

# Conversion Factors and Clothing Guide



## Metric Conversion Chart

Symbol	When You Know	Multiply By	To Find	Symbol
<b>Length</b>				
in.	inches	2.54	centimeters	cm
ft.	feet	30.48	centimeters	cm
yd.	yards	0.9	meters	m
mi.	miles	1.6	kilometers	km
cm	centimeters	0.4	inches	in.
m	meters	3.3	feet	ft.
m	meters	1.1	yards	yd.
km	kilometers	0.6	miles	mi.
<b>Area</b>				
ft <sup>2</sup>	square feet	0.09	square meters	m <sup>2</sup>
ft <sup>2</sup>	square feet	929.03	square centimeters	cm <sup>2</sup>
yd <sup>2</sup>	square yards	0.836	square meters	m <sup>2</sup>
mi <sup>2</sup>	square miles	2.6	square kilometers	km <sup>2</sup>
m <sup>2</sup>	square meters	1.2	square yards	yd <sup>2</sup>
km <sup>2</sup>	square kilometers	0.4	square miles	mi <sup>2</sup>
<b>Weight</b>				
oz.	ounces	28.3	grams	g
lb.	pounds	0.45	kilograms	kg
g	grams	0.035	ounces	oz.
kg	kilograms	2.2	pounds	lb.
<b>Volume</b>				
tsp.	teaspoons	4.93	milliliters	ml
tbsp.	tablespoons	14.79	milliliters	ml
fl. oz.	fluid ounces	28.4	milliliters	ml
c.	cups	0.24	liters	l
pt.	pints	0.47	liters	l
qt.	quarts	0.95	liters	l
gal.	gallons (U.S.)	3.8	liters	l
gal.	gallons (imp.)	4.5	liters	l
ml	milliliters	0.2	teaspoons	tsp.
ml	milliliters	0.03	fluid ounces	fl. oz.
l	liters	1.06	quarts	qt.
l	liters	0.26	gallons (U.S.)	gal (US)
l	liters	0.22	gallons (imp.)	gal (imp.)

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## Temperature

$^{\circ}\text{C} = (^{\circ}\text{F} - 32) \times 0.555$	Fahrenheit to Celsius conversion
$^{\circ}\text{F} = (^{\circ}\text{C} \times 1.8) + 32$	Celsius to Fahrenheit conversion
212 $^{\circ}\text{F}$ = 100 $^{\circ}\text{C}$	Water Boils
98.6 $^{\circ}\text{F}$ = 37.0 $^{\circ}\text{C}$	Normal Body Temperature
32 $^{\circ}\text{F}$ = 0 $^{\circ}\text{C}$	Water Freezes
68 $^{\circ}\text{F}$ = 20 $^{\circ}\text{C}$	Room Temperature

## Clothing Sizes

### Women (Dresses, blouses, skirts, trousers)

U.S.A.	6	8	10	12	14
U.K.	8	10	12	14	16
Europe	36	38	40	42	44
Japan		M	ML	L	

### Men (Shirts)

U.S.A. / U.K.	14	14	15	15½	16	16½	17	17
Europe / Japan	36	37	38	39/40	41	42	43	44

### Women's Shoes

U.S.A.	6	6½	7	7½	8	8½	9
U.K.	4½	5	5½	6	6½	7	7½
Europe	37½	38	38½	39½	40	40½	41

### Men's Shoes

U.S.A.	7	8	9	10	11	12	13
U.K.	6½	7½	8½	9½	10½	11½	12½
Europe	40	41½	43	44	45	46½	48

Equivalencies are approximate.  
 Sizes: The Illustrated Encyclopedia