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 Ounces  X by 8 | Ounces to Cups  ÷ by 8 |
| Pints to Cups  X by 2 | Cups to Pints  ÷ by 2 |
| Quarts to Pints  X by 2 | Pints to Quarts  ÷ by 2 |
| Gallons to Quarts  X by 4 | Quarts to Gallons  ÷ by 4 |
| Capacity/Volume Metric Units | |
| Liters to Milliliters  X by 1000 | Milliliters to Liters  And ÷ by 1000 |
| Weight (Customary Units) | |
| Pounds to Ounces  X by 16 | Ounces to Pounds  ÷ by 16 |
| Tons to Pounds  X by 2000 | Pounds to Tons  ÷ by 2000 |
| Mass (Metric Units) | |
| Kilograms to Grams  X by 1000 | Grams to Kilograms  ÷ by 1000 |
| Grams to Milligrams  X by 1000 | Milligrams to Grams  ÷ by 1000 |

Conversion Tables

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