



Travel Cheat Sheet

Essential conversions for stress-free travel — keep this in your bag!



Luggage Weight

1 kg **2.20 lb**

1 lb **0.45 kg**

Common limit **20 kg = 44 lb**

Weigh your bag at home to avoid airport surprises.



Clothing Sizes (Women)

US 6 **UK 10 · EU 36**

US 8 **UK 12 · EU 38**

US 10 **UK 14 · EU 40**

US 12 **UK 16 · EU 42**

US 14 **UK 18 · EU 44**

Always check the brand's size chart — sizes vary!



Temperature

°C to °F **$(^{\circ}\text{C} \times 1.8) + 32$**

°F to °C **$(^{\circ}\text{F} - 32) \div 1.8$**

Comfortable **20°C = 68°F**

Cold **0°C = 32°F**

Hot **30°C = 86°F**

Pack layers for 20°C (68°F) — perfect sightseeing weather!



Distance & Steps

1 km **0.62 mi**

1 mi **1.61 km**

1 mi **≈ 2,000 steps**

1 km **≈ 1,250 steps**

Daily goal **10,000 steps = 5 mi**

5 km ≈ 3.1 mi — a great walking goal in a new city!



Volume & Hydration

1 L	4.23 cups
1 cup	240 ml
1 L	33.8 fl oz
 Daily water goal	2 L ≈ 8 cups

 Carry a reusable bottle and refill often!

Weight (Food & Shopping)

1 kg	2.20 lb
1 lb	0.45 kg
1 oz	28.35 g
100 g	3.5 oz

 100 g of chicken ≈ 3.5 oz — perfect for portion tracking.



Quick Reference

1 inch = 2.54 cm	1 foot = 30.48 cm	1 yard = 0.91 m
1 gallon = 3.78 L	1 quart = 0.95 L	1 tablespoon = 15 ml
1 teaspoon = 5 ml	1 fluid oz = 29.57 ml	

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Travel Cheat Sheet — Keep this handy for stress-free adventures!

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