



## Medieval Armour by Avalon Shop

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### Viking Gjermundbu Helmet



The Gjermundbu helmet is a Viking Age helmet, that was discovered during at the Gjermundbu farm, in the municipality of Ringerike in Buskerud, Norway, in 1943. The Gjermundbu helmet was found in nine fragments and was subsequently restored; The helmet was made of iron and was in the shape of a peaked cap made from four plates. It is now on display at the Museum of Cultural History of the University of Oslo.

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