

Common Conversion Factors

	Length	Volume	Mass	Pressure	Energy
ENGLISH	12 inches = 1 foot	8 ounces = 1 cup	16 ounces = 1 pound		
	3 feet = 1 yard	32 ounces = 1 quart	2000 pounds = 1 ton	14.7 psi = 1 atm	
	1760 yards = 1 mile	2 cups = 1 pint			
	5280 feet = 1 mile	4 cups = 1 quart			
		2 pints = 1 quart			
		8 pints = 1 gal			
METRIC		4 quarts = 1 gallon			
	1 fm = 1E-15 meter	1 fL = 1E-15 liter	1 fg = 1E-15 gram		
	1 pm = 1E-12 meter	1 pL = 1E-12 liter	1 pg = 1E-12 gram	1 kPa = 1E3 Pa	
	1 nm = 1E-9 meter	1 nL = 1E-9 liter	1 ng = 1E-9 gram	101,325 Pa = 1 atm	
	1 μm = 1E-6 meter	1 μL = 1E-6 liter	1 μg = 1E-6 gram	101.325 kPa = 1 atm	
	1 mm = 1E-3 meter	1 mL = 1E-3 liter	1 mg = 1E-3 gram		
	1 cm = 1E-2 meter	1 cL = 1E-2 liter	1 cg = 1E-2 gram		
ENGLISH / METRIC CONVERSIONS	1 km = 1E3 meter	1 kL = 1E3 liter	1 kg = 1E3 gram		
		1 cm ³ = 1 mL			
			2.54 cm = 1 in		
			1.057 qt = 1 L		
			453.6 g = 1 lb		
CHEMISTRY	1 Å = 1E-10 meter		Density H ₂ O = 1 g/mL	1 mm Hg = 1 torr	1E3 cal = 1kcal
	6.022E23 amu = 1gram			760 torr = 1atm	1 cal = 4.184 J
	6.022E23 atoms = 1 mole			760 mm Hg = 1 atm	
	R = 0.08206 L-atm/mol-K				
	R = 8.314 J/mole-K				