

PREPARING TO STAND

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“In this age, just prior to the second coming of Christ in the clouds of heaven, God calls for men who will prepare a people to stand in the great day of the Lord.” SW 3-21-1905

BANDANNAS, CRAVATS, SCARVES, AND AHUAYOS

by Jim Buller

Bandannas, Cravats, Scarves and Ahuayos are all simply different sizes of square pieces of cloth —or, in the case of the Cravat, a triangle made by cutting a square on a diagonal. They are all very useful, multi-purpose items that make excellent additions to any survival kit.

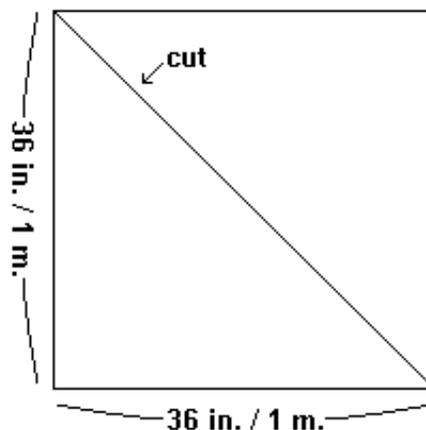
Bandannas

Over the years the simple bandanna has proven its usefulness over and over again. We have used bandannas for wash cloths, towels, “table” clothes, pot-holders, wrapping things up, gathering bags, signal flags, water filters, first-aid, blindfolds, head bands, neck scarves, and even diapers. They are so useful that we started carrying more than one bandanna. Then we discovered cravats.

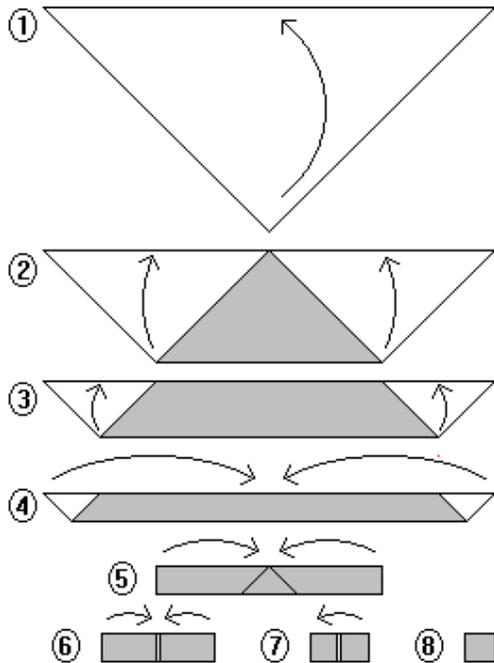
Cravats

Cravats have also been used for many of the same things as bandannas. However, due to their size and shape, cravats, (also known as “triangular bandages”), work better for first-aid applications than bandannas. As a result, cravats have been a part of many military uniforms —and several scouting organizations continue to carry on this tradition. The dictionary defines “cravat” as a Croatian necktie. So it is likely that the modern necktie also has its roots in the cravat.

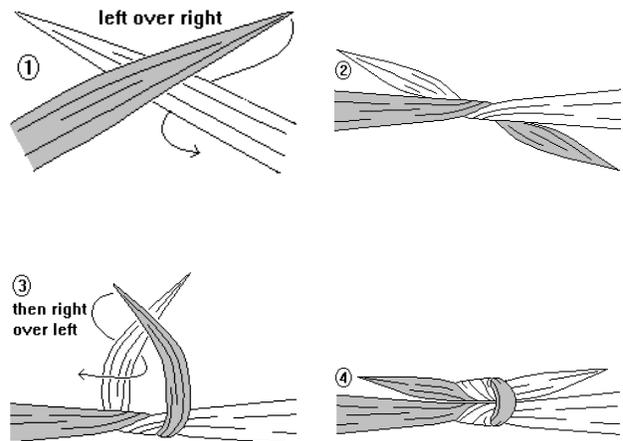
Making a cravat is a simple and useful project. No sewing is required, just measure and cut. If using new material, you may wish to pre-shrink it first. Measure and cut, or rip, a 36 inch/1 meter square of light-weight cotton or linen cloth. Cutting with pinking shears will reduce fraying. This square will make two cravats. Lay the material out square on a flat surface, and mark a diagonal line from corner to opposite corner. Then cut along this line to make 2 cravats.



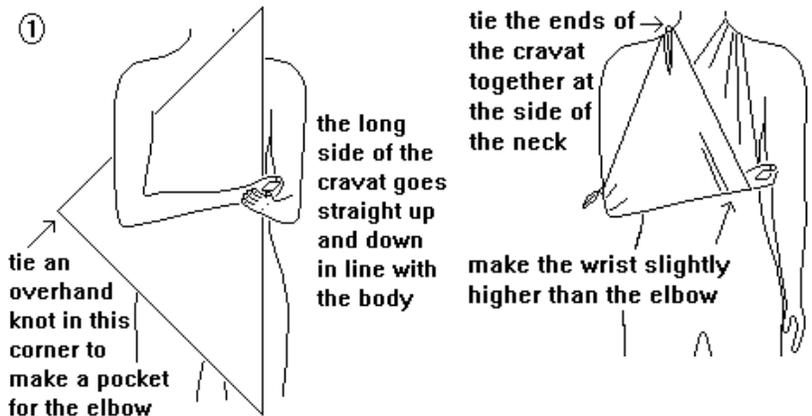
The regular method of folding a cravat for first-aid use is shown. Folded in this way, it is ready to apply without having to take time to re-fold it. Simply open it once, place the center on a wound, let the ends fall, and it is ready to tie in place. Wrap the ends around, and tie them with a square knot over the wound. The “lump” of the knot adds additional pressure to help stop bleeding. Also if the cravat is needed to tie on splints it can be opened out to its length, and again it is ready for use. If the size of the wound requires a wider dressing, the cravat can quickly and easily be unfold length-wise to an appropriate width.



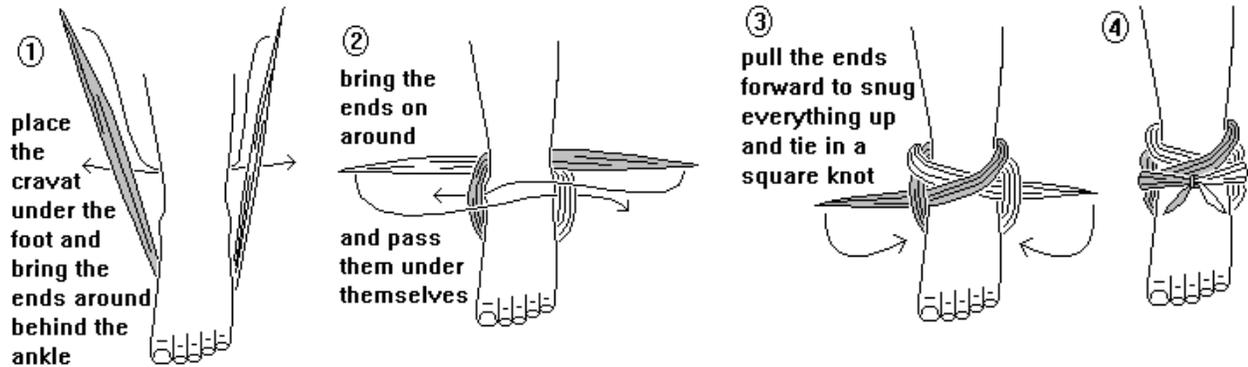
A square knot is used when tying the cravat. One way to make a square knot is made by tying the ends, “left over right, then right over left,” as in the drawings below. One end has been shaded for clarity.



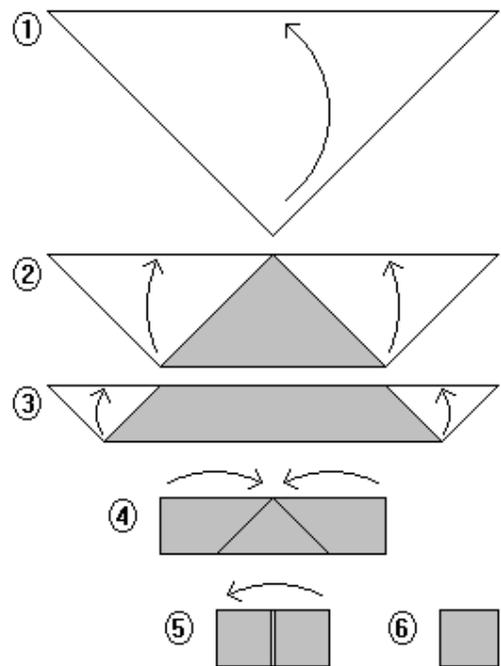
To make an arm sling, see the drawings at the left. Be sure the sling is tied in such a way that the wrist is a little higher than the elbow, otherwise the arm will tend to fall out of the sling. It will also be a lot more comfortable if the knot is tied on the side of the neck rather than in back. Again, use a square knot.



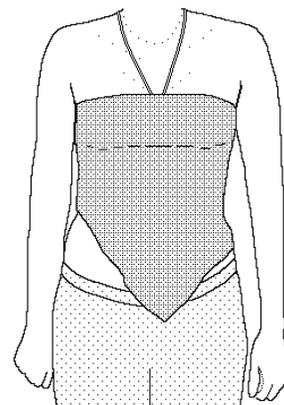
The cravat can also be used to support a sprained ankle. This tie can be a little tricky, but it is worth learning. Leave the shoe on for more support. Again, one end has been shaded for clarity.



When folded the regular way, the cravat is quite a bulky wad, and may not pack well. So, because we use the cravat more frequently for other things besides first-aid, here is an alternate way of folding it. Folded this way it is flatter, and fits better into a pack or pocket. It is also the perfect size for a pot-holder or blindfold. For first-aid use, this alternate fold can work the same way as the regular fold, it would just be ready for larger wounds. For smaller wounds you would need to open it, then fold it once lengthwise to make it narrower.

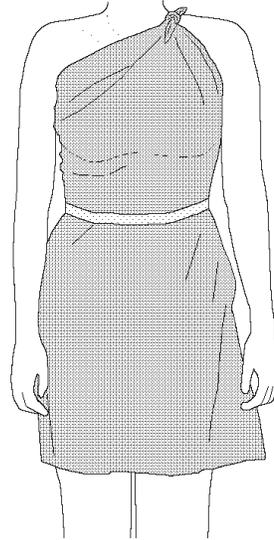
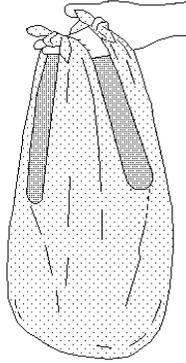


Opened up, the cravat can also be used for clothing. It makes a good head covering that can also be used to hold a bandage in place. The classical Ninja headgear is essentially two cravats, one worn over the head like this, and another across the lower face. A cravat can also be used as a warm weather top, or swim top for girls. The long upper edge of the cravat can be folded toward the inside a few inches, and the ends tied at the back. If desired, a two small holes can be pushed through the cravat just to each side of the center at this fold, and a string passed through them to tie behind the neck.



Scarf

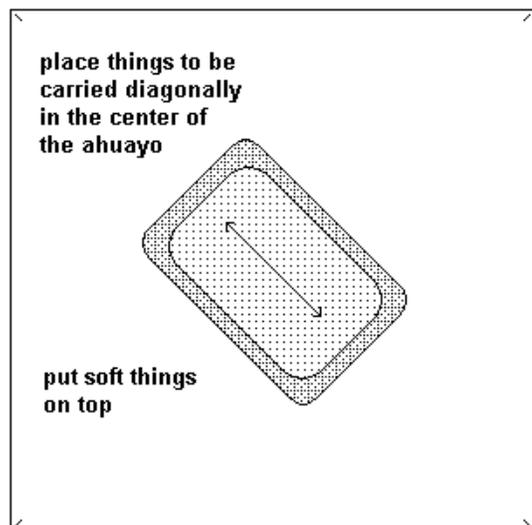
Left uncut, the 36 inch / 1 meter square can be used as a scarf in many of the same ways as a bandanna or cravat. If a cravat is needed, it can either be cut on the spot, or simply folded on the diagonal if thickness is not an issue. For a smaller person, a scarf can be tied over one shoulder to make a sarong or pareo like dress. The adjacent corners can also be tied together to make a bag to carry things in.

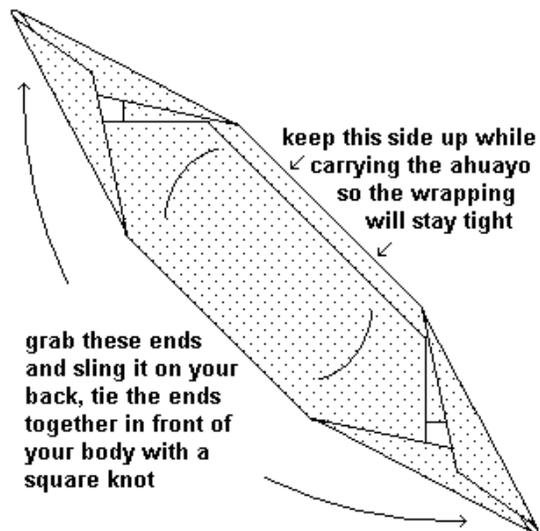
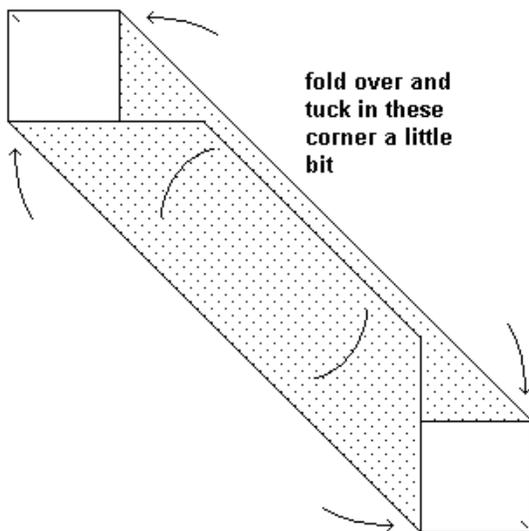
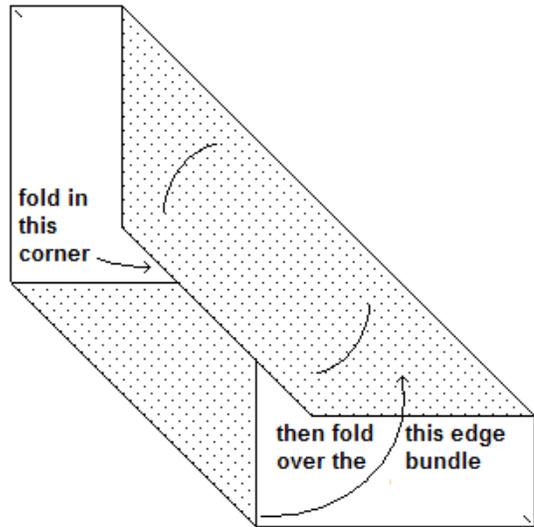
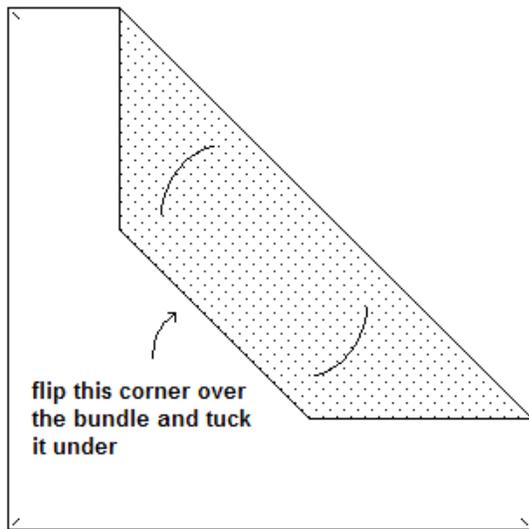


Ahuayo

The “Ahuayo” (ah-**why**-yo) is a simple pack method used by Central and South American natives. It is simply a square piece of heavy cloth, such as canvas or light blanket material, about 4 to 5 feet / 1.2 to 1.5 meters on a side depending on the size of your body. The items to be carried are wrapped up diagonally in the ahuayo, which is then slung on the back with the remaining ends tied together in front of the body with a square knot. It can be worn either over one shoulder and down across the back, or the traditional way, across the upper back with the ends coming across both shoulders and the upper chest.

Ahuayo packs work well by themselves, or in connection with a shoulder bag. The bulkier items can be carried in the ahuayo; the smaller items, along with things you want to get to along the trail, can be carried in the shoulder bag.





Carrying an ahuayo will keep you quite warm, as you are all wrapped up. —a disadvantage in hot weather. However, they are very useful to have along on a wilderness survival trip. Rather than your pack being just an empty bag once you arrive at your campsite, ahuayos have many uses in camp: helping to gather debris, as a ground cloth, as extra bedding, as a cape, and so on. Because of these different uses, it can be a good idea to keep one side of your ahuayo “clean,” while you let the other side get “dirty.” With a permanent marker, mark each of the four corners on one side with an “I” for “inside,” which you keep “clean,” and mark the other side with an “O” for “outside” which you let get “dirty.”

