|  | | | | | | | | | | | | | |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Table of specific heat capacities** at 25 °C (298 K)  **Substance** | | [**Phase**](http://en.wikipedia.org/wiki/Phase_(matter)) | | **specific heat capacity *cm* J/kg·K** | | | | |  |  |  | |  |
|  | |  | |  | | | | |  |  |  | |  |
| [Air](http://en.wikipedia.org/wiki/Earth%27s_atmosphere) (Sea level, dry, 0 °C (273.15 K)) | gas | | 1003.5 | |  |  |  |  | | | |
| Air (typical room conditionsA) | gas | | 1012. | |  |  |  |  | | | |
| [Aluminium](http://en.wikipedia.org/wiki/Aluminium) | solid | | 897. | |  |  |  |  | | | |
| [Ammonia](http://en.wikipedia.org/wiki/Ammonia) | liquid | | 4700. | |  |  |  |  | | | |
| [Copper](http://en.wikipedia.org/wiki/Copper) | solid | | 385 | |  |  |  |  | | | |
| [Diamond](http://en.wikipedia.org/wiki/Diamond) | solid | | 509.1 | |  |  |  |  | | | |
| [Ethanol](http://en.wikipedia.org/wiki/Ethanol) | liquid | | 2440 | |  |  |  |  | | | |
| [Glass](http://en.wikipedia.org/wiki/Glass)[[22]](http://en.wikipedia.org/wiki/Specific_heat_capacity#cite_note-hypph-23) | solid | | 840 | |  |  |  |  | | | |
| [Gold](http://en.wikipedia.org/wiki/Gold) | solid | | 129 | |  |  |  |  | | | |
| [Graphite](http://en.wikipedia.org/wiki/Graphite) | solid | | 710 | |  |  |  |  | | | |
|  |  | |  | |  |  |  |  | | | |
|  |  | |  | |  |  |  |  | | | |
| [Iron](http://en.wikipedia.org/wiki/Iron) | solid | | 450 | |  |  |  |  | | | |
| [**Lead**](http://en.wikipedia.org/wiki/Lead) | solid | | 129 | |  |  |  |  | | | |
| [Mercury](http://en.wikipedia.org/wiki/Mercury_(element)) | liquid | | 139.5 | |  |  |  |  | | | |
| [Methanol](http://en.wikipedia.org/wiki/Methanol) (298 K) | liquid | | 2140 | |  |  |  |  | | | |
| [Silver](http://en.wikipedia.org/wiki/Silver)[[22]](http://en.wikipedia.org/wiki/Specific_heat_capacity#cite_note-hypph-23) | solid | | 233 | |  |  |  |  | | | |
| [Sodium](http://en.wikipedia.org/wiki/Sodium) | solid | | 1230 | |  |  |  |  | | | |
| [Steel](http://en.wikipedia.org/wiki/Steel) | solid | | 466 | |  |  |  |  | | | |
| [Water](http://en.wikipedia.org/wiki/Water_(molecule)) at 100 °C (steam) | gas | | **2080** | |  |  |  |  | | | |
| [Water](http://en.wikipedia.org/wiki/Water_(molecule)) at 25 °C | liquid | | **4181.3** | |  |  |  |  | | | |
| [Water](http://en.wikipedia.org/wiki/Water_(molecule)) at 100 °C | liquid | | **4181.3** | |  |  |  |  | | | |
| [Water](http://en.wikipedia.org/wiki/Water_(molecule)) at −10 °C (ice)[[22]](http://en.wikipedia.org/wiki/Specific_heat_capacity#cite_note-hypph-23) | solid | | **2110** | |  |  |  |  | | | |
| [Zinc](http://en.wikipedia.org/wiki/Zinc)[[22]](http://en.wikipedia.org/wiki/Specific_heat_capacity#cite_note-hypph-23) | solid | | 387 | |  |  |  |  | | | |
|  | |  | |  | | | | |  |  |  | |  |

A Assuming an altitude of 194 metres above mean sea level (the world–wide median

**Latent Heats and change of phase temperatures of some common fluids and gases.**

| **Substance** | **Latent Heat Fusion kJ/kg** | **Melting Point °C** | **Latent Heat Vaporization kJ/kg** | **Boiling Point °C** |
| --- | --- | --- | --- | --- |
| [Alcohol, ethyl](http://en.wikipedia.org/wiki/Ethanol) | 108 | −114 | 855 | 78.3 |
| [Ammonia](http://en.wikipedia.org/wiki/Ammonia) | 339 | −75 | 1369 | −33.34 |
| [Carbon dioxide](http://en.wikipedia.org/wiki/Carbon_dioxide) | 184 | −78 | 574 | −57 |
| [Helium](http://en.wikipedia.org/wiki/Helium) |  |  | 21 | −268.93 |
| [Hydrogen](http://en.wikipedia.org/wiki/Hydrogen)(2) | 58 | −259 | 455 | −253 |
| [Lead](http://en.wikipedia.org/wiki/Lead)[[8]](http://en.wikipedia.org/wiki/Latent_heat#cite_note-8) | 23.0 | 327.5 | 871 | 1750 |
| [Nitrogen](http://en.wikipedia.org/wiki/Nitrogen) | 25.7 | −210 | 200 | −196 |
| [Oxygen](http://en.wikipedia.org/wiki/Oxygen) | 13.9 | −219 | 213 | −183 |
| [Toluene](http://en.wikipedia.org/wiki/Toluene) | 72.1 | −93 | 351 | 110.6 |
| [Water](http://en.wikipedia.org/wiki/Water) | 334 | 0 | 2260 | 100 |