

measure of length	
1 metre (m)	10 decimetres (dm)
1 metre (m)	100 centimetres (cm)
1 metre (m)	1000 millimetres (mm)
1 kilometre	1000 metres (m)
12 inches (in)	1 foot (ft)
3 feet (ft)	1 yard (yd)
1760 yards (yd)	5280 feet (ft)
1 mile	1760 yards (yd)
approximate conversion factors are:	
1 inch (in)	2.54 centimetres (cm)
1 foot (ft)	30.48 centimetres (cm)
1 yard (yd)	0.91 metre (m)
1 mile	1.61 kilometres (km)

measure of mass or weight	
1 gram	1000 milligrams (mg)
1 kilogram	1000 grams (g)
1 tonne (t)	1000 kilograms (kg)
16 ounces (oz)	1 pound (lb)
14 pounds (lb)	1 stone (st)
112 pounds (lb)	1 hundredweight (cwt)
20 hundredweights (cwt)	2240 pounds (lb)
2240 pounds (lb)	1 ton
approximate conversion factors are:	
1 kilogram (kg)	2.205 pounds (lb)
1 pound (lb)	454 grams (g)

measure of capacity	
1 litre (l)	100 centilitres (cl)
1 litre (l)	100 cubic centimeters (cm ³)
1 litre (l)	1000 millilitres (ml)
20 fluid ounces (fl oz)	1 pint (pt)
8 pints (pt)	1 gallon (gal)
approximate conversion factors are:	
1 fluid ounce (fl oz)	28.41 millilitres (ml)
1 litre (l)	1.760 pints (pt)
1 gallon (gal)	4.546 litres (l)