



## Quantities of *Body Double*<sup>™</sup> Silicone Rubber Needed for Life Casting

Smooth-On offers this guide only as a reference tool for calculating the amount of Body Double Silicone Rubber needed to make various body part molds. **It is an *estimation only*** based on our experience and for an average male or female body. Actual amounts of rubber needed can vary from individual to individual, according to size. End user assumes full responsibility for own calculations of material needed. For more information on life casting, visit [www.smooth-on.com](http://www.smooth-on.com).

To Make a Mold Of:	Estimated Body Double Needed:	Estimated Plaster Bandages Needed
Face & Partial Neck	1.5 lbs. / 0.68 kg.	2 rolls of 4"
Front Half of Head (Inc. Ears)	2 lbs. / 0.91 kg.	3 rolls of 4"
Full Head with Neck to Clavicles	4 lbs. / 1.81 kgs.	7 rolls of 4"
1 Hand (to 2 Inches Above Wrist)	1 lb. / 0.45 kgs.	1.5 half rolls of 4"
1 Foot	2 lbs. / 0.91 kg.	3 rolls of 4"
1 Arm (Fingers to and including Shoulder)	3 lbs. / 1.36 kgs.	6 rolls of 4"
1 Lower Leg (From 2 inches Above Knee)	5 lbs. / 2.27 kgs.	10 rolls of 4"
1 Full Leg (From Toes to Upper Thigh)	7 lbs. / 3.18 kgs.	5 rolls of 8," 4 rolls of 4"
Upper Torso Front (From Neck to Bottom of Rib Cage)	5 lbs. / 2.27 kgs.	5 rolls of 8"
Torso Front (From Neck to Navel)	7 lbs. / 3.18 kgs.	6 rolls of 8"
Full Front Torso (From Neck to Groin Area, Including Upper Thighs)	10 lbs. / 4.54 kgs.	10 rolls of 8"
Full Torso (Front & Back) From Neck to Groin	20 lbs. / 9.07 kgs.	20 rolls of 8"
Full Torso (Front & Back) With Head	23 lbs. / 10.43 kgs.	20 rolls of 8," 3 rolls of 4"
Full-Body Cast (Head to Toes, Front & Back)	31 lbs. / 14.06 kgs.	25 rolls of 8," 10 rolls of 4"

Body Double <sup>™</sup> Unit Size (Fast & Standard Set)	Material Weight
400 ml Cartridge	1 lb. / 0.45 kgs.
Trial Size	2 lbs. / 0.91 kgs.
Gallon Unit	18 lbs. / 8.16 kgs.
5-Gallon Unit	90 lbs. / 40.82 kgs.

Smooth-On, Inc. • 2000 St. John St. • Easton • PA • 18042 • USA  
 Free: 800-762-0744 • Tel: 610-252-5800 • Fax: 610-252-6200 • [www.smooth-on.com](http://www.smooth-on.com)