
Aurélie Daems
Already in the second millennium BC, helmets were used to protect individuals during military exercise and confrontations. Several synonyms for the helmet are known from the Avesta, differing from the function it had. They are seldom found within excavations. The information we have mostly derives from secondary sources such as depictions on coins, reliefs or vases. The limited amount of depictions and finds does not permit to go into much detail. Although the sample is small, a useful typology has been proposed.