



BASE - 1

Ruck

knotless tibetan

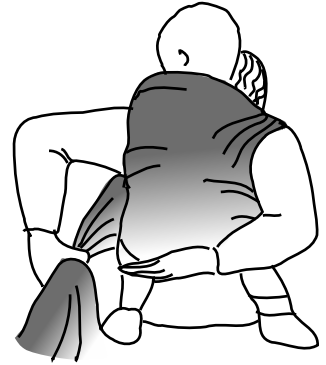
@paulafermincueto



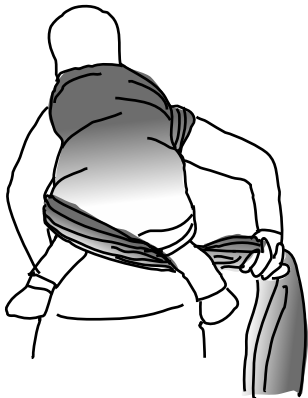
1. Start with baby's shoulders slightly lower than yours. Seat not too deep.



2. Hold one tail while pinning the other between your knees.



3. Bring the tail that is not pinned behind you going over baby's leg.



4. Pass the tail to the other hand and go under baby's other leg.



5. Bring the tail back to the front.



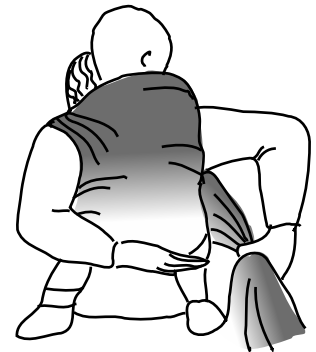
6. Go under the tail pinned between your knees and spread the wrap over your chest.



7. Go over and under the shoulder strap without twisting. Tighten strand by strand.



8. Grab the tail pinned between your knees. Retighten if needed.



9. Bring the tail behind you, going over baby's leg.



10. Pass the tail to the other hand and go under baby's other leg.



11. Bring the tail back to the front and spread it over your chest (no need to go under anything this time).



12. Repeat the knotless pass (go over and under) and tighten strand by strand.



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Remember the T.I.C.K.S rules for safe babywearing:



Tight



In view at all times



Close enough to kiss



Keep chin off chest



Supported back

