Conversion Rules

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| **Larger Measure** **to** **Smaller Measure** | **Smaller Unit of Measure** **to** **Larger Unit of Measure** |
| Capacity/Volume Customary Units |
| Cups to OuncesX by 8 | Ounces to Cups÷ by 8 |
| Pints to CupsX by 2 | Cups to Pints÷ by 2 |
| Quarts to PintsX by 2 | Pints to Quarts÷ by 2 |
| Gallons to QuartsX by 4 | Quarts to Gallons÷ by 4 |
| Capacity/Volume Metric Units |
| Liters to MillilitersX by 1000 | Milliliters to Liters And ÷ by 1000 |
| Weight (Customary Units) |
| Pounds to OuncesX by 16 | Ounces to Pounds÷ by 16 |
| Tons to Pounds X by 2000 | Pounds to Tons÷ by 2000 |
| Mass (Metric Units) |
| Kilograms to GramsX by 1000 | Grams to Kilograms÷ by 1000 |
| Grams to MilligramsX by 1000 | Milligrams to Grams÷ by 1000 |

Conversion Tables

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| Customary Units Table | Metric Units Table |
| **Length**1 ft = 12 in1 yd = 3 ft = 36 in1 mile = 1,760 yd = 5,280 ft **Weight**1 lb = 16 ounces1 ton = 2,000 lbs**Volume/Capacity**1 gal = 4 qt = 8 pt = 16 c = 128 fl oz1 qt = 2 pt1 pt = 2 cups1 cup = 8 fluid oz | **Length**1 cm = 10 mm1 m = 100 cm = 1,000 mm1 km = 1,000 m**Mass**1 L = 1,000 mL**Mass**1 kg = 1,000 g1 g = 1,000 mg |