



CONVERSION BOOKLET

Metric Conversions – page 2

Metric and Standard Conversions - LENGTH – page 3

Metric and Standard Conversions - AREA – page 4

Metric and Standard Conversions - WEIGHT – page 5

Metric and Standard Conversions - LIQUID VOLUME – page 6



METRIC CONVERSION CHART



METRIC LENGTH CONVERSIONS					
1 centimeter	=	10 millimeters	1 cm	=	10 mm
1 decimeter	=	10 centimeters	1 dm	=	10 cm
1 meter	=	100 centimeters	1 m	=	100 cm
1 meter	=	10 decimeters	1 m	=	10 dm
1 kilometer	=	1000 meters	1 km	=	1000 m

METRIC AREA CONVERSIONS					
1 sq. centimeter	=	100 sq. millimeters	1 sq. cm	=	100 sq. mm
1 sq. meter	=	10,000 sq. centimeters	1 sq. m	=	10,000 sq. cm
1 hectare	=	10,000 sq. meters	1 ha	=	10,000 sq. m
1 sq. km	=	100 hectares	1 sq. km	=	100 ha
1 sq. km	=	1 million sq. meters	1 sq. km	=	1,000,000 sq. m

METRIC VOLUME CONVERSIONS					
1 cubic centimeter	=	1000 cubic millimeters	1 cu cm	=	1000 cu mm
1 cubic decimeter	=	1000 cubic centimeters	1 cu dm	=	1000 cu cm
1 cubic meter	=	1 million cubic centimeters	1 cu m	=	1,000,000 cu cm
1 cubic meter	=	1000 cubic decimeters	1 cu m	=	1000 cu dm

METRIC WEIGHT CONVERSIONS					
1 gram	=	1000 milligrams	1g	=	1000 mg
1 decagram	=	10 grams	1dag	=	10g
1 kilogram	=	1000 grams	1 kg	=	1000 g
1 tonne (1 megagram)	=	1000 kilograms	1 tonne (1 Mg)	=	1000 kg
1 gigagram	=	1000 megagrams	1 Gg	=	1000 Mg

METRIC LIQUID VOLUME (CAPACITY) CONVERSIONS					
1 centiliter	=	10 milliliters	1 cl	=	10 ml
1 deciliter	=	10 centiliters	1 dl	=	10cl
1 liter	=	1000 milliliters	1 l	=	1000 ml
1 liter	=	10 deciliters	1 l	=	10dl
1 kiloliter	=	1000 liters	1 kl	=	1000 l



MATH CONVERSION CHART – LENGTHS

METRIC CONVERSIONS

1 centimeter	=	10 millimeters	1 cm	=	10 mm
1 meter	=	100 centimeters	1 m	=	100 cm
1 kilometer	=	1000 meters	1 km	=	1000 m

STANDARD CONVERSIONS

1 foot	=	12 inches	1 ft	=	12 in
1 yard	=	3 feet	1 yd	=	3 ft
1 yard	=	36 inches	1 yd	=	36 in
1 mile	=	1760 yards	1 mi	=	1760 yd

METRIC -> STANDARD CONVERSIONS

1 millimeter	=	0.03937 inches	1 mm	=	0.03937 in
1 centimeter	=	0.39370 inches	1 cm	=	0.39370 in
1 meter	=	39.37008 inches	1 m	=	39.37008 in
1 meter	=	3.28084 feet	1 m	=	3.28084 ft
1 meter	=	1.09361 yards	1 m	=	1.09361 yd
1 kilometer	=	1093.6133 yards	1 km	=	1093.6133 yd
1 kilometer	=	0.62137 miles	1 km	=	0.62137 mi

STANDARD -> METRIC CONVERSIONS

1 inch	=	2.54 centimeters	1 in	=	2.54 cm
1 foot	=	30.48 centimeters	1 ft	=	30.48 cm
1 yard	=	91.44 centimeters	1 yd	=	91.44 cm
1 yard	=	0.9144 meters	1 yd	=	0.9144 m
1 mile	=	1609.344 meters	1 mi	=	1609.344 m
1 mile	=	1.609344 kilometers	1 mi	=	1.609344 km



MATH CONVERSION CHART – AREAS



METRIC CONVERSIONS			
1 sq centimeter	=	100 sq millimeters	1 sq cm = 100 sq mm
1 sq meter	=	10,000 sq centimeters	1 sq m = 10,000 sq cm
1 hectare	=	10,000 sq meters	1 ha = 10,000 sq m
1 sq kilometer	=	100 hectares	1 sq km = 100 ha
1 sq kilometer	=	1 million sq meters	1 sq km = 1,000,000 sq m

STANDARD CONVERSIONS			
1 sq foot	=	144 sq inches	1 sq ft = 144 sq in
1 sq yard	=	9 sq feet	1 sq yd = 9 sq ft
1 acre	=	4840 sq yards	1 acre = 4840 sq yd
1 acre	=	43,560 sq feet	1 acre = 43,560 sq ft
1 sq mile	=	640 acres	1 sq mi = 640 acres

METRIC -> STANDARD CONVERSIONS			
1 sq centimeter	=	0.15500 sq inches	1 sq cm = 0.15500 sq in
1 sq meter	=	10.76391 sq feet	1 sq m = 10.76391 sq ft
1 sq meter	=	1.19599 sq yards	1 sq m = 1.19599 sq yd
1 hectare	=	2.47105 acres	1 ha = 2.47105 acres
1 sq kilometer	=	0.386102 sq miles	1 sq km = 0.386102 sq mi

STANDARD -> METRIC CONVERSIONS			
1 sq inch	=	6.4516 sq centimeters	1 sq in = 6.4516 sq cm
1 sq foot	=	929.0304 sq centimeters	1 sq ft = 929.0304 sq cm
1 sq foot	=	0.09290 sq meters	1 sq ft = 0.09290 sq m
1 sq yard	=	0.83613 sq meters	1 sq yd = 0.83613 sq m
1 acre	=	0.40469 hectares	1 acre = 0.40469 ha
1 sq mile	=	258.99881 hectares	1 sq mi = 258.99881 ha
1 sq mile	=	2.589988 sq kilometers	1 sq mi = 2.589988 sq km



MATH CONVERSION CHART - WEIGHT (US)

METRIC CONVERSIONS					
1 gram	=	1000 milligrams	1g	=	1000 mg
1 kilogram	=	1000 grams	1 kg	=	1000 g
1 tonne (1 megagram)	=	1000 kilograms	1 tonne (1 Mg)	=	1000 kg

STANDARD CONVERSIONS					
1 ounce	=	16 drams	1 oz	=	16 dr
1 pound	=	16 ounces	1 lb	=	16 oz
1 hundredweight	=	100 pounds	1 cwt	=	100 lb
1 ton (short)	=	20 hundredweight	1 ton	=	20 cwt
1 ton (short)	=	2000 pounds	1 ton	=	2000 lb

METRIC -> STANDARD CONVERSIONS					
1 gram	=	0.035274 ounces	1 g	=	0.035274 oz
1 kilogram	=	2.20462 pounds	1 kg	=	2.20462 lb
1 kilogram	=	35.27396 ounces	1 kg	=	35.27396 oz
1 tonne	=	1.10231 ton, short	1 tonne	=	1.10231 ton, short

STANDARD -> METRIC CONVERSIONS					
1 ounce	=	28.34952 grams	1 oz	=	28.34952 g
1 pound	=	453.59237 grams	1 lb	=	453.59237 g
1 pound	=	0.45359 kilograms	1 lb	=	0.45359 kg
1 hundredweight	=	50.8023 kilograms	1 cwt	=	50.8023 kg
1 ton, short	=	0.90718 tonnes	1 ton, short	=	0.90718 tonnes



MATH CONVERSION CHART – LIQUID VOLUME (US)



Please note that these conversions work for US liquids only!

METRIC CONVERSIONS					
1 centiliter	=	10 milliliters	1 cl	=	10 ml
1 liter	=	1000 milliliters	1 l	=	1000 ml

STANDARD CONVERSIONS					
1 tablespoon	=	3 teaspoons	1 Tbsp	=	3 tsp
1 fluid ounce	=	2 tablespoons	1 fl oz	=	2 Tbsp
1 fluid ounce	=	8 drams	1 fl oz	=	8 drams
1 gill	=	4 fluid ounces	1 gi	=	4 fl oz
1 cup	=	8 fluid ounces	1 cup	=	8 fl oz
1 pint	=	2 cups	1 pt	=	2 cups
1 pint	=	16 fluid ounces	1 pt	=	16 fl oz
1 quart	=	2 pints	1 qt	=	2 pt
1 gallon	=	4 quarts	1 gal	=	4 qt
1 gallon	=	128 fluid ounces	1 gal	=	128 fl oz
1 gallon = 4 quarts = 8 pints = 16 cups = 128 fluid ounces					

METRIC -> STANDARD CONVERSIONS					
1 milliliter	=	0.033814 fluid ounces	1 ml	=	0.033814 fl oz
1 liter	=	33.814022 fluid ounces	1 l	=	33.814022 fl oz
1 liter	=	2.113376 pints	1 l	=	2.113376 pints

STANDARD -> METRIC CONVERSIONS					
1 fluid ounce	=	29.57353 milliliters	1 fl oz	=	29.57353 ml
1 pint	=	473.17648 milliliters	1 pt	=	473.17648 ml
1 pint	=	0.47318 liters	1 pt	=	0.47318 l
1 gallon, liquid	=	3.7854 liters	1 gallon	=	3.7854 l