

Basis Weight Conversion Chart

Metric	Technical Specialties	Bond Ledger	Cover	Text Book	Watercolor	
	24" x 36"	17" x 22"	20" x 26"	25" x 38"	22" x 30"	sheet size
	500	500	500	500	500	sheets/ream
	3000	1300	1800	3300	2292	sq.ft./ream
GSM	# (pounds)	# (pounds)	# (pounds)	# (pounds)	# (pounds)	
75	46	20	28	51	35	
85	52	23	31	57	40	
95	58	25	35	64	45	
105	65	28	39	71	49	
115	71	31	42	78	54	
125	77	33	46	84	59	
135	83	36	50	91	63	
145	89	39	53	98	68	
155	95	41	57	105	73	
165	101	44	61	112	77	
175	108	47	65	118	82	
185	114	49	68	125	87	
195	120	52	72	132	92	
205	126	55	76	139	96	
215	132	57	79	145	101	
225	138	60	83	152	106	
235	144	63	87	159	110	
245	151	65	90	166	115	
250	154	67	92	169	117	Museo, Museo MAX, Museo II
255	157	68	94	172	120	
265	163	71	98	179	124	
275	169	73	101	186	129	
285	175	76	105	193	134	
290	178	77	107	196	136	
295	181	79	109	199	138	
300	184	80	111	203	141	Portfolio Rag, Silver Rag
305	187	81	112	206	143	
315	194	84	116	213	148	
325	200	87	120	220	153	
335	206	89	123	226	157	
345	212	92	127	233	162	
355	218	95	131	240	167	
365	224	97	135	247	171	Museo, Museo MAX, Museo II
375	230	100	138	253	176	
385	237	103	142	260	181	
395	243	105	146	267	185	
405	249	108	149	274	190	
415	255	110	153	280	195	
425	261	113	157	287	199	
435	267	116	160	294	204	
445	273	118	164	301	209	
455	280	121	168	308	214	

GSM = Grams per square meter.

For a 300 gsm paper, this means that if you cut a sheet of paper 1 meter long by 1 meter wide, it will weigh 300 grams (about 2/3's of a pound)

Ream = 500 sheets of paper

Since the paper and printing industry began, different businesses used different ream sizes due to the application they were making.

For example, 24# Bond means that 500 sheets, 17" x 22" in dimension will weigh 24 pounds.

Example #2, 90# Cover Stock means that 500 sheets of 20" x 26" paper will weigh 90 pounds.

Example #3, I have a 300 gsm watercolor paper. What Cover Weight is it?

Look at the above chart in the first column, find 300 gsm.

Scroll over to the Cover weight column and you will see that it would be called 111# Cover.

Example #4, I have an 80# Text weight paper. How many gsm is it?

Go to the Text weight column and find where 80# would be listed.

Scroll to the left to the first column and estimate where it would fall in the GSM column.

In this case it would be about 118 gsm.