Unit Conversion Chart

Length, weight, capacity and time - with metric and common imperial units

Metric ladder: each step is 10 times the next one

kilo (k)	hecto (h)	deca (da)	**base unit**	deci (d)	centi (c)	milli (m)

Bigger to smaller unit: multiply by 10 for each step. Smaller to bigger unit: divide by 10 for each step.
Base units: metre (length), gram (weight), litre (capacity). Example: 3 km = 3 x 1,000 = 3,000 m.

Length

1 kilometre (km)	= 1,000 metres (m)
1 metre (m)	= 100 centimetres (cm)
1 metre (m)	= 1,000 millimetres (mm)
1 centimetre (cm)	= 10 millimetres (mm)
1 inch (in)	= 2.54 centimetres (cm)
1 foot (ft)	= 12 inches = 30.48 cm
1 yard (yd)	= 3 feet = 0.9144 m
1 mile (mi)	= 1.609 kilometres (km)

Weight (mass)

1 metric tonne (t)	= 1,000 kilograms (kg)
1 quintal	= 100 kilograms (kg)
1 kilogram (kg)	= 1,000 grams (g)
1 gram (g)	= 1,000 milligrams (mg)
1 pound (lb)	= 453.592 grams (g)
1 ounce (oz)	= 28.35 grams (g)
1 stone	= 6.35 kilograms (kg)

Capacity (volume)

1 kilolitre (kL)	= 1,000 litres (L)
1 litre (L)	= 1,000 millilitres (mL)
1 millilitre (mL)	= 0.001 litre (L)
1 gallon (US)	= 3.785 litres (L)
1 gallon (UK)	= 4.546 litres (L)
1 cup	= 240 millilitres (mL)

Time

1 minute (min)	= 60 seconds (s)
1 hour (h)	= 60 minutes = 3,600 s
1 day	= 24 hours
1 week	= 7 days
1 year	= 12 months = 365 days
1 leap year	= 366 days
1 decade	= 10 years
1 century	= 100 years