

# Helmet Directions

## Materials Needed:

- 4 two liter soda bottles washed with soap + water!
- Balloons (at least one, with a few more as spares)
- 1 roll strapping tape
- 1 spray can of gold paint (Hammered texture is best)
- News paper
- Flour and water mixture (Mix to a thin paste)
- Good sharp scissors
- Measuring tape, Ruler, Permanent marker

1. Measure head circumference with measuring tape at the same position you wear a hat. To this number, add  $1\frac{1}{2}$  to 2 inches for fit and comfort.
2. Blow up balloon to size.
3. Mix paper maché (Flour and water)
4. Rip newspaper into strips about 1" x 6". Sizes can be adjusted to better fit contours.
5. Moisten strips in paste and apply to top half of balloon. Use overlaps and right angles to give stronger structure in each layer.
6. Let dry thoroughly!!!
7. Apply strapping tape with the same technique.
8. Cut soda bottles into flat sections
9. Tape two sections onto a trimmed head cap, leaving a 2" gap (larger if you have a big head) in the front center on where your nose is.
10. Adjust fit as needed.
11. With helmet worn, have a buddy mark sides at a point midway on your ear, the nape (back) of your neck, and where the eyes will be cut out.
12. Using pattern of the "300" movie helmet, draw remaining lines of pattern onto the plastic. When you are satisfied it is as you want it, then and

only then, can you trim your helmet!  
\*Hint: Trim off less at first and take off more as you adjust for the right fit. This is very important, especially for the eyes!!

13. Cut and fit cheek piece reinforcements.

Tape securely in place. (on the inside pushing out)

14. Cut and fit peaked forehead piece. Keep in mind the finished angle and taper around to the side. Tape securely

15. Cut and fit outside nose piece. Fold in half, and draw pattern. cut both sides at the same time so that it is perfectly symmetrical.

Tape securely in place.

16. Cut and fit inside nose piece reinforcement.

Tape in place. (It should push slightly out!)

17. If desired, add flat guard portion to the back of the neck area, tapering into the side of the helmet. Add any other plastic as needed to enhance the detail or smoothness whichever is required.

18. Tape all edges and joints until helmet is one solid unit.

19. Use plastic shopping bags behind from peaked area as a form for top of helmet. Tape securely.

20. When you are satisfied totally with the look of your new helmet, paper maché the whole thing with special attention to edges and detailing.

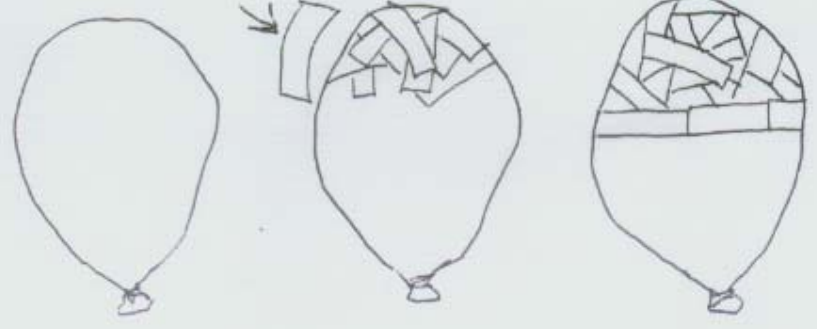
Remember... Flat areas smooth, and details sharp!

21. Let dry completely!!!

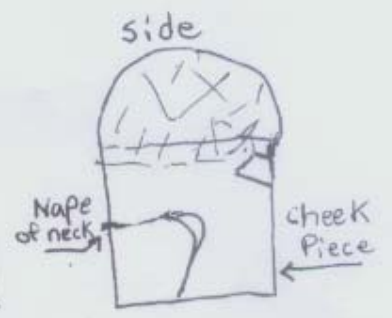
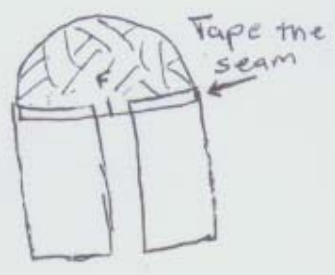
22. Paint with several light coats outside and inside.

23. Work methodically and carefully. Don't get frustrated and give up if you make a mistake. Try try again! It is worth it!!

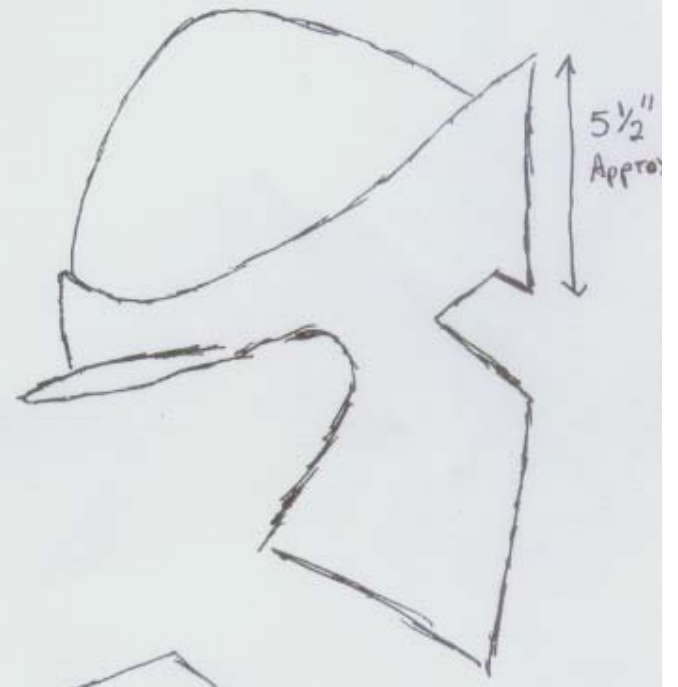
Keep as Smooth as possible !!



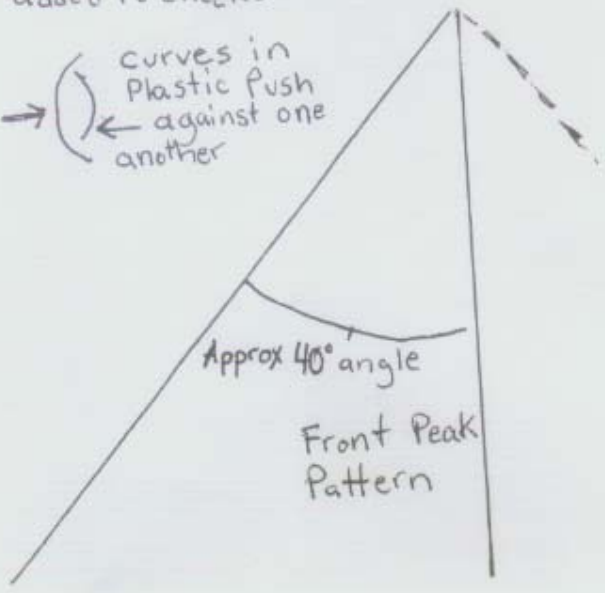
1. Start here cut down following a seam  
 2. cut bottom following the edge  
 3. cut off Remains of the top.



Reinforcing Pieces added to cheeks



curves in Plastic Push against one another

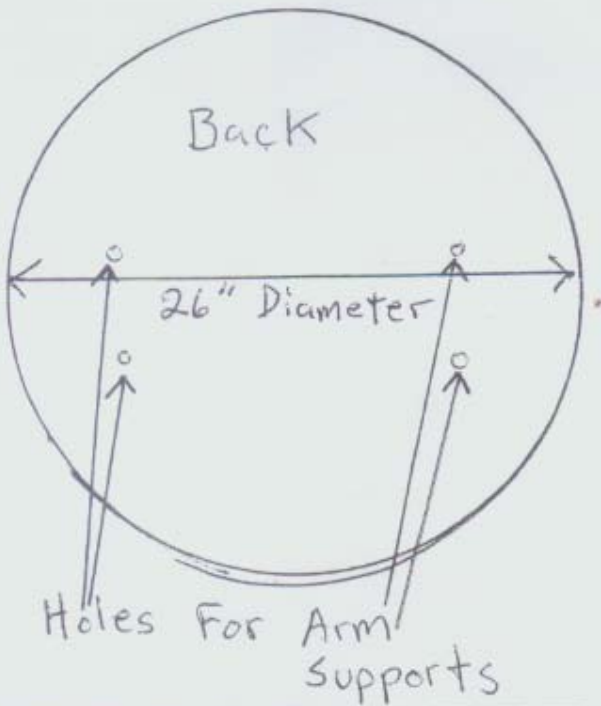


Front Peak Pattern



Eye / Nose Pattern  
 Use computer stills or cover of movie for a better guide

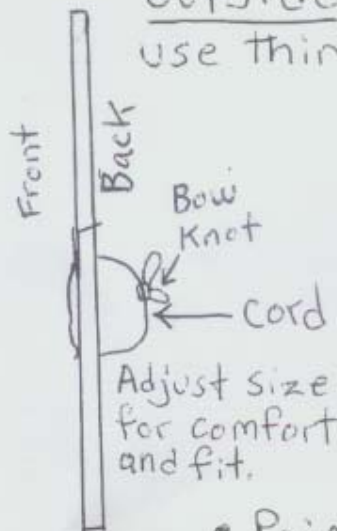
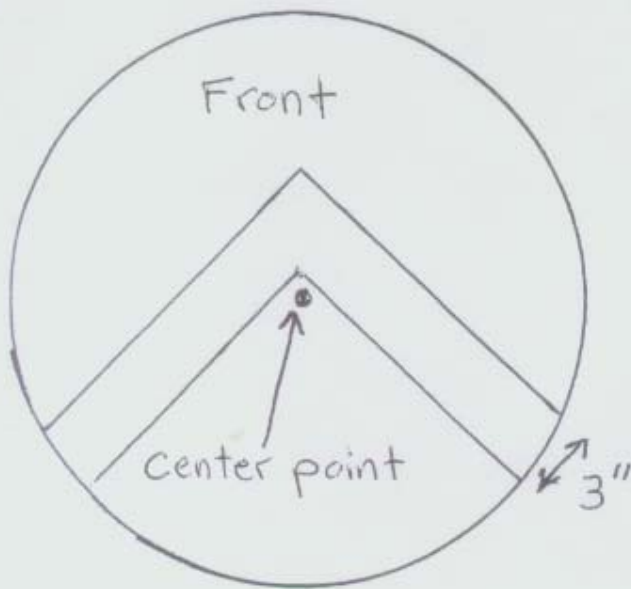
# Shield Specs



If made of cardboard:  
glue in layers until  $\frac{1}{2}$ "  
to  $\frac{5}{8}$ " (to prevent bending).

- Find center point and Mark it
- Cut cardboard strips to 3" width
- Join at a  $90^\circ$  angle (square) at the point just above center point.
- punch small holes for arm supports. Tie knots on the outside face of shield. use thin cord as supports.

Plastic snow saucers may be used as well. Follow the same steps as with Cardboard.



• Tape down knots and cardboard strips. Cover entire face with paper mach

• Paint Face with any gold paint. \*

\* Hammered texture paints look best but not required