

Liquid - English	
8 ounces	1 cup
1 cup	½ pint
2 cups	1 pint
4 cups	1 quart
4 quarts	1 gallon

Length - English	
12 inches	1 foot
3 feet	1 yard
5208 feet	1 mile
1736 yards	1 mile

Weight - English	
16 ounces	1 pound
2000 pounds	1 ton

Liquid - Metric	
1000 milliliter	1 liter

Length - Metric	
10 millimeters	1 centimeter
100 centimeters	1 meter
1000 meters	1 kilometer

Weight - Metric	
1000 milligrams	1 gram
1000 grams	1 kilogram
1000 kilograms	1 metric ton

Liquid	
English	Metric
ounce (oz)	milliliter (ml)
cup (c)	milliliter
pint (pt)	liter (l)
quart (qt)	liter
gallon (gal)	liter

Length	
English	Metric
inches (in)	millimeter (mm)
inches	centimeter (cm)
feet (ft)	meter (m)
yard (yd)	meter
miles (m)	kilometer (km)

Weight	
English	Metric
ounce (oz)	milligram (mg)
ounce	gram (g)
pound (lb)	kilogram (kg)

Temperature	
English	Metric
Fahrenheit	Celsius

English / Metric Conversion - Quick Reference

1 inch	≈	25 millimeters
1 inch	≈	2.5 centimeters
1 foot	≈	35 centimeters
1 yard	≈	.9 meters
1 mile	≈	1.6 kilometers
1 ounce	≈	28 grams
1 pound	≈	.45 kilograms
1 fluid ounces	≈	30 milliliters
1 pint	≈	.47 liters
1 quart	≈	.95 liters
1 gallon	≈	3.8 liters

1 centimeter	≈	.393 inches
1 meter	≈	1.1 yard
1 kilometer	≈	.6 miles
1 gram	≈	.035 ounces
1 kilogram	≈	2.2 pounds
1 milliliter	≈	.034 fluid ounce
1 liter	≈	2.1 pints
1 liter	≈	1.06 quarts
1 liter	≈	.26 gallons
0° C	≈	32° F
100° C	≈	212° F

Approximate Conversions from Standard / US Customary Units to SI / Metric Units				
Symbol	When You Know	Multiply By	To Find	Symbol
LENGTH				
in	inches	25.4	millimeters	mm
in	inches	2.54	centimeters	cm
ft	feet	35	centimeters	cm
ft	feet	0.305	meters	m
yd	yards	0.914	meters	m
mi	miles	1.61	kilometers	km
VOLUME				
fl oz	fluid ounces	29.57	milliliters	mL
gal	gallons	3.785	liters	L
ft ³	cubic feet	0.028	cubic meters	m ³
yd ³	cubic yards	0.765	cubic meters	m ³
MASS				
oz	ounces	28.35	grams	g
lb	pounds	0.454	kilograms	kg
T	short tons (2000 lb)	0.907	megagrams (or "metric ton")	Mg (or "t")
TEMPERATURE				
°F	Fahrenheit	(F-32) x 5/9 or (F-32) / 1.8	Celsius	°C

Approximate Conversions from SI / Metric Units to Standard / US Customary Units				
Symbol	When You Know	Multiply By	To Find	Symbol
LENGTH				
mm	millimeters	0.039	inches	in
m	meters	3.28	feet	ft
m	meters	1.09	yards	yd
km	kilometers	0.621	miles	mi
VOLUME				
mL	milliliters	0.034	fluid ounces	fl oz
L	liters	0.264	gallons	gal
m ³	cubic meters	35.314	cubic feet	ft ³
m ³	cubic meters	1.307	cubic yards	yd ³
MASS				
g	grams	0.035	ounces	oz
kg	kilograms	2.202	pounds	lb
Mg (or "t")	megagrams (or "metric ton")	1.103	short tons (2000 lb)	T
TEMPERATURE				
°C	Celsius	1.8C + 32	Fahrenheit	°F