

Conversion Rates					
When you know		When you need		Multiply	
				By	
Length					
Inches (in., ")		Millimeters (mm)		25.4	
Feet (ft.,')		Centimeters (cm)		30	
Yards (yds)		Millimeters (mm)		0.9	
Millimeters (mm)		Inches (in., ")		0.04	
Centimeters (cm)		Inches (in., ")		0.4	
Meters (M)		Yards (yds)		1.1	
Kilometers (KM)		Miles (Mi)		0.06	
Mass					
Ounces (oz)		Grams (gms)		28.32	
Pounds (lbs, #)		Kilograms (Kg)		0.45	
Grams (gms)		Ounces (oz)		0.035	
Kilograms (Kg)		Pounds (lbs, #)		2.2	
Liquid					
Ounces (oz)		Milliliters (ml)		30	
Pints (pt)		Liters (L)		0.47	
Quarts (Qt)		Liters (L)		0.95	
Gallons (gal)		Liters (L)		3.8	
Milliliters (ml)		Ounces (oz)		0.034	
Liters (L)		Pints (Pt)		2.1	
Liters (L)		Quarts (Qt)		1.06	
Liters (L)		Gallons (gal)		0.26	