

# KNITTING INSTRUCTIONS FOR WOOL HELMET LINERS FOR SOLDIERS



## Materials:

*Cascade 220 or any soft wool yarn that will knit to gauge.*

*Approx. 175 yds. (5 hanks of 220 will make 6 hats)\* Colors allowed by the military are black, charcoal, brown, tan, olive drab [ed, Black is the preferred color.]*

*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 st./inches in stockinette stitch*

**Neck:** With smaller circular needle, cast on 84 stitches loosely. Place marker. Join in round and knit in 2x2 ribbing for 5 inches

**To make hat portion:** With larger circular needle, knit 32 stitches off smaller needle. Leave smaller circular needle in rest of the stitches, cast on 59 additional stitches, place marker to mark beginning of round, join in round, Knit all rows for 4"

## Begin Decreases:

1st dec (decrease) row: \*K11, K2 tog,\* repeat to end of round. Next row: Knit.

2nd dec row: \*K10, K2tog,\* repeat to end. Next row: knit even.

Continue decreases as established until K2, K2tog changing to DP needles when necessary.

After this, decrease every row until 7 stitches on needle. Cut yarn 8-9" long, feed through remaining stitches and weave in.

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\* The reason the patterns calls for 100% wool yarn is because the headgear the military issues is made of synthetic fiber, which is not as warm as wool. Our troops who are subjected to sub-zero windchills are still cold in synthetic headgear. The goal is to keep them warm by using 100% wool yarn.

## Ribbing around face

With smaller needle still in neck portion, pick up stitches around face. Join in circle and knit in 2x2 ribbing for 1 inch. On last row of ribbing, decrease in a total of 4 purl stitches by purl 2 together (2 sets on each side of face (i.e. at 10:00, 2:00, 4:00 and 8:00 on a clock face).

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## TROOPS NEED KNITTERS/CROCHETERS

Today, U.S. troops stationed in Iraq, Afghanistan, Kosovo, and South Korea, as well as many parts of the United States, are exposed to winds and bitter cold during the winter months. Riding in open trucks and humvees, they often encounter sub-zero wind chills. The military headgear issued to our troops is made of synthetic material which is not as warm as wool. Just as in WWI and WWII, volunteers are needed to make these wool caps for our troops. The wool head covering which can be worn under the Kevlar helmet provides warmth to the head and neck but does not restrict vision.

According to Dr. Richard H. Garretson, M.D., Crossroads Community Hospital, Mt. Vernon, Illinois, approximately 30 percent of a person's body heat loss is through the head. It is important to keep the head warm, so the body temperature stays up. The brain controls everything else in the body, the ability to think and act as well as the ability for the body to maintain a particular temperature.

One way to increase the comfort level of our troops in cold climates is to provide knitted/ crocheted wool caps, or "wooly pulleys" to them. "The cap is definitely warm. It has certainly been a help, or should I say warmth." said Corporal Juan M. Perez, Jr., who is stationed in Iraq.



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