Unit Conversions to know:

 $\begin{array}{ll} 1 \; \text{foot} = 12 \; \text{inches} & 1 \; \text{centimeter} = 10 \; \text{millimeters} \\ 1 \; \text{yard} = 3 \; \text{feet} & 1 \; \text{meter} = 100 \; \text{centimeters} \\ 1 \; \text{mile} = 5,280 \; \text{feet} & 1 \; \text{kilometer} = 1000 \; \text{meters} \end{array}$

(and the equivalent metric conversions for 1 inch = 2.54 centimeters any base unit, such as gram, liter, etc)

1 gallon = 4 quarts
1 quart = 2 pints
1 minute = 60 seconds
1 pint = 2 cups
1 hour = 60 minutes
1 minute = 60 seconds
1 day = 24 hours

1 pound = 16 ounces

Formulas to know for the final:

Area and perimeter of the following:

Square
Rectangle
Triangle
Circle
Trapezoid
Parallelogram

Volume and surface area of the following:

Rectangular Prism Triangular Prism Trapezoidal Prism Square Pyramid Triangular Pyramid

The following formulas will be provided, if needed:

Volume, surface area of a sphere Volume, surface area of a cylinder Volume of a cone