

# PAPER WEIGHT CONVERSION CHART

	Bond	Offset Text	Cover	Tag	Index	Points	Caliper (inches)	Caliper Millimeters	Metric (gsm)
Thin Paper (55-59 gsm)									
Plain Paper (60-105 gsm)	16	40	22	37	33	3.2	0.0032	0.081	60.2 gsm
	18	45	24	41	37	3.6	0.0036	0.092	67.72 gsm
	20	50	28	46	42	3.8	0.0038	0.097	75.2 gsm
	24	60	33	56	50	4.8	0.0048	0.12	90.3 gsm
	28	70	39	64	58	5.8	0.0058	0.147	105.35 gsm
Heavy 1 Paper (106-176 gsm)	29	73	40	62	60	6	0.006	0.152	109.11 gsm
	31	81	45	73	66	6.1	0.0061	0.155	116.63 gsm
	32	85	45	74	67	6.15	0.00615	0.156	120 gsm
	35	90	48	80	74	6.2	0.0062	0.157	131.68 gsm
	36	90	50	82	75	6.8	0.0068	0.173	135.45 gsm
	39	100	54	90	81	7.2	0.0072	0.183	146.73 gsm
	40	100	56	93	83	7.3	0.0073	0.185	150.5 gsm
	43	110	60	100	90	7.4	0.0074	0.188	161.78 gsm
	44	110	61	102	92	7.6	0.0076	0.193	165.55 gsm
	47	120	65	108	97	8	0.0078	0.198	176.83 gsm
Heavy 2 Paper (177-220 gsm)	53	135	74	122	110	9	0.0085	0.216	199.41 gsm
	54	137	75	125	113	9	0.009	0.229	203.17 gsm
	58	146	80	134	120	9.5	0.0092	0.234	218.22 gsm
Heavy 3 Paper (221-256 gsm)	65	165	90	150	135	10	0.0095	0.241	244.56 gsm
Heavy 4 Paper (257-300 gsm)	67	170	93	156	140	10.5	0.01	0.25	252.08 gsm
	72	183	100	166	150	11	0.011	0.289	270.9 gsm
	76	192	105	175	158	13	0.013	0.33	285.95 gsm
	82	208	114	189	170	14	0.014	0.356	308.52 gsm

HIGHLIGHTED COLOR INDICATES COMMONLY USED WEIGHTS

**SHARP**

# PAPER WEIGHT CONVERSION CHART

Bond Ledger	Offset Text	Cover	Tag	Index	Points	Caliper (inches)	Millimeters	Metric (grams per sq meter)
16	40	22	37	33	3.2	0.0032	0.081	60.2 gsm
18	45	24	41	37	3.6	0.0036	0.092	67.72 gsm
20	50	28	46	42	3.8	0.0038	0.097	75.2 gsm
24	60	33	56	50	4.8	0.0048	0.12	90.3 gsm
28	70	39	64	58	5.8	0.0058	0.147	105.35 gsm
29	73	40	62	60	6	0.006	0.152	109.11 gsm
31	81	45	73	66	6.1	0.0061	0.155	116.63 gsm
32	85	45	74	67	6.15	0.00615	0.156	120 gsm
35	90	48	80	74	6.2	0.0062	0.157	131.68 gsm
36	90	50	82	75	6.8	0.0068	0.173	135.45 gsm
39	100	54	90	81	7.2	0.0072	0.183	146.73 gsm
40	100	56	93	83	7.3	0.0073	0.185	150.5 gsm
43	110	60	100	90	7.4	0.0074	0.188	161.78 gsm
44	110	61	102	92	7.6	0.0076	0.193	165.55 gsm
47	120	65	108	97	8	0.0078	0.198	176.83 gsm
53	135	74	122	110	9	0.0085	0.216	199.41 gsm
54	137	75	125	113	9	0.009	0.229	203.17 gsm
58	146	80	134	120	9.5	0.0092	0.234	218.22 gsm
65	165	90	150	135	10	0.0095	0.241	244.56 gsm
67	170	93	156	140	10.5	0.01	0.25	252.08 gsm
72	183	100	166	150	11	0.011	0.289	270.9 gsm
76	192	105	175	158	13	0.013	0.33	285.95 gsm
82	208	114	189	170	14	0.014	0.356	308.52 gsm