

# Knitting for Our Troops • [denverlibrary.org/capsproject](http://denverlibrary.org/capsproject)

## Full Helmet Liner

This pattern is for a full, military-regulation, helmet liner. If you are making this for a soldier to wear 'outside the wire' (on-duty) it must be made to US military specifications, including fiber content, size and color. These helmet liners are a great benefit to soldiers when they are on duty, so if you choose to knit these, follow all the guidelines below.

### **Please ship completed helmet liners to:**

Chris Loffelmacher/Fresh City Life  
The Denver Public Library  
10 W. 14<sup>th</sup> Ave. Pkwy.  
Denver CO 80204

### **Materials**

Any soft worsted weight 100% washable or superwash wool yarn that will knit to gauge, such as Cascade 220 Superwash or equivalent; approx. 200 yds. (The label should state that for size 7 needles – 5 stitches per inch, and for size 8 needles, 4.5 stitches per inch.)

**Only** 100% wool yarn is acceptable for a soldier to use on duty. Wool is inherently non-flammable and won't melt against the skin in the event of an accident and is warm even when wet.

**Only** tan, brown, black, charcoal, or combinations of these colors are allowed by our Armed Forces. Marines strongly prefer darker shades of tan, such as khaki.

US size 8 – 16" circular needle and US size 8 double-pointed needles, or size to get gauge.  
US size 6 – 16" circular needles for ribbing.  
1 stitch marker.

### **Gauge**

4.5 stitches per inch in stockinette stitch with the large needles.

Be sure to check gauge to ensure the helmet liner will fit properly when worn. Even being off ½ stitch per inch will make the helmet liner useless, as it will not fit properly. You may need to use a different needle size to get the gauge listed above. If this is the case, use a needle two sizes smaller for the ribbing. Please remember that every knitter is different and every yarn is different. Check the gauge with your yarn and your needles before you begin to ensure a proper fitting liner.

### **Abbreviations**

dpn – double-pointed needles  
k2tog – knit two stitches together  
p2tog – purl two stitches together

**Neck Ribbing:**

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

**Cap:**

With larger circular needle, knit 32 stitches off smaller needle onto the larger needle. Leave smaller circular needle in the rest of the stitches. The smaller circular needle will act as a stitch holder while you complete the cap portion with the larger needles.

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

Begin decreases for the crown as follows (change to dpn when necessary):

Rnd 1: \*K 11, k2tog, repeat from\* to end of round.

Even rnds 2 – 18: Knit even.

Rnd 3: \*K 10, k2tog, repeat from\* to end of round.

Rnd 5: \*K 9, k2tog, repeat from\* to end of round.

Rnd 7: \*K 8, k2tog, repeat from\* to end of round.

Rnd 9: \*K 7, k2tog, repeat from\* to end of round.

Rnd 11: \*K 6, k2tog, repeat from\* to end of round.

Rnd 13: \*K 5, k2tog, repeat from\* to end of round.

Rnd 15: \*K 4, k2tog, repeat from\* to end of round.

Rnd 17: \*K 3, k2tog, repeat from\* to end of round.

Rnd 19: \*K 2, k2tog, repeat from\* to end of round.

Rnd 20: \*K 1, k2tog, repeat from\* to end of round.

Rnd 21: \*K2tog, repeat from \* to end of round.

A total of 7 stitches remain on the dpn. Cut yarn 8-9" long, run tail through remaining stitches and weave in.

**Face Ribbing:**

With smaller circular needle that is still in the neck portion, pick up and knit 60 stitches from the cast on edge of the cap portion.

Join in round and work k2, p2 ribbing for 1 inch.

On the next row: \*K2, p2tog, repeat from\* to end of round.

Bind off loosely in pattern. Weave in ends.

Original pattern designed by Bonnie Long, Knit Wits. Pattern modifications added by Rachel Kristy. All rights reserved.