



Atlas International Mail

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Metric Conversion Chart

To Convert	Into	Multiply By
Inches	Millimeters	25.4
Millimeters	Inches	0.394
Ounces	Grams	28.35
	Pounds	0.0625
	Kilograms	0.029
Pounds	Grams	453.59
	Ounces	16
	Kilograms	0.454
Grams	Ounces	0.035
	Pounds	0.002
	Kilograms	0.001
Kilograms	Grams	1000
	Ounces	35.274
	Pounds	2.205

Canada Post's size and weight requirements are all in metric. Please contact Atlas International Mail for a free consultation on mailing to Canada and a price quote based on your Canadian mailing specifications.

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1-800-852-0889