USA travellers guide to metric
This guide uses international spelling.

Walking
Most people walk at about 100 metres per minute. This means that you can walk 1 kilometre in 10 minutes or 6 kilometres per hour (km/h).

Bush walking
Although your normal walking pace on a good path is about 100 m/min or 6 km/h you won’t be able to keep this pace up in rough conditions. Calculate approximate distances you can walk in the bush as:
- 4 km/h or 30 km/day without a pack.
- 3 km/h in hilly country without a pack. That's 20 minutes per kilometre but add an extra 10 minutes for each 100 m rise in altitude.
- 2 km/h or 15 km/day with a pack of 25 % of your body mass

Pacing
One metre is a long stretched pace for a tall person, or two short paces for a small person.

Driving
In towns speed limits are usually 50 kilometres per hour (50 km/h) and usually 100 km/h outside towns and cities. When driving on highways allow about an hour for each 100 kilometres you travel.

A mid-size car uses about 10 litres of fuel for each 100 kilometres travelled. A very small car might use 6 litres of fuel for each 100 km.

Your body
Approximations for men (a little smaller for women)
- 10 mm = the width of your smallest fingernail (for women this might be a different fingernail).
- 100 mm = width of a man's palm. Women's palms vary from about 75 mm to about 95 mm. If you have a small hand include the width of your thumb.
- 1000 mm = 1 metre (m) = the length of your leg from your heel to your hip (shorter and more variable for women).
- 1.75 metres = average height for men.
- 1.65 metres = average height for women.

For clothing, chest — waist — hips measure:
- about 100 cm — 90 cm — 90 cm for men, and
- about 95 cm – 60 cm – 90 cm for women.

Your hand span from thumb-tip to little fingertip is about 250 mm for men and 200 mm for women.

Rooms
Doors are usually 2 metres high and 800 mm wide. Ceilings are about 2.5 metres high. Benches and sinks are designed to be 900 mm high.

A small bedroom might be 3 m by 4 m or 12 square metres (m²). A living room might be about 5 m by 6 m or 30 m².

Mass
1 gram (g) is about the mass of a large thumbtack.
A USA nickel is 5 g and a euro has a mass of 7.5 g.
1 kilogram (kg) is about the mass of ten medium peaches or 10 medium apples. One litre of water or soft drink has a mass of 1 kg.

Low-fare airlines usually limit luggage to 20 kg.

Women, on average, have a body mass of about 70 kg, ranging from about 50 kg to about 105 kg.

Men, on average, have a body mass of about 85 kg, ranging from about 65 kg to about 115 kg.

Babies
An average baby mass is about 3.5 kg; small babies are about 2.5 kg; and big babies are about 4.5 kg.

Volume and capacity
5 millilitres (mL) = one teaspoon
15 mL = 1 Tablespoon (Australian TS = 20 mL)
250 mL = 1 cup
1 litre (L) = 4 cups
100 L = capacity of a bar refrigerator
200 L = capacity of a standard oil drum
400 L = capacity of a kitchen refrigerator
1 cubic metre (m³) is 1 metre x 1 metre x 1 metre

Temperature in degrees Celsius (°C)
Pure water: Freezing 0°C  Boiling 100°C

Normal human internal body temperature = 37°C. If it gets to 39 °C you have a fever. If it gets to 40 °C seek medical advice.

degrees Celsius (°C)
Zero is freezing, 10 is not, 20 is pleasing, 30 is hot, 40 frying, 50 dying.

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