

## Knitted Helmet Liners

### **Materials:**

Cascade 220 or any 100% wool yarn that will knit to gauge. Approx. 175 yards. Most of us use Patton yarn as we find it works better than either Cascade or Lion Brand wool. 100% wool yarn is required because the military issue headgear is made of synthetic fiber; it's not as warm as wool, which absorbs sweat better. Our troops are subjected to sub-zero wind-chills and are still cold in synthetic headgear.

**Colors allowed by the military are black, charcoal gray, brown, tan, drab olive. Black is the preferred color – no camouflage yarn or mixed color – as these will be discarded if sent.**

### **Needles:**

Size 8 – 16” circular needle, or size to get gauge

Size 8 double point needles (DP) or size to get gauge

Size 6 – 16” circular needles for the ribbings.

One Stitch Marker

**Gauge** 4.5 sts./in stockinette stitch

### **Directions:**

Neck: With smaller circular needle, cast on 84 stitches loosely. Place marker. Join in round and knit in 2x2 ribbing for 6 inches.

Hat portion: With larger circular needle, knit 32 stitches off smaller needle. Leave smaller circular needle with remaining stitches. Cast on 59 additional stitches on larger needle for a total of 91 stitches, place marker to mark beginning of round, join in round. Knit even for 4” inches.

1st decrease row – “Knit 11, K2 tog” (repeat to end of round)

Next row – Knit even

2<sup>nd</sup> decrease row – “Knit 10, K2 tog” (repeat to end of round)

Next row – Knit even

Continue decreases as established until K2, K2tog. After this, decrease every row until 7 stitches remain on needle. Change to DP needles when necessary. Cut yarn 8-9” long, feed through remaining stitches and weave in.

Ribbing around face: With the 52 stitches on smaller needles still in neck portion, pick up 56 or 60 stitches around the face opening for a total of 108 or 112 stitches (to make ribbing come out even) - join in a circle and knit in 2x2 ribbing for 1 inch. On the last row of ribbing, decrease a total of 4 purl stitches by P2tog placed evenly around face opening. Then bind off in ribbing and weave in tail. BO around face should be snug.

For any questions you may contact Judy Pratt – 624-2066 in Bloomfield, NY or email: [jpratt@cob.rit.edu](mailto:jpratt@cob.rit.edu)

This was designed by Bonnie Long of Springfield, IL. And to be used only for knitting helmets liners for our active service personnel.