

# Foam Quick Reference Guide

by foamhow.com



I've named as many foam types here as you're likely to encounter, and set out some "general rules" when it comes to the varying types of foam. So it's a resource for your general foam info.

The guidelines below are sufficient enough to give you an indication of what each particular foam is like, and its general uses.

Some of these types are also more of an "umbrella" term accounting for a number of types of foam - based on the ingredients they're made of. High Density foam for example is also known to be a Closed Cell foam.

**Once you have the right foam in mind, you will also find each one linked to a separate article that goes into greater detail. You will also find quick links to where you can narrow down the foam you need.**

## Closed cell foam

**Closed cell foam is made with high-pressure nitrogen gas used on a rubber compound. Closed cell foam offers a wide scope of sizes and density options that suit many domestic and commercial uses. It is fairly durable, and non-porous as it's enclosed by its outer cells that form a vapor barrier.**

### Typical uses

- Home furniture
- Carpet underlay
- Bedding
- Vehicle and pipe insulation
- Industrial vapor barriers (spray)



### Specifications

	Closed Cell Foam
<b>Quality</b>	Good
<b>Weight</b> (per cubic ft)	2 lb
<b>Structure</b>	Closed Cell
<b>Density</b> (range 1.5 - 5.0)	1.5 - 2.5
<b>Lifespan</b>	12-15 years
<b>Colors</b>	Black
<b>Applications</b>	Home furniture, Carpet underlay, Bedding, Vehicle insulation, Industrial vapor barriers (spray)

Read more about [Closed cell foam here](#).

[Amazon options for Closed Cell foam](#)

# Memory foam

Memory foam, also known as "viscoelastic", is a polyurethane mixed with other chemicals that increase its density and viscosity. Memory foam is a very energy-absorbent material and is commonly used as a top level internal component in sofas, mattresses, and seats.

## Typical uses

- Mattresses
- Sofas/couches
- Car seats
- Chairs



## Specifications

	Memory Foam
Quality	Excellent
Weight (per cubic ft)	3.2 lb
Structure	Open Cell
Density (range 1.5 - 5.0)	2.8 - 4.0
Lifespan	8-10 years
Colors	White or Yellow
Applications	Home furniture, Carpet underlay, Bedding, Vehicle insulation, Industrial vapor barriers (spray)

Read more about **Memory foam** [here](#).

[Amazon options for Memory foam](#)

# Rebond foam

Rebonded foam, rebond, chip, or recon foam, is an open cell polyurethane foam made from reclaimed foam fragments. It is flexible and firm, with very high durability and longevity. Ideal for commercial and industrial use such as bar seating, seating for tractors, gyms, and on public transport.

## Typical uses

- Hospitality seating, bars, restaurants, etc
- Gymnasium equipment
- ATV's, motorcycles, Snowmobiles
- Industrial vehicle and machine seating
- Carpet padding
- Public transport
- Wheelchair seats
- Church kneelers



## Specifications

	Rebond Foam
Quality	Excellent
Weight (per cubic ft)	5.0 lb
Structure	Open Cell
Density (range 1.5 - 5.0)	5.0
Lifespan	12 years
Colors	Multicolored
Applications	Hospitality seating, bars, restaurants, etc, Gymnasium equipment, ATV's, motorcycles, Snowmobiles, Industrial vehicle and machine seating, Carpet padding, Public transport, Wheelchair seats, Church kneelers

Read more about **Rebond foam** [here](#)

[eBay options for Rebond foam](#)

## Charcoal foam

Charcoal foam suits numerous applications. It is lightweight, impact absorbent, and can be cut to accurate, small, and narrow sizes. It is commonly used as packaging for shipped goods items. It is also sound absorbent, so is often used for sound dampening and soundproofing and around engines.

### Typical uses

- Engine compartments
- Packaging and shipping
- Acoustic dampening



## Specifications

	Charcoal Foam
Quality	Good
Weight (per cubic ft)	1.8 lb
Structure	Open Cell
Density (range 1.5 - 5.0)	1.7 – 1.8
Lifespan	6 - 8 years
Colors	Charcoal
Applications	Engine compartments, Packaging and shipping, Acoustic dampening

Read more about **Charcoal foam** [here](#).

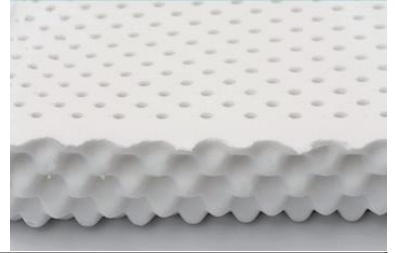
[eBay options for Charcoal foam](#)

## Latex foam

Latex foam is a firm, high-impact, durable rubber compound derived from the sap of the Hevea brasiliensis rubber tree plant which is heavily processed. It offers endurance and a long life span with a heavy but flexible feel. Typically used as a middle or lower level mattress component.

### Typical uses

- Mattresses - mid to lower layers
- Sofas
- Padded seating
- Reupholstery



### Specifications

	Latex Foam
Quality	Excellent
Weight (per cubic ft)	5.5 lb
Structure	Open Cell
Density (range 1.5 - 5.0)	3.0 - 5.0
Lifespan	15 years
Colors	White or Yellow
Applications	Mattresses - mid to lower layers, Sofas, Padded seating, Reupholstery

Read more about **Latex Rubber foam** [here](#).

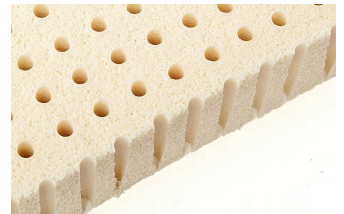
[Amazon options for Latex foam](#)

## Natural Latex foam

Natural latex foam is a material made from a blend of natural and synthetic ingredients. Not to be confused with organic latex foam that contains no synthetic material at all, and meets the best organic practices. Natural latex offers less firmness and comfort than standard latex foam.

### Typical uses

- Mattresses - mid to lower layers
- Sofas
- Padded seating
- Reupholstery





## Specifications

	Natural Latex Foam
Quality	Excellent
Weight (per cubic ft)	5.0 lb
Structure	Open Cell
Density (range 1.5 - 5.0)	3.0 - 4.0
Lifespan	15 years
Colors	White or Yellow
Applications	Mattresses - mid to lower layers, Sofas, Padded seating, Reupholstery

Read more about **Natural Latex foam** [here](#).

[Amazon options for Latex foam](#)

## High Resilience foam

High resilience (HR) foam is a high-grade open-cell polyurethane foam offering high support and elasticity. It has excellent bounce-back properties, durable, with low motion transfer and excellent weight distribution. Common uses include high-end mattresses, seating, and often heavy-use furniture.

### Typical uses

- Sofas
- Mattresses
- Hospitality furniture



## Specifications

	High Resilience Foam
Quality	Good
Weight (per cubic ft)	3.0 lb
Structure	Open Cell
Density (range 1.5 - 5.0)	2.5+
Lifespan	10 years
Colors	Yellow
Applications	Sofas, Mattresses, Hospitality furniture

Read more about **High Resilience foam** [here](#).

[eBay options for High Resilience foam](#)

## Lux foam

Also known as Evlon foam, Lux foam is high quality, high-density polyurethane foam that is durable and supportive. It offers above-average firmness and is able to withstand daily usage where firm support is required. Uses include mattresses, sofas, benches, kneeling pads, and seat cushions.

### Typical uses

- Mattresses
- Sofas
- Camping mats
- RV seating
- Kneeling pads
- Gym mats
- Benches
- Seating, and seat cushions



### Specifications

	Lux Foam
<b>Quality</b>	Very Good
<b>Weight</b> (per cubic ft)	2.2 lb
<b>Structure</b>	Open Cell
<b>Density</b> (range 1.5 - 5.0)	2.0 – 2.2
<b>Lifespan</b>	6 years
<b>Colors</b>	Blue or Yellow
<b>Applications</b>	Mattresses, Sofas, Camping mats, RV seating, Kneeling pads, Gym mats, Benches, Seating, and seat cushions

Read more about **Lux foam** [here](#).

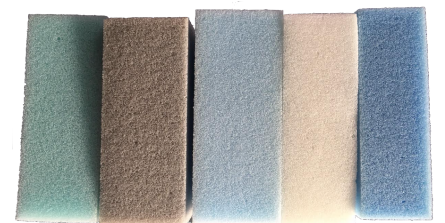
[Amazon options for Lux foam](#)

## Polyurethane foam

The term polyurethane covers a range of foams that are synthesized using polyol and isocyanate - ingredients derived from crude oil. It is open cell foam and also called urethane or reflex foam. PU foam is considered medium to low quality, with a shorter lifespan and a variety of uses.

### Typical use

- Lower quality mattress toppers
- Dog beds
- Packaging, shipping, and general filling
- Costumes and padding
- Furniture



## Specifications

	<b>Polyurethane Foam</b>
<b>Quality</b>	Low
<b>Weight</b> (per cubic ft)	1.2 lb
<b>Structure</b>	Open Cell
<b>Density</b> (range 1.5 - 5.0)	1.5
<b>Lifespan</b>	2-3 years
<b>Colors</b>	White or Beige
<b>Applications</b>	Lower quality mattress toppers, Dog beds, Packaging, shipping, and general filling, Costumes and padding, Furniture

Read more about **Polyurethane foam** [here](#). Or explore more specific Polyurethane foams below.

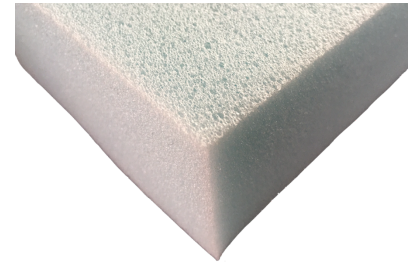
### [Amazon options for Polyurethane foam](#)

## Soft foam

**Soft foam is a broad category of polyether-based Polyurethane foam, designed to provide the softest use in applications requiring more comfort. With a very low-density ratio and not designed for durable use. They are often used in soft furnishings such as headboards and quilting.**

## Typical uses

- Headboards
- Quilting projects, and products
- Mattress overlay
- Top layers in sofas
- Some pillows



## Specifications

	<b>Soft Foam</b>
<b>Quality</b>	Medium
<b>Weight</b> (per cubic ft)	1.2 lb
<b>Structure</b>	Open Cell
<b>Density</b> (range 1.5 - 5.0)	1.5 - 1.8
<b>Lifespan</b>	4 years
<b>Colors</b>	White or Yellow
<b>Applications</b>	Headboards, Quilting projects, and products, Mattress overlay, Top layers in sofas, Some pillows

See Polyurethane foam above, and read more about **Polyurethane foam** [here](#).

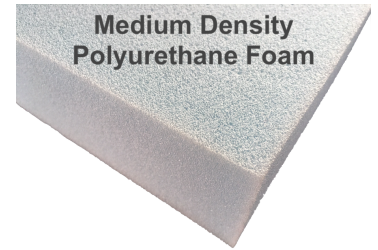
### [Amazon options for Polyurethane foam](#)

## Medium foam

Medium density foam, also called urethane is found in many domestic applications such as 5" or greater thickness of seating cushions. Not considered waterproof, but with an age range of 10-15 years. A medium foam mattress supports adult weight up to 300lb.

### Typical uses

- Mattresses
- Mattress toppers
- Camping mattresses
- Sofa cushions
- Benches and window seats
- Seat pads



### Specifications

	Medium Foam
Quality	Medium
Weight (per cubic ft)	1.5 - 2.0 lb
Structure	Open Cell
Density (range 1.5 - 5.0)	1.7
Lifespan	4 years
Colors	White or Yellow
Applications	Mattresses, Mattress toppers, Camping mattresses, Sofa cushions, Benches and window seats, Seat pads

See Polyurethane foam above, and read more about **Polyurethane (or Urethane) foam** [here](#).

### [Amazon options for Polyurethane foam](#)

## High-Density foam

High density (HD) foam is closed cell polyurethane foam. Compact in structure with a high weight of 1.9+ cubic feet. It's firm, supportive, durable, and has longevity, with minimal give and low motion transfer. HD foam is commonly used in sofas, seating, mid to lower layers of mattresses.

Another variation, or blend of High density polyurethane foam is reflex foam which is great for orthopedic purposes. You can [read more about reflex foam here](#).

### Typical uses

- Mattresses - lower layers
- Domestic seating
- Camp beds
- Kneeling pads



## Specifications

	High Density Foam
Quality	Good
Weight (per cubic ft)	1.9 lb
Structure	Closed Cell
Density (range 1.5 - 5.0)	1.7+
Lifespan	6 years
Colors	Cream
Applications	Mattresses - lower layers, Domestic seating, Camp beds, Kneeling pads

Read more about **High Density**, or **Polyurethane foam** [here](#).

[Amazon options for High Density foam](#)

## Polyethylene foam

Also called **Ethafoam**, polyethylene foam is closed cell, medium density foam in white semi-rigid packaging form. Used in industrial and commercial applications, it comes in a variety of thicknesses and shapes, factory molded, waterproof, and used in many packaging solutions for heavier objects.

### Typical uses

- Packaging for medium to heavy objects
- Insulation
- Pool Toys
- Acoustic sound deadening



## Specifications

	Polyethylene Foam
Quality	Very Good
Weight (per cubic ft)	Very light
Structure	Closed Cell
Density (range 1.5 - 5.0)	5.0
Lifespan	10 years
Colors	White, Black, Grey
Applications	Packaging for medium to heavy objects, Insulation, Pool Toys, Acoustic sound deadening

Read more about **Polyethylene foam** [here](#).

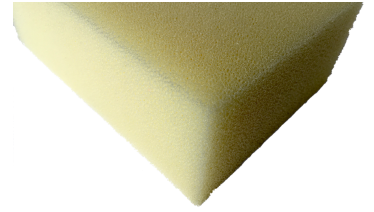
[Amazon options for Polyethylene foam](#)

## Dry fast foam

Dry fast foam also called quick dry, ever dry, or easy dry, is an open-cell anti-fungal foam and the most porous among foam types so that water dissipates quickly. Designed for outdoor use in areas such as marine environments like boat seating, and residential applications like garden furniture.

### Typical uses

- Boat seating and bedding
- Garden chairs
- Garden lounge furniture



### Specifications

	Dry Fast Foam
Quality	Good, (Specific Use)
Weight (per cubic ft)	2.15 lb
Structure	Open Cell
Density	1.7 - 2.15
Lifespan	8-10 years
Colors	Beige
Applications	Boat seating and bedding, Garden chairs, Garden lounge furniture

Read more about [dry fast foam here](#).

[Amazon options for Dry Fast foam](#)

## Crib (cot) safe foam

Crib (or Cot) foam is a chemically reduced soft, medium density foam that offers comfort and support for younger children and babies. It is not suitable for seating but designed for mainly cot mattresses. It does not contain arsenic, metals, phosphorus, [PBDEs](#), or chlorofluorocarbons (CFCs).

### Typical uses

- Babies crib mattresses
- Young Children's mattresses



Read more about [Crib Safe foam here](#).

[Amazon options for Crib Safe foam](#)

## Anti Static pink foam

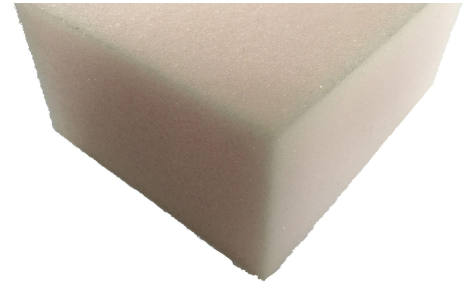
Pink foam, also known as ESD (electro-static dissipation) foam, is an open cell polyurethane foam. It performs largely the same applications as blue foam, but has anti-static properties which suit the packing of electrical or electronic products. Ideal for packaging electronics.

### Typical uses

- Electronics packaging
- Seating
- Bedding
- Padding
- Crafting

Read more about **Pink foam** [here](#).

[Amazon options for Antistatic Pink foam](#)



## Acoustic foam

Acoustic foam, also called Pyrosorb foam, is usually Charcoal in color. Used for noise reduction and soundproofing along internal walls. In general, it has an outer angular or curved form designed to absorb and reduce sound frequencies from music, reverberation, and echoes.

### Typical uses

- Sound proofing and sound deadening

Read more about **Acoustic foam** [here](#).

[Amazon options for Acoustic foam](#)



## Zotefoam plastazote foam

Zotefoam plastazote is a brand of closed cell foam that is high-impact absorbent, lightweight, tough, and flexible cross-linked polyurethane foam. It is waterproof and chemical resistant and comes in numerous colors. Ideal for Case inserts, flight cases, Sandals, Pool toys, and packaging.

### Typical uses

- Case inserts and flight cases
- Pool toys
- Shoes/Sandals, Flip Flops
- Packaging

Read more about **Zotefoam plastazote** [here](#).

[Amazon options for Zotefoam Plastazote foam](#)





## Aquatic filter foam

Aquatic filter foam is a waterproof and antimicrobial reticulated polyether PPI foam. It undergoes a process that enables it to trap debris. Being antimicrobial therefore makes it ideal for filtration purposes such as ponds and aquariums, and air filters.

### Typical uses

- Ponds and aquariums
- Air filters
- Industrial and commercial filtration

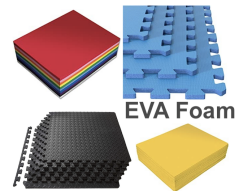
Read more about **Aquatic filter foam** [here](#).

[Amazon options for Aquatic Filter foam](#)



## EVA foam

EVA foam is Ethylene-Vinyl Acetate. Also known as expanded rubber or foam rubber. It is closed cell, waterproof, shock absorbant, and flexible foam. Used in production applications as a substitute for polyurethane, natural rubber, PVC foam, and others. It's also used for padding around equipment.



[Amazon options for EVA foam](#)

## EVA foam rollers

EVA yoga foam rollers are high density, high quality rollers made from EVA foam with a robust internal PVC pipe. A versatile, popular small handheld product that is ideal for applications such as massage therapy, Yoga, Pilates, Physical Therapy, and sports-related training and injury applications.

### Typical uses

- Therapeutic massage
- Yoga
- Pilates
- Sports training and injury

Read more about **EVA foam** [here](#).

[Amazon options for EVA Foam Rollers](#)



## Packaging foam

Packaging foam is a high-impact absorbent, lightweight packing grade foam. Usually in charcoal grey and suits applications requiring protective packaging. Often used for instrument flight cases, product packaging, and briefcases.

### Typical uses

- Instrument flight cases
- To thicken walls of cardboard boxes
- Briefcases

Read more about **Packaging foam** [here](#).

[Amazon options for Packaging foam](#)



## Packing foam wrap - rolls

Packing foam rolls are a lightweight, flexible, and durable, non abrasive, continuous thin sheet of Polyurethane closed cell foam. Low priced and ideal for packaging products for transit, filling packing voids, and vapor barrier use. made of a polymer containing small cushioning air cells.

### Typical uses

- Packaging delicate objects
- Filling voids in packing boxes
- Project use for vapor barriers



Read more about **Packing foam rolls** [here](#).

[Amazon options for Packaging Foam Wrap rolls](#)

### To finish...

Well, that's it. I hope this has given you a good overview of different types of foam. Good luck with your foam project!