

Equivalent Weights Chart

The tables below provide selected equivalents (in pounds) for a ream of paper of a given type and basis weight, with metric equivalents also provided. With these tables you can quickly look up the equivalent weights (and grams per square meter) for the following kinds of paper:

- Book
- Bond
- Cover
- Vellum Bristol
- Index
- Tag

The paper types are listed across the top of each table; the relevant basis weights for any given paper type are indicated in boldface.

Disclaimer:

The numerical data in these tables should be considered to be estimates only and are not guaranteed as accurate in all situations.

Book Paper

BOOK 25 × 38	BOND 17 × 22	COVER 20 × 26	BRISTOL 22½ × 28½	INDEX 25½ × 30½	TAG 24 × 36	METRIC g/m ²
30	11.8	16.4	20.3	24.6	27.3	44
40	15.7	21.9	27.0	32.7	36.4	59
45	17.7	24.6	30.4	36.8	40.9	67
50	19.7	27.4	33.8	40.9	45.5	74
60	23.6	32.8	40.5	49.1	54.6	89
70	27.6	38.3	47.3	57.3	63.7	104
80	31.5	43.8	54.0	65.5	72.8	118
90	35.4	49.3	60.8	73.7	81.9	133
100	39.4	54.7	67.5	81.9	90.9	148
120	47.2	65.7	81.0	98.2	109.1	178

Bond Paper

BOOK 25 × 38	BOND 17 × 22	COVER 20 × 26	BRISTOL 22½ × 28½	INDEX 25½ × 30½	TAG 24 × 36	METRIC g/m ²
33.0	13	18.1	22.3	27.0	30.0	49
40.6	16	22.2	27.4	33.3	37.0	60
50.8	20	27.8	34.3	41.6	46.2	75
61.0	24	33.4	41.1	49.9	55.4	90
71.1	28	38.9	48.0	58.2	64.7	105
81.3	32	44.5	54.9	66.5	73.9	120
91.4	36	50.1	61.7	74.9	83.2	135
101.6	40	55.6	68.6	83.2	92.4	150



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Cover Paper

BOOK 25 × 38	BOND 17 × 22	COVER 20 × 26	BRISTOL 22½ × 28½	INDEX 25½ × 30½	TAG 24 × 36	METRIC g/m ²
91.3	36.0	50	61.7	74.8	83.1	135
109.6	43.2	60	74.0	89.7	99.7	162
118.8	46.8	65	80.2	97.2	108.0	176
146.2	57.5	80	98.7	119.7	132.9	216
164.4	64.7	90	111.0	134.6	149.5	243
182.7	71.9	100	123.3	149.6	166.2	271
201.0	79.1	110	135.6	164.5	182.8	298
237.5	93.5	130	160.3	194.4	216.0	352
292.3	115.1	160	197.3	239.3	265.8	433

Vellum Bristol Paper

BOOK 25 × 38	BOND 17 × 22	COVER 20 × 26	BRISTOL 22½ × 28½	INDEX 25½ × 30½	TAG 24 × 36	METRIC g/m ²
99.3	39.1	54.3	67	81.3	90.3	147
118.5	46.7	64.9	80	97.0	107.8	176
148.1	58.3	81.1	100	121.3	134.7	219
177.8	70.0	97.3	120	145.5	161.7	263
207.4	81.7	113.5	140	169.8	188.6	307
237.0	93.3	129.7	160	194.1	215.6	351

Index Paper

BOOK 25 × 38	BOND 17 × 22	COVER 20 × 26	BRISTOL 22½ × 28½	INDEX 25½ × 30½	TAG 24 × 36	METRIC g/m ²
109.9	43.3	60.2	74.2	90	100.0	163
134.4	52.9	73.5	90.7	110	122.2	199
171.0	67.3	93.6	115.4	140	155.5	253
207.7	81.7	113.7	140.2	170	188.9	307

Tag Paper

BOOK 25 × 38	BOND 17 × 22	COVER 20 × 26	BRISTOL 22½ × 28½	INDEX 25½ × 30½	TAG 24 × 36	METRIC g/m ²
110.0	43.3	60.2	74.2	90.0	100	163
137.4	54.1	75.2	92.8	112.5	125	204
164.9	64.9	90.3	111.3	135.0	150	244
192.4	75.8	105.3	129.9	157.5	175	285
219.9	86.6	120.4	148.4	180.0	200	326
274.9	108.2	150.5	185.5	225.0	250	407