

Fabric GSM & Yarn Count Chart

Standard yarn count recommendations across single and double jersey structures

Fabric Weight	Single Jersey (Typical)	Double Jersey (Typical)	Recommended Count
160 GSM	34s – 40s	30s – 34s	34s
180 GSM	30s – 34s	28s – 32s	32s
200 GSM	30s – 32s	26s – 30s	30s
220 GSM	28s – 30s	26s – 28s	28s
240 GSM	26s – 30s	24s – 28s	28s
260 GSM	26s – 28s	24s – 26s	26s
280 GSM	24s – 28s	24s – 26s	26s
300 GSM	24s – 26s	20s – 24s	24s (Single) / 20s–22s (Double)

Technical Notes & Guidelines

- Yarn Count System:** All counts are specified in English Cotton Count (Ne / 's). Higher numbers indicate finer yarns.
- Knitting Machine Gauge (GG):** Recommended counts are typically paired with 24GG or 28GG machines for single jersey and 20GG–24GG for double knit / interlock.
- Finishing Allowance:** Heavy weights (280–300 GSM) in single jersey should factor in shrinkage, compacting, and bio-wash relaxation to avoid stiffness and pinhole defects.