

American Linear Units		American to Metric Units				American Capacity						
12 inches (in)	1 foot (ft)	1 inch	2.540 centimeters	8 fluid ounces (fl oz)	1 cup							
3 feet	1 yard (yd)	1 foot	0.305 meters	16 fluid ounces	2 cups							
36 inches	1 yard	1 yard	0.914 meters	2 cups	1 pint (pt)							
63,360 inches	1 mile (mi)	1 mile	1.609 kilometers	16 fluid ounces	1 pint							
5,280 feet	1 mile	1 gallon	3.78 Liters	2 pints	1 quart (qt)							
1,760 yards	1 mile	1 quart	0.95 Liter	4 quarts	1 gallon							
		1 pound	0.45 kilogram	8 pints	1 gallon							
Weight and Mass		1 ounce	28.35 grams	32 fluid ounces	1 quart							
1 Ton (T)	2,000 pounds	1 fluid ounce	29.57 mL	8 fluid dram	1 fluid ounce							
1 pound (lb)	16 ounces (oz)	1 grain	60 milligrams (mg)	3 teaspoon (tsp)	1 tablespoon (tbsp)							
1 Ton	32,000 ounces	1 teaspoon (tsp)	5 mL	6 teaspoon	1 fluid ounce							
1 metric ton (t)	1000 kg	1 fluid dram	4 mL	2 tablespoon	1 fluid ounce							
60 grains	1 dram	1 tablespoon (tbsp)	15 mL	1 drop (gtt)	1 minim							
Converting American Units		1 pint (pt)	500 mL (approx)	60 drop	1 fluid dram							
Larger unit → smaller unit	<i>Multiply</i>	1 quart (qt)	1000 mL (approx)	60 drop	1 teaspoon							
smaller unit → Larger unit	<i>Divide</i>	1 pound (lb)	453.6 g	60 minims	1 fluid dram							
Metric Units												
mega (M)	*	*	kilo (k)	hector (h)	deka (da)	unit (m, g, L)	deci (d)	centi (c)	milli (m)	*	*	micro (mc) (u)
<p>When going from larger unit to smaller unit move decimal to the right </p> <p>When going from smaller unit to larger unit move decimal to the left </p>												
Time		Metric to American Units				Temperature Formulas						
1 day	24 hours	1 km	0.621 miles	$C = \frac{(F - 32)}{1.8}$ $F = 1.8 \cdot C + 32$								
1 hour (hr)	60 minutes (min)	1 meter	1.094 yards									
1 minute	60 seconds (sec)	1 meter	3.281 feet									
1 year (yr)	365.25 days	1 meter	39.370 inches									
1 week	7 days	1 cm	0.3937 inch	Medical Application (Micrograms)								
1 year	12 months (mon)	1 Liter	0.26 gallon	1,000,000 micrograms (mcg)	1 gram							
1440 minutes	1 day	1 Liter	1.06 quarts	1,000,000 micrograms	1,000 mg							
3600 seconds	1 hour	1 kg	2.20 lbs	1 mL = 1 cc = 1 cm ³								
		1 gram	0.035 oz	1 gram = 1 cm ³								
Stones		1 gram	15 grains	Nursing students 1fl oz = 30 mL								
1 carat (karat)	200 mg	1 milliliter (mL)	15 minims	Nursing students 1 in. = 2.5 cm								