

FoamOnline.com - Foam Density and I.L.D. Values Chart

Foam Density is the mass of a foam's material within a cubic foot. Foam Density is connected to the quality and durability of foam.

Indentation Load Deflection (I.L.D.) is an industry standard of measurement to determine a foam's given firmness. Weight is applied to the surface of a foam piece. The more weight needed to depress the foam, the higher the I.L.D. number and firmness of the foam.

To learn more about foam density and firmness, you can read [this article](#).

We sell foam in the densities and firmnesses listed in the chart below.

		I.L.D. (Firmness) Values							
Foam Type	Foam Density	Very Soft	Soft	Medium Soft	Medium	Medium Firm	Firm	Extra Firm	Super Firm
Polyurethane Foam	1.20 lb		18			33		50	
Polyurethane Foam Roll	1.20 lb					33			
Charcoal Light Foam	1.20 lb						38		
Conventional Foam	1.50 lb		15	24		33	44	55	
Charcoal Foam	1.80 lb							80	
Dry Fast Foam	1.80 lb		15	25		33			
High Density Foam	1.80 lb		18	24	28	36	44	55	80
Closed Cell Foam	2.00 lb								90
Closed Cell Foam Roll	2.00 lb								90
Lux Foam	2.00 lb		19	24	28	35	45		
High Resilience Foam	2.50 - 3.00 lb		20		28	34	50	70	100
Qualux Foam	2.50 - 3.00 lb			26	31	41	51	61	
Gel-Infused Memory Foam	2.50 lb	10							
Memory Foam	3.25 lb		15						
Rebond Foam	4.50 lb								240
Dunlop Latex Foam	5.90 lb					28-36			
Natural Latex Foam	4.40 - 5.60 lb		16-21 (4.40 lb)		23-31 (5.00 lb)	28-36 (5.30 lb)	34-43 (5.60 lb)		
Organic Latex Foam	3.45 - 5.95 lb	11-17 (3.45 lb)	18-23 (4.10 lb)		24-29 (4.70 lb)	30-37 (5.30 lb)	38-45 (5.95 lb)		