



# **How To Make A Quick Deploy Paracord Lanyard Zipper Stitch**

## Tips and Tricks for making a lanyard

- **Be sure to read all the pages before attempting to make a lanyard!**
- **This design is made with five (5) feet of 550 paracord**
- Keep your cord stretched out to your sides and do not let them hang straight down.
- **Do not over tighten.** You do not need to pull as hard as you physically can to make a lanyard. In fact, if you pull too hard, it will make the lanyard very difficult to deploy. A simple tug when you tighten the outer loop is sufficient.
- Once the outer loop is tightened, gently pull on the loop you just made, and it will tighten up the look of the lanyard
- Keep your loops no bigger than 1" (It should just fit over the tip of your thumb). This will make creating the lanyard a lot simpler than if you make huge loops.
- Do not turn the lanyard as you are making it, or the pattern will not be created. You should keep the lanyard facing the same way as when you started.
- **ALWAYS** insert your next loop from the front and not the back! Once again, you will not create the pattern correctly if you insert the loop from the back.

**Begin by finding the center of your 5 feet of paracord.**



**Put both ends in one hand.**



**Run your other hand down the cord until you reach the end where the loop is,  
and you have found the center.**



**Create a loop and put the end through the loop to begin the knot.**

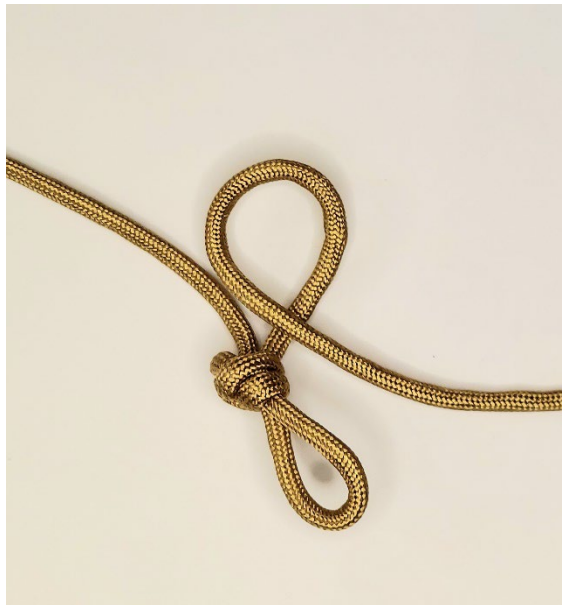


**Tighten the knot.**

**When the knot is complete the loop should fit just over tip of your thumb.**



**With the cord in the position above and the two pieces of cord separated to your left and right (do not let the cord hang straight down, separate the cord to your left and right), we will begin to make the lanyard.**



**Keeping the cord to your left and right, begin by creating a loop with the right-hand cord. Be sure that the right-hand cord is on top of the loop as shown in the picture above.**



**Next, make a loop with the left side cord and insert the loop into the loop you created with the right-hand cord. Be sure that you always insert the loop from the front as shown in the picture above.**



**Next, pull on the right-hand cord to tighten the outer loop around the left-hand loop.**



**Next, create a loop with the right-hand cord and insert it in the loop you just created.**



**Tighten the outer loop with the left-hand cord.**

You will begin to notice that the last loop always points to one side as you see in the picture above. The direction the loop is pointing tells you which cord to use to create the next loop. So, if the loop is pointing to the left, you will use the left cord to make a loop and put it through the loop you already have. If it is pointing to the right, you'll make a loop on the right side.

Next, we will begin the repeat stitch that you'll use to continue until the lanyard is approximately **6"-7" long**. There are **4 steps** to making the lanyard.

### Step 1



Since the loop is pointing to the left (see the picture above), you will use the left cord to insert a loop.



## Step 2



**Next, you will tighten the outer loop with the right cord.**

## Step 3



**Next, insert the right cord into the loop.**

#### Step 4



**Tighten the outer loop with the left-side cord.**



**Repeat steps 1 through 4 repeatedly and you'll begin to see the design of the "Zipper" Stitch.**



**When you have approximately 6" of loose cord left on both sides, it is time to finish the lanyard. Do not be concerned if one end is a bit longer than the other because we will be cutting away the excess.**



**To finish the lanyard, you will insert the end of your cord into the loop and pull it through, instead of making another loop. This can be done with either cord.**



**Tighten the outer loop.**



**To finish the lanyard, we will need to create a knot.**

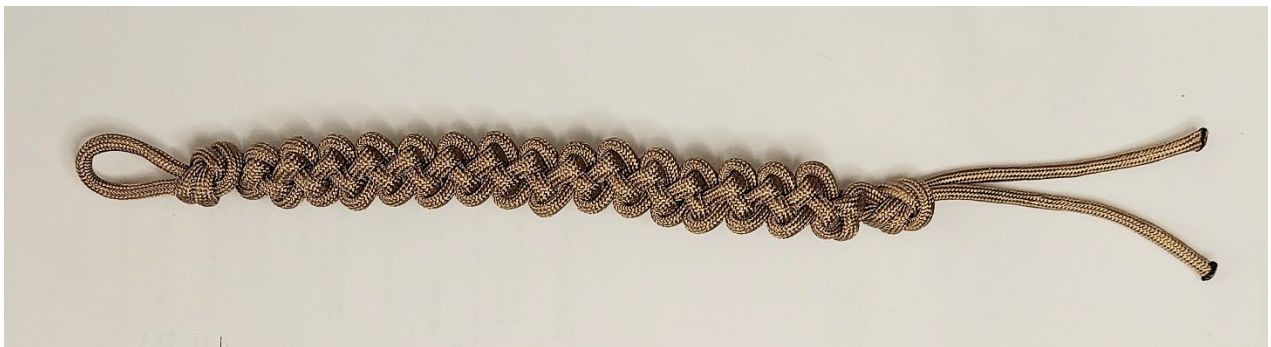
**Take both ends and create a loop. You may find that wrapping the cords around your finger may help with making the loop. Insert the ends into the loop.**



**Next, tighten the knot so that it is as close as possible to the bottom of the lanyard.**

**If the ends are uneven by more than 2" you can trim, heat, and seal the longer end to match the length of the shorter end.**

**Congratulations, you have made a Paracord Lanyard!**



**To deploy the lanyard, untie the knot you made at the bottom, and pull the end back out of the last loop. Hold one end of the cord in each hand and pull! The lanyard will open just like a zipper in a matter of seconds!**