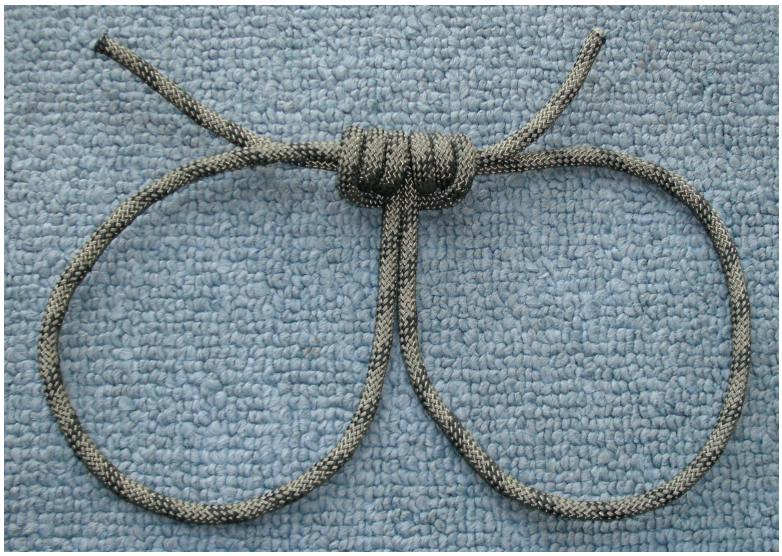
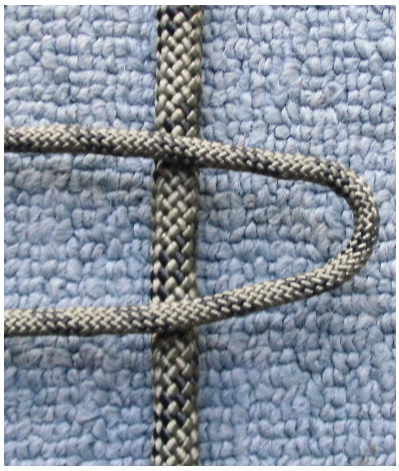
A Long-Term Survival Guide – How To Make Rope Restraints:

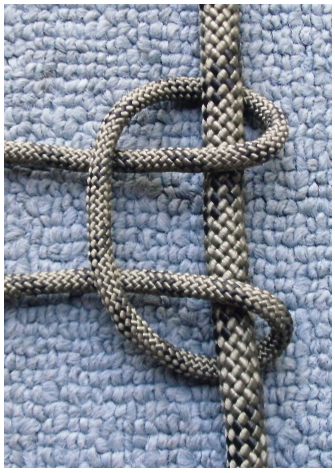
One of the challenges you may face, in a long-term survival scenario, is basic physical security. In a long-term crisis, law enforcement may be nonexistent (or simply overwhelmed), so you will need to provide your own security and enforcement services, including ways to control any criminal suspects that you may capture while patrolling your area. A set of thumbcuffs is a good item to add to your gear list for such eventualities, but you can also improvise a set of effective restraints from rope or cordage, if you don't have any cuffs, of if you happen to capture several suspects at once.



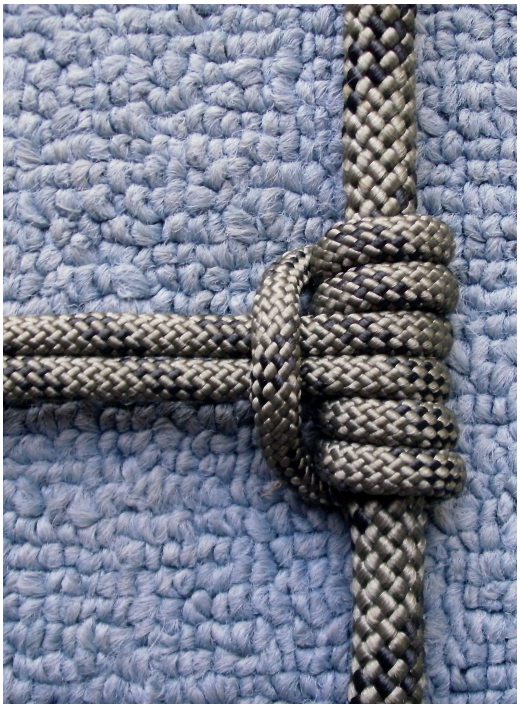
Shown here are a set of thumbcuffs, and an improvised rope restraint.

The improvised rope restraint is made using a modified prusik knot, which is a knot commonly used as an ascender, to climb a rope. To make a prusik knot, three to six feet of a small-diameter rope is bent in half, and the ends are wrapped around the climbing rope once, and then run through the bend in the prusik rope. The ends go around the climbing rope a second time, and through the bend again, and then again for a third time, making a knot with six loops around the climbing rope.





Here a bent cord is wrapped around a climbing rope, and passed through the bend twice.

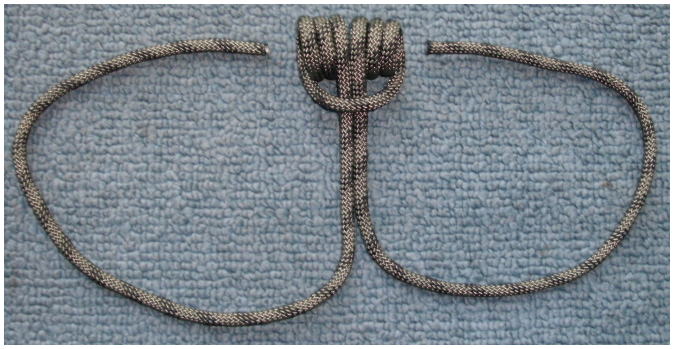
After a third wrap, you have a knot with six loops around the climbing rope.

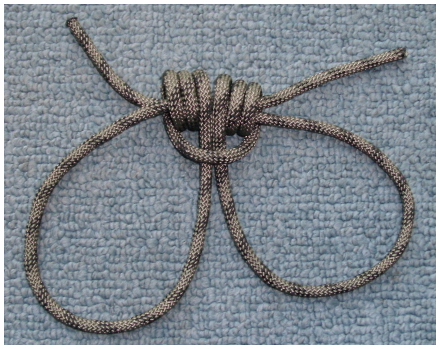
Prusik knots tighten around the climbing rope when tension is applied to the free ends, and they are very useful knots, that are very easy to tie. You don't have to tie this knot around a climbing rope, it can be tied around a stick, or even around your finger. To modify this knot into a rope restraint, tie a prusik loosely around your finger, then slip your finger out of the knot.



To make a restraint, tie a prusik around a stick, or your finger, and then remove the knot.

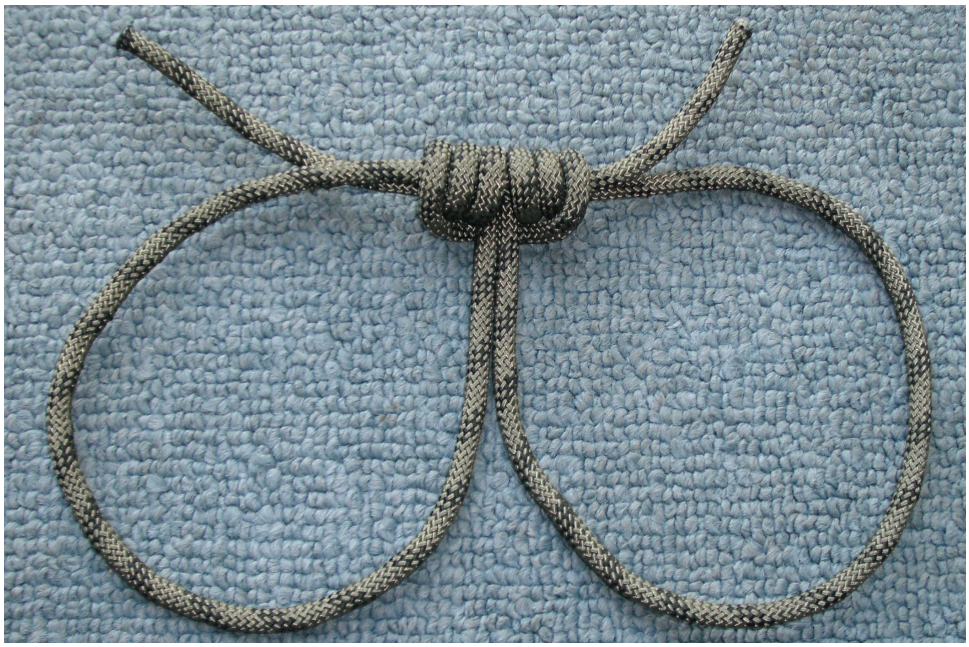
Now take the two free ends of the rope, and pass them both through the prusik knot, from opposite sides, to create the restraint knot. Tighten the knot to complete the restraint and make the finished shape, with two large loops for the suspect's hands to fit into, and the two free ends, which should be long enough to grasp easily, to tighten the restraint.





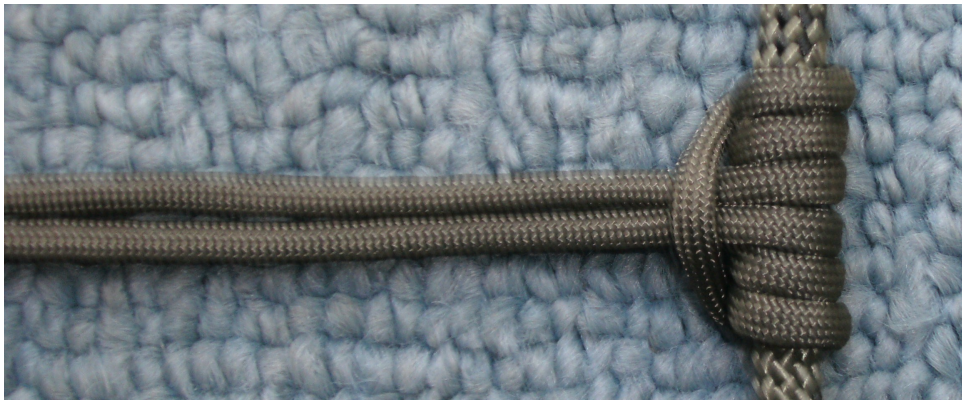
Pass the free ends through the prusik from opposite directions, to create the restraint knot.

When the restraint is tightened around a suspect's wrists, the prusik knot clamps securely around the two cords inside the knot, and act like handcuffs. Once you practice a little, you can make a set of these restraints in just a few seconds, and they can be made using rope, paracord, a suspect's bootlaces, or even an extension cord, or a power cord from a small appliance, such as a lamp.



Tighten the knot, and the restraint is completed and ready for use.

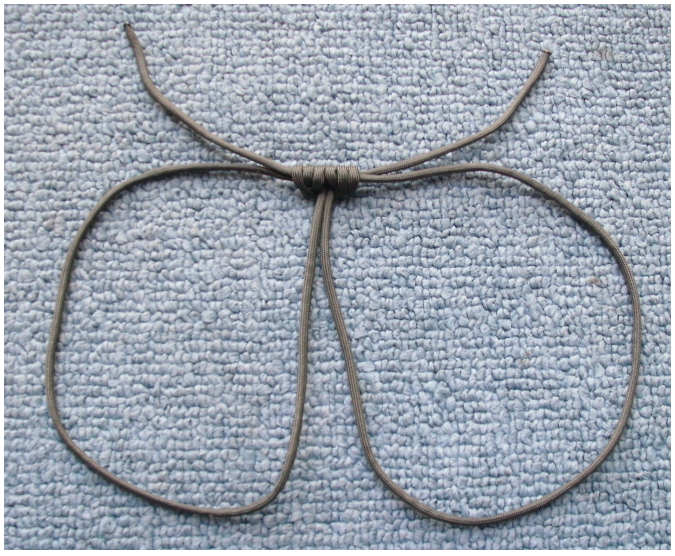
Best Practices: For best security, suspects should always have their hands restrained behind their backs, and never in front. Be very cautious when applying restraints. With multiple suspects, have them lay face down in a line, so you can watch all of them as you apply the restraints. Once the restraint is tight, a stopper knot, such as a figure eight knot, should be tied on each free end, next to the restraint knot, so that the suspect can't work the restraint knot loose by struggling. The free ends of the restraint should be tied to the suspect's belt or pants (even if you have to cut a slit in the material), to prevent suspects from slipping their arms under their legs, to get their hands in front of their bodies. Suspects must be constantly guarded while restrained, to prevent them from trying to wear through the restraints, and to prevent two suspects from trying to untie each other, by standing back-to-back. These are basic security procedures, that should always be followed.



Paracord is a very useful item to have, and it makes a good improvised restraint.



Paracord restraints are made in the exact same way as rope restraints.

Paracord prusik knot, and completed paracord restraint.

Knowing how to make these improvised restraints is a useful skill, for long-term survival.