

**Maximum Average Pressure (PSI)
recommended by the
Sporting Arms and Ammunition Manufacturers' Institute.**

Handgun	PSI	Rifle	PSI
25 Auto	25,000	22 Hornet	No Standard
32 S&W Long	15,000	222 Remington	50,000
380 Auto	21,500	223 Remington	55,000
9mm Luger	35,000	22-250 Remington	65,000
9mm Luger +P	38,500	220 Swift	No Standard
38 S&W	14,500	223 WSSM	65,000
38 Auto	26,500	243 Winchester	60,000
38 Special	17,000	6mm Remington	65,000
38 Special +P	18,500	257 Roberts +P	58,000
38 Super Auto +P	36,500	25-06 Remington	63,000
357 Sig	40,000	260 Remington	60,000
357	35,000	6.5 x 55 Swede	45,000
357 Remington Max	40,000	264 Win Mag	64,000
40 S&W	35,000	270 WSM	65,000
10mm Auto	37,500	270 Winchester	65,000
41 Remington Mag	35,000	7 x 30 Waters	45,000
44 Special	15,500	7mm - 08 Rem	61,000
44 Remington Mag	36,000	284 Winchester	56,000
45 Auto	21,000	7mm Mauser	51,000
45 Auto + P	23,000	7mm WSM	65,000
45 Long Colt	14,000	280 Remington	60,000
454 Casull	65,000	7mm Rem Mag	61,000
480 Ruger	48,000	7mm Wby Mag	65,000
50 AE	36000	7mm STW	65,000
		7mm Rem Ultra Mag	65,000
		30 Carbine	40,000
		7.62 x 39	45,000
		30-30 Winchester	42,000
		303 British	49,000
		300 Savage	47,000
		308 Winchester	62,000
		300 Rem Short UM	65,000
		300 WSM	65,000
		30-06 Springfield	60,000
		300 H & H	No Standard
		300 Win Mag	64,000
		300 Wby Mag	65,000
		300 Rem Ultra Mag	65,000
		8mm Mauser	35,000
		8mm Rem Mag	65,000
		32 Win Special	42,000
		338 Win Mag	64,000
		338 Rem Ultra Mag	65,000
		338 Lapua	No Standard
		375 H & H	62,000
		375 Rem Ultra Mag	65,000
		416 Rem Mag	65,000
		444 Marlin	42,000
		45-70 Government	28,000