

## **Norsk Grotteblad nr 50, Juni 2008**

### **Om knuter, stup og lydsignaler**

Knots, pitches and signals

The article describes the knots, which normally are used in caving, namely the Figure of eight, the Tape/Water knot, the Rabbit knot/Double figure of eight (on the bight), the Alpine butterfly, the Italian hitch/munter hitch/HMS, and the Prusik.

The article describes three ways of descending pitches in caves: With a ladder, with ladder and rappelling equipment, and with single rope technique.

Eventually, the whistle signals are explained.