

English to English

4 quarts (qt) = 1 gallon (gal)
1 qt = 2 pints (pt)
1 pt = 16 ounces (oz) or 2 cups
1 glass or 1 cup = 8 oz
1 oz = 2 Tbsp = 6 tsp

1 mile = 5280 ft. = 1760 yards

1 yard = 3 feet = 36 inches

Metric:

Prefix	Symbol	Multiple
Giga	G	1×10^9
Mega	M	1×10^6
kilo	k	1×10^3
hecto	h	1×10^2
deca	da	10
deci	d	1×10^{-1}
centi	c	1×10^{-2}
milli	m	1×10^{-3}
micro	μ	1×10^{-6}
nano	n	1×10^{-9}
pico	p	1×10^{-12}

Metric-English Equivalents

Physical Quantity	English Unit	Metric Equivalent *
Length	1 inch (in)	1 in = 2.54 cm
Mass	1 pound (lb)	1 lb = 454 g
Volume	1 quart (qt)	1 qt = 946 mL
Time	1 second (sec)	1 sec = 1.00 s

* When applying these metric equivalents, assume three significant digits.

Temperature Conversions:

$$^{\circ}\text{C} \times (180/100) + 32 = ^{\circ}\text{F}$$

$$(^{\circ}\text{F} - 32) \times (100/180) = ^{\circ}\text{C}$$

$$^{\circ}\text{C} + 273 = \text{K}$$