

How To Use This Chart: The gray highlighted areas are the standard basis weights for the paper types listed in the first column on the left.

To find the equivalent weight of 20 lb. 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., Index is 42 lb., 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"x22" paper (the parent size). If a ream of 17"x22" paper weighs 20 pounds, this is called 20lb. paper.

Parent Sheet Sizes:

- Book:** 25"x38"
- Bond:** 17" x22"
- Index:** 25.5"x30.5"
- Cover:** 20"x26"
- Bristol:** 22"x28.5"

Other Paper Terms:

Cut Size Paper: Any sheet of paper that is cut to a smaller size than the parent sheet. **Caliper:** The thickness of paper, usually expressed in thousandths of an inch (mils). 20lb. Bond is usually 3.5 point (mils).

Paper Weight Equivalents Chart					
Paper Types basis weight	Book (Offset) (25" x 38")	Bond (11" x 22")	Index (Card Stock) (25.5" x 30.5")	Cover (20" x26")	Bristol (22.5" x 28.5")
	LB.	LB.	LB.	LB.	LB.
Book (Offset)	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	
Bond	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
Index (Card Stock)	110	43	90	60	74
	134	53	110	74	91
	171	67	140	94	115
	208	82	170	114	140
Cover	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
Bristol	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