

## Yarn Heaven of Arlington, TX Helmet Liner



We are knitting helmet liners out of 100% wool for our servicemen deploying to Afghanistan and Iraq. These liners are warmer, fit better and are more comfortable to wear than the issued gear. They are also less flammable in case of an incident.

### Materials Needed:

100% wool yarn, worsted weight, approx. 175 yards. Accepted colors are tan, brown, olive, gray, black and brown & tan variegated (black or brown are preferred)

Size 8 circular needle, 16 inches long, or size to get gauge

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

Size 6 circular needle, 16 inches long for ribbings

Stitch marker

**Gauge: 4.5 stitches/inch in Stockinette Stitch - Gauge is extremely important!! These liners have to fit under an already tight fitting helmet. Your gauge swatch is extremely important!**

**Neck:** With smaller needle, cast on 84 sts loosely. Place marker. Join in round being careful not to twist and knit in 2 x 2 ribbing for 7”.

**Hat:** (Use DPs when needed)

- With larger circular needle, knit 32 stitches off smaller needle. Leave smaller circular needle in the rest of the stitches to hold their place. You will come back to them
- Cast on 60 additional stitches.
- Place marker to mark beginning of round, join in round, Knit for 4 inches
- Begin decrease rows as follows:
  - \*K11, K2tog,\* repeat to end of round
  - Knit next row
  - \*K10, k2tog,\* repeat to end of round
  - Knit next row
- Continue decreases as established until \*K2, K2tog\* then decrease every row (do not knit the rows in between the decrease rows) until 7 stitches remain on the needle
- Cut yarn 8-9 inches long, feed through the remaining stitches and weave in ends.

**Face Ribbing:** With the smaller needle still in neck portion, pick up stitches around face. Join in circle and knit in 2 x 2 ribbing for one inch. On last row of ribbing, *decrease 4 times by using P2tog at the 10 o'clock, 2 o'clock, 8 o'clock and 4 o'clock positions around the face* . Bind off snugly and weave in the tail. The fit around the face is crucial, make sure there are no gaps. Please Return Your Helmet Liners to:

Yarnheaven  
1300 W. Arkansas  
Arlington, Texas 76013

