

Summary of Approximate Conversion Factors Customary to Metric Conversion

To Convert	Into	Multiply By	Conversion Fact
Length			
inches (in)	centimetres (cm)	2.5	1 in = 2.5 cm
feet (ft)	centimetres (cm)	30	1 ft = 30 cm
yards (yd)	metres (m)	0.9	1 yd = 0.9 m
miles (mi)	kilometres (km)	1.6	1 mi = 1.6 km
Area			
square inches (in ²)	square centimetres (cm ²)	6.5	1 in ² = 6.5 cm ²
square feet (ft ²)	square metres (m ²)	0.09	1 ft ² = 0.09 m ²
square yards (yd ²)	square metres (m ²)	0.8	1 yd ² = 0.8 m ²
Mass (weight)			
ounces (oz)	grams (g)	28	1 oz = 28 g
pounds (lb)	kilograms (kg)	0.454	1 lb = 0.454 kg
pounds (lb)	grams (g)	454	1 lb = 454 g
Volume			
ounces (oz)	millilitres (ml)	30	1 oz = 28 ml
pints (pt)	litres (ℓ)	0.47	1 pt = 0.47 ℓ
quarts (qt)	litres (ℓ)	0.95	1 qt = 0.95 ℓ
gallons (gal)	litres (ℓ)	3.8	1 gal = 3.8 ℓ
cubic inches (in ³)	cubic centimetres (cm ³)	16.39	1 in ³ = 16.39 cm ³
cubic feet (ft ³)	cubic metres (m ³)	0.03	1 ft ³ = 0.03 m ³
cubic yards (yd ³)	cubic metres (m ³)	0.76	1 yd ³ = 0.76 m ³
Temperature			
Fahrenheit (F)	Celsius (C)	Use	$C = \frac{F - 32}{1.8}$ <p style="text-align: center;">or</p> $C = \frac{5}{9}(F - 32)$

Summary of Approximate Conversion Factors Metric to Customary Conversion

To Convert	Into	Multiply By	Conversion Fact
	Length		
millimetres (mm)	inches (in)	0.04	1 mm = 0.04 in
centimetres (cm)	inches (in)	0.4	1 cm = 0.4 in
metres (m)	feet (ft)	3.3	1 m = 3.3 ft
metres (m)	yards (yd)	1.1	1 m = 1.1 yd
kilometres (km)	miles (mi)	0.6	1 km = 0.6 mi
	Area		
square centimetres (cm ²)	square inches (in ²)	0.16	1 cm ² = 0.16 in ²
square metres (m ²)	square yards (yd ²)	1.2	1 m ² = 1.2 yd ²
	Mass (weight)		
grams (g)	ounces (oz)	0.035	1 g = 0.035 oz
kilograms (kg)	pounds (lb)	2.2	1 kg = 2.2 lb
	Volume		
millilitres (ml)	fluid ounces (oz)	0.03	1 ml = 0.03 oz
litres (ℓ)	pints (pt)	2.1	1 ℓ = 2.1 pt
litres (ℓ)	quarts (qt)	1.06	1 ℓ = 1.06 qt
litres (ℓ)	gallons (gal)	0.26	1 ℓ = 0.26 gal
cubic centimetres (cm ³)	cubic inches (in ³)	0.06	1 cm ³ = 0.06 in ³
cubic metres (m ³)	cubic feet (ft ³)	35	1 m ³ = 35 ft ³
cubic metres (m ³)	cubic yards (yd ³)	1.3	1 m ³ = 1.3 yd ³
	Temperature		
Celsius (C)	Fahrenheit (F)	Use	$F = 1.8C + 32$ <i>or</i> $F = \frac{9}{5}C + 32$

Summary of Approximate Conversion Equations

Household – Apothecary

- 1 drop = 1 minim
- 1 teaspoon = 1 fluidram
- 1 tablespoon = 4 fluidrams
- 1 glass = 8 fluidounces
- 1 teacup = 6 fluidounces

Metric – Apothecary

Liquid Volume

- 1 millilitre = 15 or 16 minims
- 4 millilitres = 1 fluidram
- 30 millilitres = 1 fluidounce
- 500 millilitres = 1 pint

Metric – Apothecary

Weight

- 1 gram = 15 grains
- 4 grams = 1 dram
- 30 grams = 1 ounce
- 60 milligrams = 1 grain

Household – Metric

- 1 drop = 0.06 millilitres
- 1 teaspoon = 5 millilitres
- 1 tablespoon = 15 millilitres
- 1 fluidounce = 30 millilitres
- 1 teacup = 180 millilitres
- 1 glass = 240 millilitres