

Measurement Conversion Cheat Sheet (US <-> Metric)

Length

1 inch = ~ 2.54 centimeters	Formula: x 2.54
1 foot = ~ 0.3048 meters	Formula: x 0.3048
1 mile = ~ 1.609 kilometers	Formula: x 1.609

Weight

1 pound = ~ 0.4536 kilograms	Formula: x 0.4536
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Volume

1 fluid ounce = ~ 29.57 milliliters	Formula: x 29.5735
1 pint = ~ 0.473 liters	Formula: x 0.473176
1 quart = ~ 0.946 liters	Formula: x 0.946353
1 gallon = ~ 3.785 liters	Formula: x 3.78541

Temperature

Fahrenheit to Celsius = $(F - 32) \times \frac{5}{9}$

Celsius to Fahrenheit = $(C \times \frac{9}{5}) + 32$