

# CONVERSION & FORMULAS

## VOLUME

---

1 Fluid Ounce	= 29.57 Cubic Centimeters
1 Gallon	= 3785 Cubic Centimeters
1 Gallon	= 3.785 Liters
1 Gallon	= 128 Fluid Ounces
1 Gallon	= 4 Quarts
1 Gallon	= 8 Pints
1 Gallon	= 16 Cups
1 Gallon	= 231 Cubic Inches
1 Gallon	= 0.134 Cubic Feet
1 Liter	= 0.264 Gallons
1 Liter	= 1.06 Quarts
1 Liter	= 1000 Milliliters
1 Cubic Foot	= 1728 Cubic Inches
1 Cubic Foot	= 7.48 Gallons
1 Cubic Inch	= 16.387 Cubic Centimeters
1 Cubic Centimeter	= 1 Milliliter
1 Milliliter	= 1000 Microliters
1 Microliter	= 1000 Nanoliters

## WEIGHT

---

1 Kilogram	= 1000 Grams
1 Kilogram	= 2.2 Pounds
1 Pound	= 16 Ounces
1 Pound	= 453.6 Grams
1 Pound	= 7000 Grains
1 Microliter	= 28.35 Grams

## LENGTH

---

1 Centimeter	= 10 Millimeters
1 Inch	= 2.54 Centimeters
1 Inch	= 1000 Mils
1 Foot	= 30.48 Centimeters
1 Yard	= 91.44 Centimeters
1 Mile	= 5280 Feet