

List of Unit Conversions

Type	Conversion
Time	1 minute = 60 seconds 1 day = 24 hours 1 week = 7 days 1 year = 12 months
Weight	1 kilogram = 2.2 pounds 1 pound = 16 ounces
Linear Measure	1 foot = 12 inches 1 yard = 3 feet 1 meter = 39.4 inches 1 inch = 2.5 or 2.54 centimeters
Liquid Measure	1 tablespoon = 3 teaspoons 1 cup = 8 ounces 1 pint = 2 cups 1 quart = 2 pints 1 gallon = 4 quarts
Approximate Equivalents	1 grain = 64 milligrams 1 teaspoon = 5 milliliters 1 tablespoon = 3 teaspoons fluid dram 1 = 4 milliliters fluid ounce 1 = fluid drams 8 fluid ounce 1 = 2 tablespoons fluid ounce 1 = 30 milliliters 1 cup = 250 milliliters 1 cup = fluid ounces 8 1 pint = 500 milliliters 1 pint = 2 cups 1 pint = fluid ounces 16 1 quart = fluid ounces 32 1 quart = 1 liter or 1000 milliliters 1 cubic centimeter = 1 milliliter 1 kilogram = 2.2 pounds fluid ounce 1 = 2 tablespoons
Other	1 mL = 1 cc 2.5 mL = 2.5 cc = 1/2 (half) teaspoon (tsp) 5 mL = 5 cc = 1 tsp 15 mL = 15 cc = 3 tsp = 1 tablespoon (tbl or Tbsp)

Type	Conversion
	30 mL = 30 cc = 2 Tbsp = 1 fluid ounce (oz)

Metric system:

Units	Values	Prefix
Kilo-	1,000	k
Hecto-	100	h
Deka-	10	da
Base	1	m for meter, g for gram, and L for liter
Deci	0.1	d
Centi-	0.01	c
Milli-	0.001	m
Micro-	0.000001	mc or μ

Temperature Conversion Formulas

To convert Celsius to Fahrenheit:

$$(^{\circ}\text{C} \times \frac{9}{5}) + 32 = ^{\circ}\text{F}$$

To convert Fahrenheit to Celsius:

$$(^{\circ}\text{F} - 32) \times \frac{5}{9} = ^{\circ}\text{C}$$