Quilt backing and binding cheat sheet

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A throw needs about 3 5/8 yd of backing and 7 binding strips; a queen about 8 3/8 yd and 10 strips. Figures include 1/2 in per seam and a 1/8 yd cushion.

Quilt	Finished size (in)	Backing	Binding
Baby	40 x 50	2 7/8 yd (2 panels, seam across)	5 strips, 3/8 yd
Throw	55 x 70	3 5/8 yd (2 panels, seam across)	7 strips, 1/2 yd
Twin	65 x 85	5 3/8 yd (2 panels, seam down the length)	8 strips, 1/2 yd
Full	80 x 90	7 1/2 yd (3 panels, seam across)	9 strips, 5/8 yd
Queen	90 x 100	8 3/8 yd (3 panels, seam across)	10 strips, 5/8 yd
King	108 x 100	9 1/8 yd (3 panels, seam down the length)	11 strips, 3/4 yd

Backing assumes 40 in usable fabric width and 4 in extra on each side; binding assumes 2 1/4 in strips and a 10 in tail. A panel is one length of backing fabric; the seam runs where the panels join.

Computed with the same formulas as our calculators: backing yards = panels x length / 36, rounded up to 1/8 yd; binding = perimeter + tail / 40 in per strip.

Sources differ on the extra backing (4-8 in total in two sources); this chart uses 4 in per side to be safe. Use the calculator for your own size.

Computed or quoted from the sources below; check your pattern or manual before you cut.

Sources

C&T Publishing: calculating backing yardage: https://ctpub.com/blog/quilting-tips-calculating-yardage-for-quilt-backing
Linda's backing fabric guide: https://lindas.com/blogs/tips-and-tricks/backing-fabric-calculator
Utah State University Extension: binding a quilt: https://extension.usu.edu/sewing/research/binding-a-quilt.php
National Quilters Circle: how to calculate binding: https://www.nationalquilterscircle.com/post/how-to-calculate-binding