

## "HELMETLINER" KNITTING INSTRUCTIONS

### Materials:

Any soft, worsted (100 grams/3.5 ounces) wool yarn that will knit to gauge, such as Cascade 220 or equivalent. The label should state that for size 7 needle, 5 stitches per 1 inch, and for size 8 needle, 4-1/2 stitches per 1 inch. Approx. 175 yds.

Only 100% soft wool yarn will be accepted, because our ground forces are not allowed to wear synthetic fibers. Wool is inherently non-flammable and won't melt against the skin in the event of an accident and is warm even when wet.

### Colors:

Only black, charcoal, brown, tan, gray or combinations of these colors are allowed by our Armed Forces.

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

Size 8 - Double point needles

Size 6 - 16” circular needles for the ribbings

1 stitch marker.

Gauge: 4.5 stitches per inch in stockinette stitch

Be sure to check your gauge to ensure the helmetliner will fit properly when worn.

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

Cap: With larger circular needle, knit 32 stitches off smaller needle onto the larger size 8 circular needle. Leave smaller circular needle in the rest of the stitches. The smaller circular needle will just act as a stitch holder while you complete the cap portion with the size 8 circular and double-point needles.

Cast on 59 additional stitches, place marker to mark beginning of round, join in round, knit even for 4”. (“Knit even” means to knit every stitch).

Be sure to check your gauge. Even being off 1/2 stitch per inch will make the helmetliner useless, as it will not fit properly.

1st decrease row: \*Knit 11, Knit 2 together,\* repeat to end of round.

Next row: Knit even.

2nd decrease row: \*K10, K2 together,\* repeat to end.

Next row: knit even, meaning to knit every stitch. Change to double point (DP) needles when necessary.

Continue decreases as established until knit 2, knit 2 together. After this, decrease every row until a total of 7 stitches remain on the double point needles. Cut yarn 8-9" long, feed through remaining stitches and weave in.

Face Ribbing: With size 6 circular needle that is still in neck portion, pick up the 59 stitches that you cast on when starting the cap portion. Increase 1 stitch, so you now have a total of 60 stitches. Join in circle and Knit 2, Purl 2 ribbing for 1 inch. On last row of ribbing, decrease about 4 stitches by purl 2 together in 4 locations around the face. You may need to increase or decrease the number of times you decrease (purl 2 together) so that it isn't too tight or too loose in the face ribbing. This keeps the wind from whipping underneath it.

Cast off. Weave in ends.

