

quick reference cards



CHILDREN'S SIZES US/EUROPEAN

2	92
3	98
4	104
5	110
6	116
7	122
8	128
9	134
10	140
11	146
12	152
13	158
14	164
15	170
16	176

MEN'S SIZES US/EUROPEAN

PANTS

30	46
32	48
34	50
36	52
38	54
40	56

SHIRTS

14	36
15	38
16	41
17	43

WOMEN'S SIZES US/EUROPEAN

Dresses / Pants

4	34
6	36
8	38
10	40
12	42
14	44
16	46
18	48

Sizes

INFANT SIZES US/EUROPEAN

Newborn	56
3months	62
6months	68
9months	74
12months	80
18months	86

WOMEN'S SHOES US/EUROPEAN

5	35
6	36
7	37
8	38
9	40

MEN'S SHOES US/EUROPEAN

8	41
9	42
10	43
11	44
12	45

CHILDREN'S SHOES US/EUROPEAN

7 - 7 1/2	24
8	25
8 1/2	26
9 - 9 1/2	27
10 - 10 1/2	28
11 - 11 1/2	29
12 - 12 1/2	30
13 - 13 1/2	31
1 - 1 1/2	32
2 - 2 1/2	33
3 - 3 1/2	34

OVEN TEMPERATURE

Fahrenheit	225	250	275	300	325	350	375	400	450	475
Celsius	110	120	140	150	165	180	190	200	230	240



Temperature

°Celsius:	-15	-12	-9	-6	-4	-1	0	2	5	8	10	13	16	19	21	24	27	30	32	35	37	38	41	44
°Fahrenheit:	5	10	16	24	25	30	32	36	41	46	50	55	61	66	70	75	81	86	90	95	99	100	106	111

Length/Weight/Volume

LENGTH

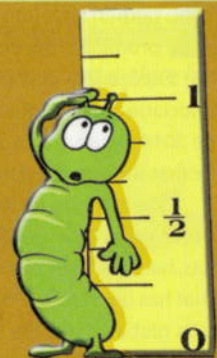
Inches x 2.54 = Centimeters
Feet x 30.48 = Centimeters
Yards x 0.9 = Meters
Miles x 1.6 = Kilometers

MASS (WEIGHT)

Ounces x 28.0 = Grams
Pounds x 0.45 = Kilograms

VOLUME

Teaspoons x 5.0 = Milliliters
Tablespoons x 15.0 = Milliliters
Fluid Ounces x 30.0 = Milliliters
Cups x 0.24 = Liters
Pints x 0.47 = Liters
Quarts x 0.95 = Liters
Gallons x 3.8 = Liters



Time reference

7PM 19:00 Hawaii	8PM 20:00 Alaska	9PM 21:00 California	11PM 23:00 Chicago	12AM 00:00 New York	5AM 05:00 United Kingdom
6AM 06:00 Germany	7AM 07:00 Turkey	9AM 09:00 Iran	1PM 13:00 Korea	2PM 14:00 Japan	5PM 17:00 New Zealand