How to make a Roman Army helmet liner

By R. Norton

Start by getting a good piece of felt (crushed wool packed together).

Cut out a template as shown in the diagram.



The formula for the size of the template is as follows:

Circumference of head = Internal circumference of helmet – (thickness of felt material X 2) / 4

Make an equilateral triangle with the number obtained, then draw an arc with the center point of the baseline being .5 inches or 1.25 cm.

This is an example:



Use the template as a pattern to cut the material into the shape…make four of these.

Now sew them together as shown in the diagram.





