

## Conversion Tables

### Equivalences of weight

UNIT	SYMBOL	EQUIVALENT	SYMBOL
1 kilogram	kg	1000 grams	g
1 gram	g	1000 milligrams	mg
1 milligram	mg	1000 micrograms	mcg
1 kilogram	kg	2.2 pounds	lbs

### Equivalences of volume

UNIT	SYMBOL	EQUIVALENT	SYMBOL
1 litre	L or l	1000 millilitres	mL or ml

### Equivalences of measurement

UNIT	SYMBOL	EQUIVALENT	SYMBOL
1 inch	in	2.54 centimeters	cm
1 centimeter	cm	10 millimeters	mm
1 meter	m	100 centimeters	cm
37° Celsius	C	98.6° Fahrenheit	F