

General Rule: 10% of your body weight

INDIVIDUAL

BODY WEIGHT	BLANKET WEIGHT
50 - 64 lbs	5 lbs
65 - 74 lbs	7 lbs
75 - 94 lbs	9 lbs
95 - 114 lbs	10 lbs
115 - 144 lbs	12 lbs
145 - 174 lbs	15 lbs
175 - 194 lbs	18 lbs
195 - 244 lbs	20 lbs
245 - 294 lbs	25 lbs
295 - 344 lbs	30 lbs
345+ lbs	35 lbs

SHARED

BODY WEIGHT	BLANKET WEIGHT
200 - 250 lbs	20 lbs
250 - 300 lbs	25 lbs
300 - 400 lbs	30 lbs