



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)
When going from larger unit to smaller unit move decimal to the right 												
When going from smaller unit to larger unit move decimal to the left 												
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	<i>Nursing students 1fl oz = 30 mL</i>								
1 carat (karat)	200 mg	1 milliliter (mL)	15 minims	<i>Nursing students 1 in. = 2.5 cm</i>								