

Metric and Imperial Units of Measurement

Distance, Mass and Volume

UNITS	CONVERSION
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Distance

Millimetres to Centimetres How many mm are in ONE cm?	<u>10</u> mm = 1 cm
Centimetres to Metres How many cm are in ONE m?	<u>100</u> cm = 1 m
Metres to Kilometres How many m are in ONE km?	<u>1000</u> m = 1 km
Inches to Feet How many inches are in ONE foot?	<u>12</u> in. = 1 ft.
Feet to Yards How many feet are in ONE yard?	<u>3</u> ft. = 1 yd.
Yards to Miles How many yards are in ONE mile?	<u>1760</u> yd. = 1 mile

Mass

Grams to Kilograms How many grams in ONE kilogram?	<u>1000</u> g = 1 kg
Ounces to Pounds How many ounces in ONE pound?	<u>16</u> oz. = 1 lb.

Volume

Millilitres to Litres How many mL in ONE litre?	<u>1000</u> mL = 1 L
Fluid Ounces to Gallons How many fl. oz. are in ONE gal?	<u>128</u> fl. oz. = 1 gal.

Converting From Metric Units to Imperial Units Distance, Mass and Volume

UNITS	Imperial to Metric	Metric to Imperial
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Distance

Centimetres and Inches	<u>0.39</u> inches = 1 cm	<u>2.54</u> cm = 1 inch
Metres and Feet	<u>3.28</u> ft = 1 m	<u>0.304</u> m = 1 ft.
Kilometres and Miles	<u>0.621</u> miles = 1 km *	<u>1.61</u> km = 1 mile

Mass

Grams and Ounces	<u>0.035</u> oz. = 1 g	<u>28.3</u> g = 1 oz.
Kilograms and Pounds	<u>2.2</u> lb = 1 kg *	<u>0.454</u> kg = 1 lb

Volume

Millilitres and Fluid Ounces	<u>0.0338</u> fl. oz. = 1 mL	<u>29.573</u> mL = 1 fl. oz.
Litres and Gallons	<u>0.264</u> gal. = 1 L	<u>3.785</u> L = 1 gal.