For CHEM 109

Conversions I expect you to know. (U.S. measurements)

1 foot = 12 inches  60 s = 1 min  4 cups = 1 quart  16 ounces = 1 pound
3 ft = 1 yard  60 min = 1 hr  4 quarts = 1 gallon  2000 lb = 1 ton (US)
5280 ft = 1 mile  24 hr = 1 day
365.24 days = 1 year

Metric Conversions I expect you to know
(For the first six, grams, g, could be replaced with liters, L, meters, m, or seconds, s)

1 x 10⁹ ng = 1 g  1 x 10² cg = 1 g
1 x 10⁶ µg = 1 g  1 x 10¹ dg = 1 g
1 x 10³ mg = 1 g  1 kg = 1 x 10³ g

1 mL = 1 cm³ = 1 cc

One I hope you will learn.
2.54 cm = 1 inch