

## Knitted Balaclava (Helmet Liner)

### Materials:

Any soft, worsted (#4) **wool** yarn that will knit to gauge given below. 100 grams/3.5oz. The label should state that for size 7 needle you will get 5sts to 1", and for size 8 needles, 4 ½ sts = 1" (usually the label give st count for 4" so the #7 needle : 20 sts and for #8 needle 18 sts). Hat uses about 174 yards. Only 100% soft wool will be accepted by our Armed Forces as the troops 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. Also, wool stays warm even when wet.

Size 8, 16" circular needle

Size 8, double pointed needles

Size 6, 16" circular needle for ribbings

1 Stitch marker

### Colors:

Only black, charcoal, brown, tan, or gray are allowed.

### Gauge:

4.5 sts per inch in stockinette stitch – gauge is very important as being off by as little as ½ stitch per inch will make the helmet liner useless as it will not fit properly.



### Pattern:

Neck Ribbing: With #6 circular needle, cast on 84 stitches loosely. Place marker and join to work in the round, being careful not to twist. Work in 2 X 2 ribbing (knit 2, purl 2) for 6 inches.

Cap: Using larger circular needle, knit 32 stitches off small needle onto larger needle. (Leave smaller needle to act as a stitch holder in the rest of the stitches while you work the cap.) Cast on 59 additional stitches on the larger needle, place marker and join to knit in the round. Knit for 4" then begin decreases as follows. Change to double pointed needles when necessary.

1st dec row: \*K 11, K 2 tog\*, repeat to end of round.

Next row: Knit

2nd dec row: \*K 10, K 2 tog\*, repeat to end.

Next row: Knit even.

Continue decreases as established until K2, K2 tog. After this, decrease every row until 7 stitches on needles. Cut yarn 8-9" long, feed through remaining stitches and weave in.

### \*Ribbing around face

Using smaller needle still in neck portion, pick up stitches around face. Join and work 2 X 2 rib for 1 inch. On last row of ribbing, decrease evenly around in 8 sets of purl stitches by P2tog. This will pull the ribbing in close to the soldier's face. BO in ribbing and work in tail. BO around face can be snug.