



Greek Corinthian Helmet

Corinth was a city-state in ancient Greece. The Corinthian helmet was worn by Greek soldiers who were called *Hoplites*. The word *Hoplite* comes from the “Hoplōn” - a type of shield used by the soldiers.

Most Hoplites were spearman and fought in the famous *phalanx* formation which was adopted by the Spartans. The *phalanx* formation was used for battle, on the march and even when they camped and was where they used their heavy shields to block others from getting in. They would march forward as one body, crushing their opponents in their path.

The Corinthian helmet was made of bronze and covered the back of the neck and the side of the face. It was very heavy and must have been very uncomfortable to wear for a very long time in the hot Mediterranean sun. When they weren't fighting, a Greek hoplite would wear the helmet tipped upward for comfort.

Every Hoplite was a free citizen and was usually responsible for buying his own armour and own weapon. In most Greek city-states, all citizens received at least basic military training, serving in the standing army for a certain amount of time. They were expected to take part in any military campaign when they would be called for duty.

Hoplite equipment ranged from light to heavy – the total weight of a set of heavy bronze breastplate armour was around 22–27 kilograms (49–60 pounds). The average farmer-peasant hoplite typically wore no armour carrying only a shield, a spear and perhaps a helmet and a secondary weapon.

A more well-to-do hoplite would have *linothorax* which is armour made of stitched linen fabric that was sometimes strengthened with animal skins and/or bronze scales. The *linothorax* was the most popular type armour worn by the Hoplites, since it was cost-effective and provided decent protection. The richer Hoplites typically had a bronze breastplate, a bronze helmet with cheek plates like this one, as well as *greaves* (shin plates) and other armour.

The design of the helmets used varied through time. However the *Corinthian helmet* was the first to be standardised and was a very successful and popular design.

