

Adapted from:  
<http://www.nrcan.gc.ca/energy/efficiency/housing/new-homes/energy-star/14176>



Like the tables you will create, these values are arranged from inside to outside.

Thermal resistance (RSI)			
Categories	Per mm	As listed	Notes
Materials	(m <sup>2</sup> •°C/W/mm)	(m <sup>2</sup> •°C/W)	
<b>Interior Air Films</b>			
Interior Air Film Ceiling		0.11	Heat flow up
Interior Air Film Floor		0.16	Heat flow down
Interior Air Film Wall		0.12	Heat flow horizontal
<b>Interior Finishes</b>			
Gypsum board	0.0063		
<b>Vapour Barrier</b>			
Vapour Barrier		0	Vapour Barriers are considered to have no thickness or thermal resistance
<b>Insulation Materials</b>			
<b>Blanket and Batt Insulation</b>			
Rock or glass fibre R-12	-	2.11	89/92 mm
Rock or glass fibre R-14	-	2.46	89/92 mm
Rock or glass fibre R-19	-	3.34	R-20 batt compressed 140 mm
Rock or glass fibre R-20	-	3.52	152 mm
Rock or glass fibre R-22	-	3.87	140/152 mm
Rock or glass fibre R-22.5	-	3.96	152 mm
Rock or glass fibre R-24	-	4.23	140/152 mm
Rock or glass fibre R-28	-	4.93	178.216 mm
Rock or glass fibre R-31	-	5.46	241 mm
Rock or glass fibre R-35	-	6.16	267 mm
Rock or glass fibre R-40	-	7.04	279/300 mm
<b>Board and Slab Insulation</b>			
Permeably faced PIR	0.03818	-	PIR - Polyisocyanurate
Impermeably faced PIR	0.03937	-	
Permeably faced PUR	0.03818	-	PUR - Polyurethane
Impermeably faced PUR	0.03937	-	
EPS Type 1	0.026	-	EPS - Expanded Polystyrene Insulation Board
EPS Type 2	0.028	-	
EPS Type 3	0.03	-	
XPS Type 2	0.035	-	XPS - Extruded Polystyrene Insulation
XPS Type 3	0.035	-	
XPS Type 4	0.035	-	XPS - Extruded Polystyrene Insulation
Rock fibre semi-rigid board	0.0277	-	
Glass fibre semi-rigid board	0.0298	-	
<b>Spray Applied</b>			
Sprayed polyurethane foam, medium density closed cell	0.036	-	
Sprayed polyurethane foam, light density open cell	0.026	-	
Sprayed Cellulosic fibre (settled thickness)	0.024	-	Settled thickness

Categories	Per mm	As listed	Notes
Materials	(m <sup>2</sup> •°C/W/mm)	(m <sup>2</sup> •°C/W)	
<b>Spray Applied (Cont.)</b>			
Spray-applied glass-fibre insulation, 16 kg/m <sup>3</sup>	0.025	-	
Spray-applied glass-fibre insulation, 28.8 kg/m <sup>3</sup>	0.029	-	
<b>Loose Fill Insulation</b>			
Cellulose	0.025	-	
Glass fibre loose fill insulation for attics	0.01875	-	112 to 565 mm
Glass fibre loose fill insulation for walls	0.02865	-	
<b>Sheet Materials</b>			
Insulating fibreboard Type 2	0.016	-	
Plywood (generic softwood)	0.0087	-	
Plywood, Douglas-fir	0.0111	-	
OSB	0.0098	-	OSB - Oriented Strand Board
<b>Sheathing Membranes</b>			
Sheathing Membrane Breather Type		0	Most Sheathing Membranes are considered to have no thickness or thermal resistance
<b>Structural Materials</b>			
Concrete	0.0004	-	Sand and gravel or stone aggregate (2400 kg/m <sup>3</sup> )
<b>Vented Roof Air Space</b>			
Cathedral, flat and attic	-	0.03	
<b>Air Cavities</b>			
Ceiling Air Cavity 13-20 mm	-	0.15	Heat flow up
Ceiling Air Cavity 21-90 mm	-	0.16	
Floor Air Cavity 13-19 mm	-	0.16	Heat flow down
Floor Air Cavity 20-39 mm	-	0.18	
Floor Air Cavity 40-89 mm	-	0.2	
Floor Air Cavity 90 mm	-	0.22	
Wall Air Cavity 13-19 mm	-	0.16	Heat flow horizontal
Wall Air Cavity 20-90 mm	-	0.18	
<b>Cladding Materials</b>			
<b>Brick</b>			
Clay Brick	0.0007	-	Fired clay (2400 kg/m <sup>2</sup> )
<b>Siding</b>			
Fibre-cement	0.003	-	
Hardboard	-	0.12	11 mm
Plywood	-	0.1	9.5 mm lapped
Hollow-backed Vinyl	-	0.11	
Insulating Board-backed Vinyl	-	0.32	9.5 mm nominal
Wood	-	0.14	13 mm
<b>Stone</b>			
Quartzitic	0.0003	-	2240 kg/m <sup>3</sup>
Sandstone	0.0003	-	2240 kg/m <sup>3</sup>
Calcitic	0.0004	-	2240 kg/m <sup>3</sup>
Dolomitic	0.0004	-	2240 kg/m <sup>3</sup>
Limestone	0.0004	-	2240 kg/m <sup>3</sup>
Marble	0.0004	-	2240 kg/m <sup>3</sup>
Granite	0.0004	-	2240 kg/m <sup>3</sup>
<b>Coatings</b>			
Stucco	0.0009	-	
<b>Exterior Air Film</b>			
Exterior Air Film	-	0.03	Roofs and walls wind 6.7 m/s (winter)