

# Useful Information

## Weight

Imperial	Metric
1 oz	28g
1 lb	450g

## Cup Measures

	US	AUS
1 cup sugar	225g	220g
1 cup flour	115g	125g
1 cup liquid	225ml	250ml

## Liquid Measures

1 teaspoon	5ml
1 dessertspoon	12ml
1 tablespoon	15ml
1 shot	25ml
1 small wine glass	12ml
1 large wineglass	250ml
1 fl oz	30ml
1 pint	568ml
1 glug	about 20ml

## Oven Temperatures

Celcius	Fahrenheit	Gas Mark
110 C	225 F	1/4
130 C	250 F	1/2
140 C	275 F	1
150 C	300 F	2
170 C	325 F	3
180 C	350 F	4
190 C	375 F	5
200 C	400 F	6
220 C	425 F	7
230 C	450 F	8

# Metric Conversion Tables



Red figures are equal to units of either of the columns beside them: e.g. 1cm = 0.394" and 1" = 2.540cm

Centimetres	Inches	Metres	Yards	Kilometres	Miles	Sq cm	Sq in	Sq m	Sq Yd					
2.540	1	0.394	0.914	1	1.094	1.609	1	0.621	6.452	1	0.155	0.836	1	1.196
5.080	2	0.787	1.829	2	2.187	3.219	2	1.243	12.903	2	0.310	1.672	2	2.392
7.620	3	1.181	2.743	3	3.281	4.828	3	1.864	19.355	3	0.465	2.508	3	3.588
10.160	4	1.575	3.658	4	4.374	6.437	4	2.485	25.806	4	0.620	3.345	4	4.784
12.700	5	1.969	4.572	5	5.468	8.047	5	3.107	32.258	5	0.775	4.181	5	5.980
15.240	6	2.362	5.486	6	6.562	9.656	6	3.728	38.710	6	0.930	5.017	6	7.176
17.780	7	2.756	6.401	7	7.655	11.265	7	4.350	45.161	7	1.085	5.853	7	8.372
20.320	8	3.150	7.315	8	8.749	12.875	8	4.971	51.613	8	1.240	6.689	8	9.568
22.860	9	3.543	8.230	9	9.843	14.484	9	5.592	58.064	9	1.395	7.525	9	10.764

Cubic cm	Cubic in	Cubic m	Cubic yd	Litres	Gallons	Kilograms	Pounds	Metric Tonnes	Tons (UK)					
16.387	1	0.061	0.765	1	1.308	4.546	1	0.220	0.454	1	2.205	1.016	1	0.984
32.774	2	0.122	1.529	2	2.616	9.092	2	0.440	0.907	2	4.409	2.032	2	1.968
49.161	3	0.183	2.294	3	3.924	13.638	3	0.660	1.361	3	6.614	3.048	3	2.953
65.548	4	0.244	3.058	4	5.232	18.184	4	0.880	1.814	4	8.818	4.064	4	3.937
81.936	5	0.305	3.823	5	6.540	22.730	5	1.100	2.268	5	11.023	5.080	5	4.921
98.323	6	0.366	4.587	6	7.848	27.277	6	1.320	2.722	6	13.228	6.096	6	5.905
114.710	7	0.427	5.352	7	9.156	31.823	7	1.540	3.175	7	15.432	7.112	7	6.889
131.097	8	0.488	6.116	8	10.464	36.369	8	1.760	3.629	8	17.637	8.128	8	7.874
147.484	9	0.549	6.881	9	11.772	40.915	9	1.980	4.082	9	19.842	9.144	9	8.858

## Conversion Factors

To convert to metric, multiply by the factor shown. To convert from metric, divide by the factor.



### Length

miles: kilometres	1.6093
yards: metres	0.9144
feet: metres	0.3048
inches: millimetres	25.4
inches: centimetres	2.54

### Volume

cubic yards: cubic metres	0.7646
cubic feet: cubic metres	0.0283
cubic inches: cubic centimetres	16.3871

### Velocity

miles per hour: kilometres per hour	1.6093
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### Area

square miles: square kilometres	2.59
square miles: hectares	258.999
acres: square metres	4046.86
acres: hectares	0.4047
square yards: square metres	0.8361
square feet: square metres	0.0929

square feet: square centimetres	929.03
square inches: square millimetres	645.16
square inches: square centimetres	6.4516

### Fuel consumption

gallons per mile: litres per kilometre	2.825
miles per gallon: kilometres per litre	0.354

### Mass

tons: kilograms	1016.05
tons: tonnes	1.10 60
hundredweights: kilograms	50.8023
pounds: kilograms	0.4536
ounces: grams	28.3495

### Capacity

gallons: cubic decimetres	4.5461
gallons: litres	4.546
US barrels: cubic metres (for petroleum)	0.159
pints: cubic decimetres	0.5683
pints: litres	0.568