



Technical Note #124

Metric to Standard Conversions

The tables below provide convenient conversion factors for changing standard measurements into metric and vice versa.

Table A: Metric to Standard

To Convert	Into	Multiply by
Millimeter	Feet	0.003281
Millimeter	Inches	0.03937
Centimeter	Feet	0.03281
Centimeter	Inches	0.3937
Meter	Feet	3.281
Meter	Inches	39.37
Milliliter	Gallon	0.0002642
Milliliter	Ounces	0.0338
Milliliter	Pint	0.002113
Milliliter	Quart	0.001057
Liter	Gallons	0.2642
Liter	Ounces	33.81
Liter	Pint	2.113
Liter	Quart	1.057
Milligram	Ounces	0.00003527
Milligram	Pound	0.000002205
Gram	Ounces	0.03527
Gram	Pounds	0.002205
Kilogram	Ounces	35.27
Kilogram	Pounds	2.205

Example 1

To convert 500 millimeters into feet, multiply 500 by 0.003281.

$$500 \text{ mm} \times 0.003281 \text{ ft/mm} = 1.6405 \text{ ft}$$

Table B: Standard to Metric

To Convert	Into	Multiply by
Feet	Meters	0.3048
Feet	Centimeters	30.48
Feet	Millimeters	304.8
Inches	Meters	0.0254
Inches	Centimeters	2.54
Inches	Millimeters	25.4
Yards	Meters	0.9144
Yards	Centimeters	91.44
Yards	Millimeters	914.4
Gallons	Liters	3.785
Gallons	Milliliters	3785
Quarts	Liters	0.9464
Quarts	Milliliters	946.4
Pint	Liters	0.4732
Pint	Milliliters	473.2
Ounce	Liter	0.02957
Ounce	Milliliter	29.57
Ounce	Gram	28.35
Ounce	Kilogram	0.0283
Pound	Grams	453.6
Pound	Kilogram	0.4536

Example 2

To convert 2 ounces into grams, multiply 2 by 28.35.

$$2 \text{ oz} \times 28.35 \text{ oz/g} = 56.70 \text{ g}$$