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# Kilograms to Pounds Conversion Chart

Body weight, luggage and kitchen weights in pounds and ounces

For: Fitness, travel, shipping and cooking

**allunitconversions.com/kg-to-lb-conversion-chart**
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| EXACT DEFINITION | FORMULA | REVERSE | WORKED EXAMPLE |
|---|---|---|---|
| 1 lb = 0.453 592 37 kg exactly, so 1 kg = 2.204 62 lb | lb = kg ÷ 0.453 592 37 | kg = lb × 0.453 592 37 | 23 kg ÷ 0.45359237 = 50.71 lb (a typical checked-bag limit) |

Pounds are rounded to 2 decimal places; ounces to 0.1 oz.

## 1 to 100 kg

| Kilograms (kg) | Pounds (lb) | Kilograms (kg) | Pounds (lb) | Kilograms (kg) | Pounds (lb) | Kilograms (kg) | Pounds (lb) |
|---|---|---|---|---|---|---|---|
| **1** | 2.20 | **26** | 57.32 | **51** | 112.44 | **76** | 167.55 |
| **2** | 4.41 | **27** | 59.52 | **52** | 114.64 | **77** | 169.76 |
| **3** | 6.61 | **28** | 61.73 | **53** | 116.84 | **78** | 171.96 |
| **4** | 8.82 | **29** | 63.93 | **54** | 119.05 | **79** | 174.17 |
| **5** | 11.02 | **30** | 66.14 | **55** | 121.25 | **80** | 176.37 |
| **6** | 13.23 | **31** | 68.34 | **56** | 123.46 | **81** | 178.57 |
| **7** | 15.43 | **32** | 70.55 | **57** | 125.66 | **82** | 180.78 |
| **8** | 17.64 | **33** | 72.75 | **58** | 127.87 | **83** | 182.98 |
| **9** | 19.84 | **34** | 74.96 | **59** | 130.07 | **84** | 185.19 |
| **10** | 22.05 | **35** | 77.16 | **60** | 132.28 | **85** | 187.39 |
| **11** | 24.25 | **36** | 79.37 | **61** | 134.48 | **86** | 189.60 |
| **12** | 26.46 | **37** | 81.57 | **62** | 136.69 | **87** | 191.80 |
| **13** | 28.66 | **38** | 83.78 | **63** | 138.89 | **88** | 194.01 |
| **14** | 30.86 | **39** | 85.98 | **64** | 141.10 | **89** | 196.21 |
| **15** | 33.07 | **40** | 88.18 | **65** | 143.30 | **90** | 198.42 |
| **16** | 35.27 | **41** | 90.39 | **66** | 145.51 | **91** | 200.62 |
| **17** | 37.48 | **42** | 92.59 | **67** | 147.71 | **92** | 202.83 |
| **18** | 39.68 | **43** | 94.80 | **68** | 149.91 | **93** | 205.03 |
| **19** | 41.89 | **44** | 97.00 | **69** | 152.12 | **94** | 207.23 |
| **20** | 44.09 | **45** | 99.21 | **70** | 154.32 | **95** | 209.44 |
| **21** | 46.30 | **46** | 101.41 | **71** | 156.53 | **96** | 211.64 |
| **22** | 48.50 | **47** | 103.62 | **72** | 158.73 | **97** | 213.85 |
| **23** | 50.71 | **48** | 105.82 | **73** | 160.94 | **98** | 216.05 |
| **24** | 52.91 | **49** | 108.03 | **74** | 163.14 | **99** | 218.26 |
| **25** | 55.12 | **50** | 110.23 | **75** | 165.35 | **100** | 220.46 |

## 105 to 300 kg

| Kilograms (kg) | Pounds (lb) | Kilograms (kg) | Pounds (lb) | Kilograms (kg) | Pounds (lb) | Kilograms (kg) | Pounds (lb) |
|---|---|---|---|---|---|---|---|
| **105** | 231.5 | **155** | 341.7 | **205** | 451.9 | **255** | 562.2 |
| **110** | 242.5 | **160** | 352.7 | **210** | 463.0 | **260** | 573.2 |
| **115** | 253.5 | **165** | 363.8 | **215** | 474.0 | **265** | 584.2 |
| **120** | 264.6 | **170** | 374.8 | **220** | 485.0 | **270** | 595.2 |
| **125** | 275.6 | **175** | 385.8 | **225** | 496.0 | **275** | 606.3 |

| Kilograms (kg) | Pounds (lb) | Kilograms (kg) | Pounds (lb) | Kilograms (kg) | Pounds (lb) | Kilograms (kg) | Pounds (lb) |
|---|---|---|---|---|---|---|---|
| **130** | 286.6 | **180** | 396.8 | **230** | 507.1 | **280** | 617.3 |
| **135** | 297.6 | **185** | 407.9 | **235** | 518.1 | **285** | 628.3 |
| **140** | 308.6 | **190** | 418.9 | **240** | 529.1 | **290** | 639.3 |
| **145** | 319.7 | **195** | 429.9 | **245** | 540.1 | **295** | 650.4 |
| **150** | 330.7 | **200** | 440.9 | **250** | 551.2 | **300** | 661.4 |

## Kitchen and parcels: 0.1 to 2 kg in pounds and ounces

| Kilograms (kg) | Pounds (lb) | lb + oz | Kilograms (kg) | Pounds (lb) | lb + oz |
|---|---|---|---|---|---|
| **0.1** | 0.220 | 3.5 oz | **1.1** | 2.425 | 2 lb 6.8 oz |
| **0.2** | 0.441 | 7.1 oz | **1.2** | 2.646 | 2 lb 10.3 oz |
| **0.3** | 0.661 | 10.6 oz | **1.3** | 2.866 | 2 lb 13.9 oz |
| **0.4** | 0.882 | 14.1 oz | **1.4** | 3.086 | 3 lb 1.4 oz |
| **0.5** | 1.102 | 1 lb 1.6 oz | **1.5** | 3.307 | 3 lb 4.9 oz |
| **0.6** | 1.323 | 1 lb 5.2 oz | **1.6** | 3.527 | 3 lb 8.4 oz |
| **0.7** | 1.543 | 1 lb 8.7 oz | **1.7** | 3.748 | 3 lb 12.0 oz |
| **0.8** | 1.764 | 1 lb 12.2 oz | **1.8** | 3.968 | 3 lb 15.5 oz |
| **0.9** | 1.984 | 1 lb 15.7 oz | **1.9** | 4.189 | 4 lb 3.0 oz |
| **1.0** | 2.205 | 2 lb 3.3 oz | **2.0** | 4.409 | 4 lb 6.5 oz |

## Sources and method

- **International Yard and Pound Agreement (1959)** — 1 in = 25.4 mm, 1 ft = 0.3048 m, 1 lb = 0.453 592 37 kg exactly
- **NIST Special Publication 811** — Guide for the Use of the International System of Units (www.nist.gov/pml/special-publication-811)

Conversion values on this sheet are generated by the AllUnitConversions conversion library and automatically checked against the exact definitions above before the PDF is produced; reference tables are taken from the sources listed. Interactive version, corrections and more charts: **allunitconversions.com/kg-to-lb-conversion-chart**