

# Paper Weight Conversion Chart

- How To Use This Paper Weight Chart** - The gray highlighted areas are the standard basis weights for the paper types listed in the first column from the left. To find the equivalent weight of 20lb. Bond to other paper types, locate 20 lb. in the Bond paper section and read across the other columns.

*For example, the equivalent of 20 lb. Bond to Book is 51 lb., to Index is 42 lb., to Cover is 28 lb. and Bristol is 34 lb.*

- Basis Weight** - Basis weight is the standard measurement of an amount of paper. For example, the basis weight of Bond is determined by the weight of 500 sheets of 17" x 22" (the parent size). If a ream of 17" x 22" weighs 20 pounds, this is called 20 lb. paper, commonly cut in 8.5 x 11" sheets.



Paper Types basis weight	Book(25"x38")	Bond(17"x22")	Index(25.5"x30.5")	Cover(20"x26")	Bristol(22.5"x28.5")
	LB.	LB.	LB.	LB.	LB.
<b>Book</b> <i>(also)</i> Offset Text Coated	30	12	25	16	20
	40	16	33	22	27
	45	18	37	25	30
	50	20	41	27	34
	55	22	45	30	37
	60	24	49	33	41
	65	26	53	36	44
	70	28	57	38	47
	75	30	61	41	51
	80	32	65	44	54
	90	36	74	49	61
	100	39	82	55	68
120	47	98	66	81	
<b>Bond</b> <i>(also)</i> Ledger Mimeo Duplicator Rag	33	13	27	18	22
	41	16	33	22	27
	51	20	42	28	34
	61	24	50	33	41
	71	28	58	39	48
	81	32	67	45	55
	91	36	75	50	62
	102	40	83	56	69
<b>Index</b> <i>(also)</i> Card Stock	110	43	90	60	74
	134	53	110	74	91
	171	67	140	94	115
	208	82	170	114	140
<b>Cover</b>	91	36	75	50	62
	100	40	82	55	68
	110	43	90	60	74
	119	47	97	65	80
	146	58	120	80	99
	164	65	135	90	111
	183	72	150	100	123
	238	94	194	130	160
<b>Bristol</b>	84	33	69	46	57
	99	39	81	54	67
	114	45	93	62	77
	119	47	97	65	80
	148	58	121	81	100
	178	70	146	97	120