



Medieval Armour
by Avalon Shop

Norman Spangenhelm with aventail



The Spangenhelm was composed of several metal segments welded together with rivets. The cap was made up of four or six segments welded by a metal strip that runs along the entire circumference in the lower part; between one segment and another there were metal bands that converged on the top of the tile.

| REF: **E108**

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Via Sant Ugo, 6 R - 16135 Genova- Italy
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