

Metric Conversion Reference

LENGTH & DISTANCE

Imperial	Metric
1 Inch (in)	25.4 Millimeters (mm)
1 Inch (in)	2.54 Centimeters (cm)
1 Foot (ft)	30.48 Centimeters (cm)
1 Yard (yd)	0.914 Meters (m)
1 Mile (mi)	1.609 Kilometers (km)

WEIGHT & MASS

Imperial	Metric
1 Ounce (oz)	28.35 Grams (g)
1 Pound (lb)	453.6 Grams (g)
1 Pound (lb)	0.453 Kilograms (kg)
1 US Ton	0.907 Metric Tons (t)
2.204 Pounds	1 Kilogram (kg)

VOLUME & LIQUID

Imperial	Metric
1 Teaspoon (tsp)	4.92 Milliliters (ml)
1 Tablespoon (tbsp)	14.78 Milliliters (ml)
1 Fluid Ounce (fl oz)	29.57 Milliliters (ml)
1 Cup (c)	236.59 Milliliters (ml)
1 Gallon (gal)	3.785 Liters (l)

TEMPERATURE

Celsius (C)

0C (Freezing)

20C (Room)

37C (Body)

100C (Boiling)

Fahrenheit (F)

32F

68F

98.6F

212F

Length: in $\tilde{\text{A}}$ — $2.54 = \text{cm}$

Weight: lb $\tilde{\text{A}}$ — $0.453 = \text{kg}$

Temp: (C $\tilde{\text{A}}$ — $9/5$) + 32 = F

Volume: gal $\tilde{\text{A}}$ — $3.785 = \text{L}$