



Support Our Troops... **Knit a Helmet Liner**

Materials:

Approximately 175 yards worsted weight 100% wool yarn
Accepted colors are tan, brown, olive, gray and black (black is 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

Other Notes: The headgear our military issues are usually made of synthetic fibers or blends and our troops in places like Afghanistan, Iraq and Kosovo are still cold.

Please use a soft 100% wool worsted weight yarn to keep them warm.

Neck:

With smaller needle, cast on 84 sts loosely. Place marker. Join in round and knit in 2 x 2 ribbing for 5 inches.

To make the hat portion: With larger circular needle, knit 32 stitches off smaller needle. Leave smaller circular needle in the rest of the stitches, cast on 59 additional stitches. Place marker to mark beginning of round, join in round, K even for 4 inches

[“K even” means to knit every stitch in every row].

1 st dec (decrease) row: ..*K11, K2tog,* repeat to end of round.

Next row: K even.

2 nd dec row *K10, k2tog,* repeat to end. Next row: K even. Change to DP needles when necessary.

Continue decreases as established until K2, K2tog. After this, decrease every row until 7 stitches remain on the needle. Cut yarn 8-9 inches long, feed through the remaining stitches and weave in ends.

Ribbing around the face:

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 a total of 4 purl stitches by doing P2tog (2 sets on each side of face, i.e. at 10:00, 2:00, 4:00 and 8:00). Bind off in ribbing and weave in the tail. The bind off around the face can be snug.

Pattern designed by Bonnie Long © 2005. All rights reserved. Copies may be made only for the purpose of donating helmet liners to our service personnel. For additional patterns and helmet liner project information go to Skein Lane’s community page on our website or <http://www.geocities.com/helmetliner/>