

GSM is grams per square meter: the weight of one square meter of finished fabric. It tells you how light or heavy a cloth is, not how good it is. Two fabrics at the same GSM can feel completely different because of fiber, knit and finish, so always pair GSM with the composition and construction. US suppliers often quote ounces per square yard (1 oz/yd² is about 34 GSM).

1. Cut a 10 x 10 cm (4 x 4 in) square of relaxed, finished fabric, away from the edge.
2. Weigh it in grams on a 0.01 g scale. Repeat on 2-3 spots and average.
3. Multiply by 100 to get GSM. A 1.62 g square is 162 GSM.

TYPICAL GSM BY GARMENT

Garment	Typical GSM	Oz/yd²	Range, 0 to 450 GSM	Common Fabric and Hand-Feel
Performance / training tees	120-170	3.5-5.0		Polyester jersey, micro-mesh. Light, cool, quick-drying.
Everyday cotton tees	150-200	4.4-5.9		Cotton or cotton-rich jersey. Soft, natural, slower to dry.
Heavyweight / boxy tees	220-300	6.5-8.8		Dense cotton jersey. Structured, more opaque.
Team jerseys	130-180	3.8-5.3		Polyester mesh, interlock, textured knit. Breathable; often mesh panels.
Polos	180-240	5.3-7.1		Pique, poly-cotton or polyester. Textured face, holds shape.
Shorts (knit)	130-200	3.8-5.9		Polyester jersey, interlock, light terry. Light to medium, easy stretch.
Shorts (woven)	70-150	2.1-4.4		Polyester or nylon woven, ripstop. Crisp, light; often named by fabric.
Leggings, bras, compression	180-280	5.3-8.3		Nylon/spandex, polyester/spandex. Dense, smooth, opaque under stretch.
Hoodies	250-400	7.4-11.8		Brushed fleece, French terry. Mid 280-320; heavy 350+.
Sweatshirts / crewnecks	240-350	7.1-10.3		Fleece, French terry. Warm, soft inside face.
Track / warm-up jackets (knit)	150-260	4.4-7.7		Polyester tricot, interlock. Smooth, light layer.
Windbreakers / light shells	50-120	1.5-3.5		Woven nylon or polyester. Crisp, wind-resistant, very light.
Softshell jackets	200-350	5.9-10.3		Bonded woven with fleece back. Warmer, more weather protection.
Headbands, sleeves, gaiters	120-220	3.5-6.5		Stretch polyester, nylon blends. Soft stretch; socks use yarn counts.

Fabric Family	Typical GSM	Typical Hand-feel	Common Uses
Polyester jersey (single knit)	110-170	Smooth, light, slightly slick; curls at the edge if cut	Training tees, base layers
Polyester interlock	150-230	Smooth both sides, firm and stable, does not curl	Jerseys, polos, premium tees
Polyester mesh (birdseye, honeycomb)	90-180	Open, airy, textured; technical feel	Jerseys, vents, side panels
Cotton jersey (carded or combed)	120-220	Soft, natural; absorbs sweat and dries slowly	Casual tees
Poly-cotton blend jersey or pique	150-260	Soft with less shrink; drier than pure cotton	Polos, casual tees, team basics
French terry	220-340	Looped inside, smooth outside; cooler than fleece	Hoodies, sweatshirts, shorts
Brushed fleece (cotton or blend)	250-400	Raised, soft inside face; warm and heavier	Hoodies, joggers, sweatshirts
Polyester microfleece	150-300	Light, fuzzy, quick-drying; pills if low grade	Mid-layers, warm-ups
Nylon / spandex (e.g. 80/20)	180-300	Smooth, dense, "buttery"; strong recovery	Leggings, sports bras, compression
Polyester / spandex	170-280	Matte, dry hand; good stretch and recovery	Leggings, tights, base layers
Woven polyester or nylon (taffeta, ripstop)	50-150	Crisp, light, wind-resistant; little stretch	Shells, woven shorts, bags

OZ/YD ²	3 OZ	4 OZ	5 OZ	6 OZ	8 OZ	10 OZ	12 OZ
GSM	102	136	170	203	271	339	407

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