

Metric Units

Length units to know

$$1 \text{ km} = 1,000 \text{ m}$$

$$1000 \text{ mm} = 1 \text{ m}$$

$$100 \text{ cm} = 1 \text{ m}$$

Mass units to know

$$1 \text{ kg} = 1,000 \text{ g}$$

$$1000 \text{ mg} = 1 \text{ g}$$

$$1000 \mu\text{g} = 1 \text{ mg}$$

Volume units to know

$$1000 \text{ mL} = 1 \text{ L}$$

$$1 \text{ mL} = 1 \text{ cm}^3 = 1 \text{ cc}$$

If you are familiar with the typical English units of inches, quarts and pounds, then ...

Converting Between English Units and Metric Units

Only three conversion factors need to be memorized:

- One for mass $1 \text{ lb.} = 454 \text{ g (0.454kg)}$
- One for length $1 \text{ in.} = 2.54 \text{ cm}$ or $55 \text{ mi} = 88 \text{ km}$
- One for volume $1 \text{ qt.} = 946 \text{ mL}$ or $1 \text{ L} = 1.06 \text{ qt.}$