Get a 1x5 foot sheet of aluminum foil.

Fold the sheet over the dull side four equal times to produce a 1x1 foot square, shiny on each side.

Use scissors to cut from one corner of the square to the center along a straight line.

Bend the foil from one side of the cut under the other, making a slight cone.

Place the cone on your head and squash the top and sides so it fits snugly.

Apply household tape liberally, making sure to secure the cut and any formfitting creases made in step 5.

Use more tape to secure the AFDB to your cranium.

To learn more about AFDB technology, please visit: http://zapatopi.net/afdb/