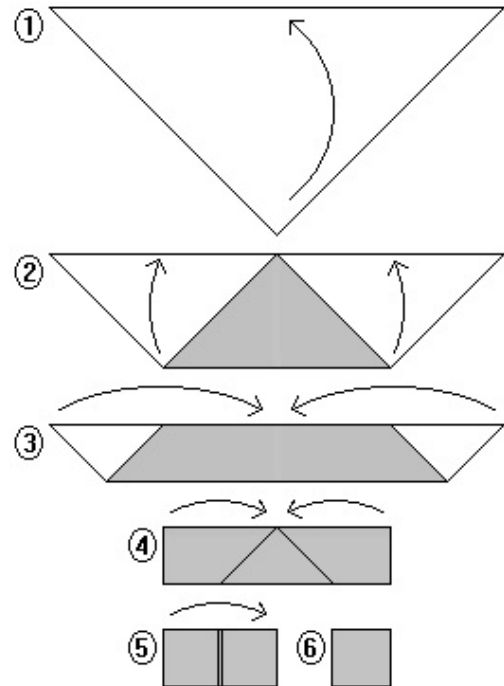
To use the scarf as cordage, roll it up diagonally. Wrap it around what you are wanting tie together, tie with a Square Knot.



## FIRST-AID APPLICATIONS

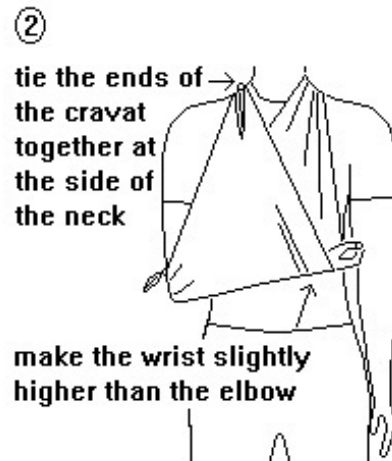
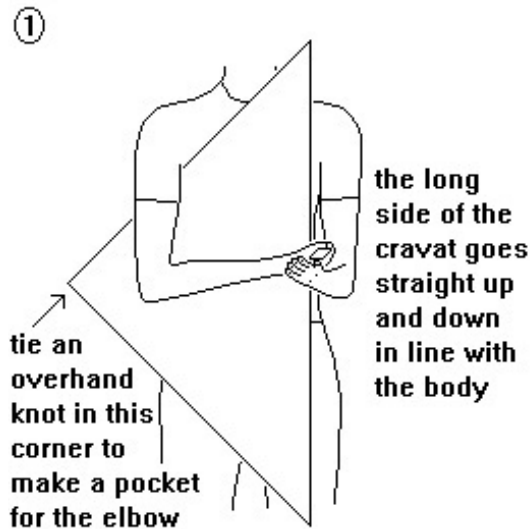
### Cravats

'Cravats' or 'triangle bandages' are essentially a large square scarf cut or folded on a diagonal. Cravats have typically been folded as shown in the illustration to be used for bandaging. When they are folded this way, they can be placed on a wound, and the ends will fall free, ready to tie. The ends are then wrapped around the body part, and a Square Knot tied directly over the wound, which will add pressure at that point to help stop the bleeding. The bandage can also be easily opened up for a larger wound when folded this way.



### Arm Sling

To make an arm sling, see the drawings below. Be sure the sling is tied in such a way that the wrist is a little higher than the elbow, otherwise the arm may tend to fall out of the sling. It will also be a lot more comfortable if the knot is tied to the side of the neck rather than directly over the backbone. Again, use a Square Knot.



### Head Covering/Bandage

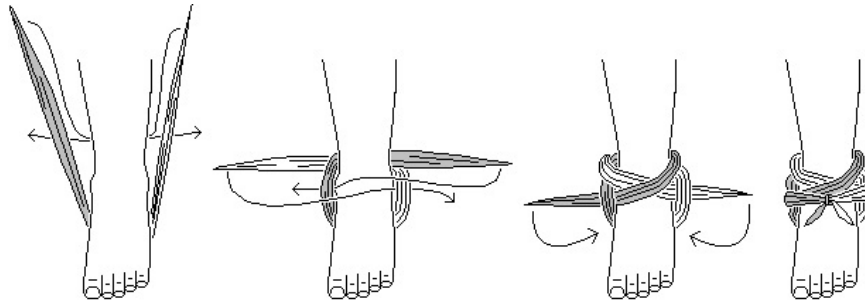
Opened up, the cravat can also be used for clothing. It makes a good head covering that can also be used to hold a bandage in place. The classical Ninja headgear is essentially two cravats, one worn over the head, and another across the lower face 'bandito' style.



## Sprained Ankle Wrap

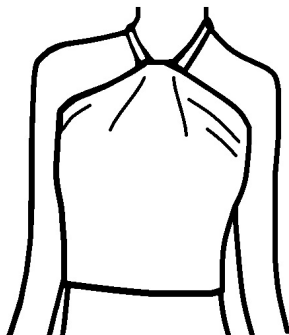
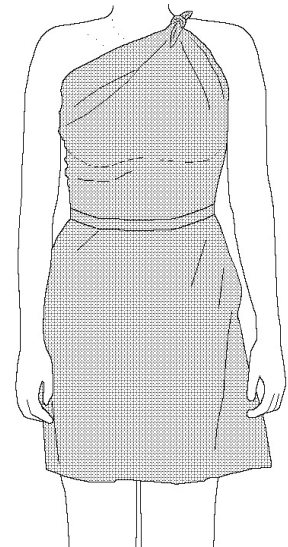
This is a way to snug up and support a sprained ankle. Put it on as soon as possible before the ankle has a chance to swell. (Again, one end has been shaded for clarity.)

- (1) Place the folded cravat under the foot bringing the ends up on each side, then pass each end around and behind the ankle.
- (2) Bring the ends completely around and pass them under themselves.
- (3) Pull the ends forwards to snug everything up, and tie off with a square knot.



## CLOTHING

Scarves can also be used for clothing. Tie a large scarf over one shoulder, and add a sash tied around the waist, similar to a 'sarong' or 'pareo.'



### Halter Top

For a halter top, fold a scarf in half diagonally. Pass the two corners that are together, (as opposed to the two corners along the diagonal), under each other, essentially tying a very loose Overhand Knot. Pull these corners through so they are long enough to be tied at the back of the neck. Then tie the two corners along the diagonal behind the back.

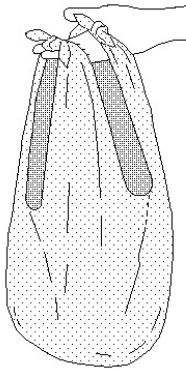
## Head Wrap

There are several ways to make a head wrap with a scarf. Here's one simple way that works well with a shemagh:

- (1) Fold the scarf in half diagonally. (Fold or roll up the long edge to make a 'band' that will go around the forehead if desired.)
- (2) Place the folded scarf over the head with the long edge at the forehead, and with one end of the long edge coming down on each side of the face. The broad point opposite of the long edge should be coming down the back of the head.
- (3) Wrap one of the long ends under the chin, and up alongside the ear.
- (4) Wrap the other long end over the end that is coming up alongside the ear, and across the lower part of the face leaving a slit for the eyes.
- (5) Tie both ends together at the back of the head with a Square Knot.



## BAGS AND PACKS



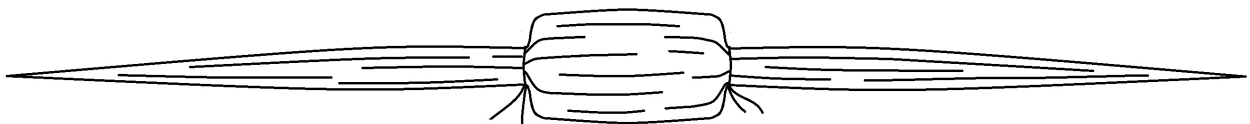
### Bag with Handles

Tie the corners next to each other together to make a bag to carry things in.

### Sash Wrap Pack

This is a handy way to carry thing with a large scarf. It can be worn either around the waist, or over a shoulder.

- (1) Lay the scarf out unfolded.
- (2) Place the items to be carried near one corner, and roll the items up in the scarf diagonally, rolling all the way to the opposite corner.
- (3) With a couple lengths of cordage, tie the scarf on each side of the bundled items.
- (4) Wrap the scarf roll around your waist with the bundled items in the small of your back, and tie the ends together with a Square Knot in front of your body. -OR- Tie the ends of the scarf together with a Square Knot, and sling it over your shoulder.



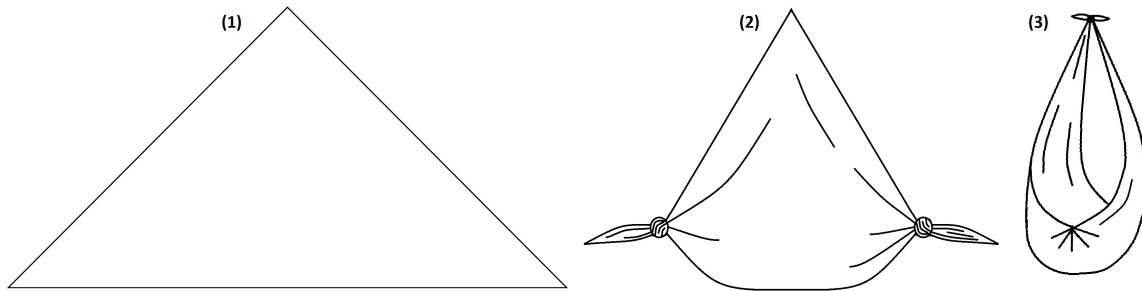
## Furoshiki Shoulder Bag

Furoshiki is a Japanese cultural art of scarf folding to make many useful things. Below are directions to make a shoulder bag from a large scarf like a shemagh:

- (1) Fold the scarf diagonally
- (2) Tie an Overhand Knot in each of the ends of the long edge about halfway from the end to the center of the long edge
- (3) Turn the scarf inside out so the knots and tied ends are on the inside.
- (4) Tie the other two corners together with a Square Knot to make a 'strap' to go over the shoulder.

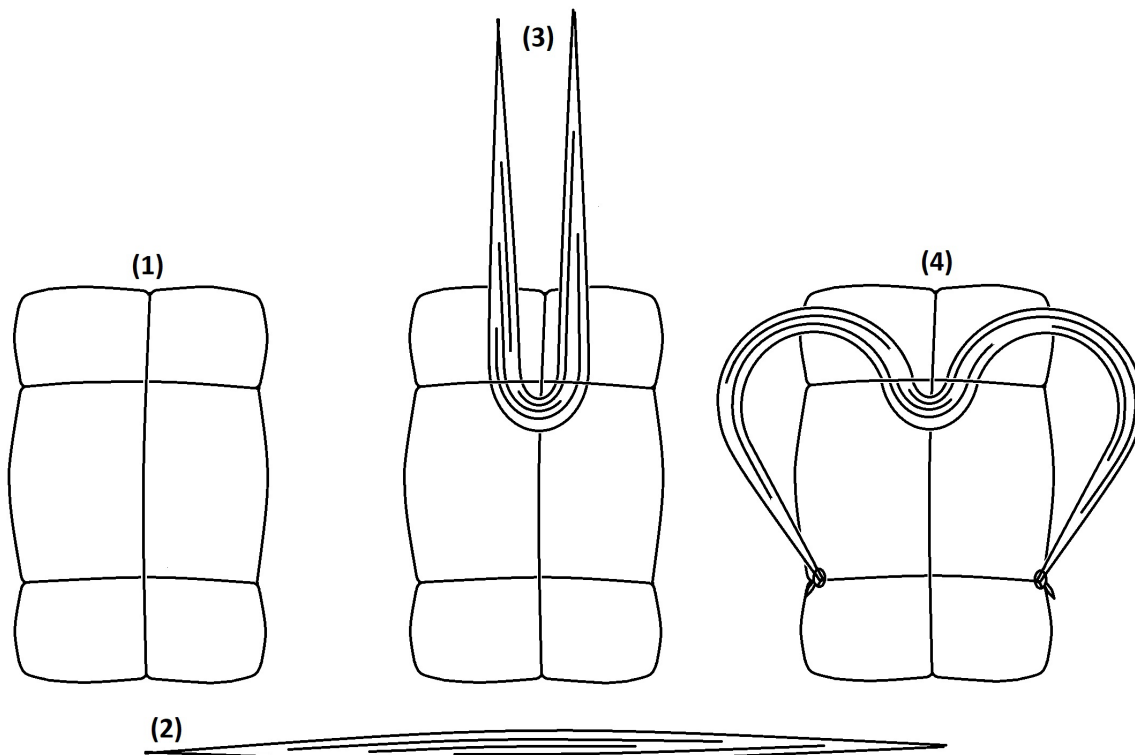


Overhand Knot



## Improvised Shoulder Straps

- (1) Roll up the items to be carried and tie them in a bundle as in the illustration.
- (2) Fold a large scarf in half diagonally, and roll it up.
- (3) Bend the rolled scarf in half, and pass it through the upper cross of the tie cordage.
- (4) Tie each end of the scarf roll to the lower tie cordage as illustrated.



## Ahuayo Pack

The "Ahuayo" (ah-why-o) is a simple pack method used by the natives of Central and South American. It is just a squarish piece of heavy cloth, such as canvas or light blanket material, about 4 to 5 ft / 1.2 to 1.5 m on a side. If necessary, a large scarf could also be used the same way.

The items to be carried are wrapped diagonally in the ahuyo, which is then slung on the back with the remaining ends tied together in front of the body. The traditional way of wearing an aguayo is across the upper back, with one of the ends coming around each shoulder, and the knot tied at the upper chest. However, it also works well slung over one shoulder and worn diagonally across the back. Carrying an aguayo will keep you quite warm, as you are pretty much all wrapped up in it, which can be a disadvantage in hot weather.

Aguayos are very useful on primitive wilderness trips. Rather than your pack just being an empty bag once you reach your campsite, ahuyos work great for: gathering debris, ground cloths, extra bedding, as a cape, improvised clothing, and so on.

Because of these various uses, it can be a good idea to keep one side 'clean,' while you let the other side get 'dirty.' Keeping track of which side is which can easily be done by marking each of the four corners with a permanent marker. For example, make an 'I,' for 'inside,' on each corner of the side you will keep 'clean,' and an 'O,' for 'outside,' on the opposite side, which you will let get 'dirty.'

