



Paper Weight Conversion Table

CTMH & Stampin' Up

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Paper Type (CTMH Names)	CTMH Weights^	SU Weights*	Paper Type(SU Names)
Patterned Paper	100lb (text weight), 150 gsm	100 lb (text weight) 145-160 gsm	Designer Series Paper (DSP)
Color & Basic Cardstock	65 lb (cover weight) 175gsm	80lb (cover weight), 215gsm	Color Cardstock
White Daisy Cardstock	80lb (cover weight), 215gsm	80lb (cover weight), 215gsm	Basic White
NA	NA	100 lb (cover weight), 250-280 gsm	Basic White Thick Cardstock
Black Core Cardstock	80lb (cover weight), 215gsm	80lb (cover weight), 215gsm	Color Cardstock
French Vanilla Cardstock	80lb (cover weight), 215gsm	80lb (cover weight), 215gsm	Very Vanilla Cardstock
Kraft Cardstock	74lb (cover weight), approx. 200gsm	NA	NA
White Daisy Cards	70lb, approx 105gsm	90 lb (envelopes)	Envelopes
Glitter Paper	140lb (text weight) 210 gsm	105 lb	Glitter Paper
NA	NA	TBD	Glimmer Paper
Ore Paper	105lb (cover weight)	NA	NA
Pearl Paper	105lb (cover weight)	NA	NA
Foil Paper	12pt	100 lb	Foil Paper
Vellum Paper	30lb	43 lb	Vellum paper
Slimline Cards	70lb, approx 105 gsm	NA	NA
Watercolor Paper	TBD	110 lb	Watercolor Paper

Please note that paper can vary a little by weight due to manufacturers.

^CTMH paper weight source: Christine Rosenberg Kaye (Maker Facebook Group)

* Multiple internet sources including SU website



Cover weight paper is always going to feel thicker, typically referred to as cardstock in paper crafting. Text weight is thinner and similar to catalog or magazine paper

Paper Facts and understanding between GSM and LB's:

There are many ways the weight of paper is reported.

- In the United States measures paper weight in pounds (lb), other places it is standard to measure in grams (gsm)
- The way it is calculated is tricky: some are bond, Text/Book, Cover, Bristol, Index, Tag and Metric.

<https://www.qinprinting.com/paper-weight-conversion-gsm-to-lbs/>

What does 'gsm' mean?

'Gsm' means 'grams-per-square-meter'. It's the weight of a sheet of paper that's one meter squared. Wood pulp suppliers use weight because they think in terms of bulk. Paper mills measure everything in terms of area. The more wood pulp paper has in it, the heavier it is. A 250-gsm sheet and a 100-gsm sheet are both 1m². But one is heavier than the other. Why? Because it's got more material in it. And that means that, if it's heavier, it's almost certainly thicker, too.

What does 'lb' mean?

Standard American English Pounds (lb) also refer to the weight of the paper. It is usually measured as the weight of the uncut size of 500 sheets, known as a "ream" of paper.

When calculating lb weights the type of paper is important as each has its specific calculation rule depending on whether it's bond, text, index, Bristol, cover, or another type. Each paper type has a different standard size known as a FOLIO or "parent sheet". Paper basic weight is measured in pounds (lb) per 500 sheets in the standard size.

Paper Types or Categories	Standard Size
Bond	17" × 22"
Cover	20" × 26"



Bristol	22.5" × 28.5"
Index	25.5" × 30.5"
Text	25" × 38