

CONVERSIONS

U.S. to METRIC

inches x 2.54 = centimeters
 feet x 0.3048 = meters
 yards x 0.914 = meters
 miles x 1.609 = kilometers
 mpg x 0.425 = km/ltr
 mph x 1.609 = km/hr
 °F to °C (F - 32) x .555

METRIC to U.S.

centimeters x 0.394 = inches
 meters x 3.28 = feet
 meters x 1.094 = yards
 kilometers x 0.621 = miles
 km/ltr x 2.352 = mpg
 km/hr x 0.621 = mph
 °C to °F (C x 1.8) + 32

ENGLISH LINEAR MEASUREMENTS

12 inches = 1 foot
 36 inches = 1 yard
 3 feet = 1 yard
 1,760 yards = 1 mile statute
 2,025.37 yards = 1 mile nautical
 5,280 feet = 1 mile statute
 6,076.12 feet = 1 mile nautical
 63,360 inches = 1 mile statute
 72,913.4 inches = 1 mile nautical

VOLUME EQUIVALENTS

LIQUID MEASURES

1 gal = 4 qt = 8 pt = 16 cups = 128 fl oz
 ½ gal = 2 qt = 4 pt = 8 cups = 64 fl oz
 ¼ gal = 1 qt = 2 pt = 4 cups = 32 fl oz
 ½ qt = 1 pt = 2 cups = 16 fl oz
 ¼ qt = ½ pt = 1 cup = 8 fl oz

DRY MEASURES

1 cup = 16 Tbsp = 48 tsp = 250ml
 ¾ cup = 12 Tbsp = 36 tsp = 175ml
 1½ cup = 10 ⅔ Tbsp = 32 tsp = 150ml
 ½ cup = 8 Tbsp = 24 tsp = 125ml
 ⅓ cup = 5 ⅓ Tbsp = 16 tsp = 75ml
 ¼ cup = 4 Tbsp = 12 tsp = 50ml
 ⅕ cup = 2 Tbsp = 6 tsp = 30ml
 1 Tbsp = 3 tsp = 15ml

U.S.

METRIC

¼ tsp 1.25 ml
 ½ tsp 2.5 ml
 1 tsp 5 ml
 1 Tbl 15 ml
 ¼ cup 50 ml
 ½ cup 75 ml
 ⅓ cup 125 ml
 ⅔ cup 150 ml
 ¾ cup 175 ml
 1 cup 250 ml
 1 quart 1 liter

QUICK GUIDE

1 fl oz = 30 ml
 1 oz = 28.35 g
 1 lb = 16 oz (454 g)
 1 kg = 2.2 lb
 1 quart = 2 pints

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Critical Information

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December 2025/January 2026

JAN

29 Mon

30 Tues

31 Wed

1 Thur

JANUARY 2026

2 Fri

3 Sat

4 Sun

JAN

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