



175 yards worsted weight 100% wool yarn in tan, brown, olive, gray, black, brown or tan variegated. (black or brown are preferred)

Size 8 16" circular needles or size to achieve gauge

Size 8 double point needles or size to achieve gauge

Size 6 16" circular needle for ribbings

Stitch Marker

Gauge: 4.5 sts = 1" over stockinette on size 8 needles. Gauge is very important for the liners to fit under an already tight helmet. Adjust needle size to achieve proper gauge.

Begin Neck:

With smaller needle, cast on 84 sts loosely, pm. Join in round being careful not to twist sts. Knit in 2x2 rib for 7".

Continue cap (switch to double points when needed)

With larger circular needle, knit 32 sts off the smaller needle. Leave smaller circular needle in the rest of the sts to hold their place (you will come back to these sts).

With larger needles, cast on 60 additional stitches.

Place marker to mark beginning of round, join in round. Knit even for 4 inches.

Begin decrease rounds as follows:

*K11, k2tog, rep to the end of the round

Knit one row even.

*K10, k2tog, rep to the end of the round.

Knit one row even.

Continue decreases as established until *K2, k2tog* then decrease every row.

Cut yarn 8-9" long, feed through the rem sts and weave in ends.

Face ribbing: with smaller needle still in the neck portion, pu sts around the face. Join in circle and work in 2x2 ribbing for 1". On last row of ribbing, dec 4 times by 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 that there are no gaps.

Please return your helmet liners to:

The Fifth Stitch
 300 Clinton Street
 Defiance, OH 43512

175 yards worsted weight 100% wool yarn in tan, brown, olive, gray, black, brown or tan variegated. (black or brown are preferred)

US J and F size hook or size needed to maintain gauge

Gauge: 4 sc = 1". Gauge is very important for the liners to fit under an already tight helmet. Adjust hook size to achieve proper gauge.

Crochet Notes:

Liner needs to fit snugly. Work in rounds. Do not join and do not turn.

Rnd 1: Form a ring around your finger, work 6 sc in ring

Rnd 2: 2 scs in next 6 sts (12 sts)

Rnd 3: (sc in next st, 2 scs in next st) 6 times (18 sts)

Rnd 4: (sc in next 2 sts, 2 scs in next st) 6 times (24 sts)

Rnd 5: (sc in next 3 sts, 2 scs in next st) 6 times (30 sts)

Rnd 6: (sc in next 4 sts, 2 scs in next st) 6 times (36 sts)

Rnd 7: (sc in next 5 sts, 2 scs in next st) 6 times (42 sts)

Rnd 8: (sc in next 6 sts, 2 scs in next st) 6 times (48 sts)

Rnd 9: (sc in next 7 sts, 2 scs in next st) 6 times (54 sts)

Rnd 10: (sc in next 8 sts, 2 scs in next st) 6 times (60 sts)

Rnd 11: (sc in next 9 sts, 2 scs in next st) 6 times (66 sts)

Rnd 12: (sc in next 10 sts, 2 scs in next st) 6 times (72 sts)

Work over 72 sts until piece measures 7 inches from the beginning round. Do not end.

Ribbing over forehead: Note : All stitches are made in the back loop only, except the slip stitches. This will form the ribbing.

With yarn still attached and smaller hook, chain 4. Turn, skip first chain and sc in remaining 3 stitches.

Slip stitch in next two stitches on cap edge. Turn skip 2 sl sts, work 3 sc, ch1 turn. Work 3 scs, in

back loop only, 2 sl sts in next two sts on cap edge.* working along the edge of the cap, Repeat from *

to * for a total of 28 rows (14 "ribbed " ridges)/ Turn, work 3 scs and then chain 32.

Neck Ribbing: Turn , skip 1st ch, sc in 31 and in 3 (back loop only) at forehead edge, sl st in next 2

sts at cap edge.** Turn skip 2 sl sts, and working in back loop only, sc 34, ch1. Turn working in back

loop only, 34 sc., 2 sl sts on cap edge ** Repeat from ** to ** until you reach the first row of the forehead ribbing.

Turn, skip 2 sl sts, join beginning edge of forehead ribbing to neck ribbing with 3 sl sts, and continue

row with 31 scs in back loop only. Ch 1 turn. Continue to work back and forth on rows until there are 28

rows (14 rib ridges) ending at bottom edge of ribbing. Match the vertical edges of neck

ribbing and sl

st together to close, 31 sl sts, ending a corner of face opening. Do not end.

Face Opening: With yarn still attached, work one row of approximately 70 scs around the face opening.

Fasten off and weave in ends.

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