

Constants

Quantity	Symbol	Value (SI-units)
Speed of light	c	$2.998 \cdot 10^8$ m/s
Newton's constant	G_N	$6.672 \cdot 10^{-11}$ N m ² /kg ²
Planck's constant	$\hbar = h/2\pi$	$1.055 \cdot 10^{-34}$ Js
Stefan-Boltzmann constant	σ	$5.670 \cdot 10^{-8}$ W/(m ² K ⁴)
Boltzmann constant	k_B	$1.381 \cdot 10^{-23}$ J/K
Fine structure constant	α	$7.297 \cdot 10^{-3}$
Thomson cross section	α_T	$6.652 \cdot 10^{-29}$ m ²

Conversions

$1 \text{ erg} = 10^{-7} \text{ J}$
$1 \text{ AU} = 1.496 \cdot 10^{11} \text{ m}$
$1 \text{ pc} = 3.086 \cdot 10^{16} \text{ m}$
$1 \text{ year} = 3.156 \cdot 10^7 \text{ s}$
$x \text{ K} = (x - 273.15) \text{ }^\circ\text{C}$
$1 \text{ eV} = 1.602 \cdot 10^{-19} \text{ J}$

Natural units

Setting $c = \hbar = k_B = 1$, all dimensionful quantities can be written in units of, e.g. GeV.

	$1 \text{ GeV} = 1.1605 \cdot 10^{13} \text{ K}$
	$= 1.7827 \cdot 10^{-27} \text{ kg}$
	$= (1.9733 \cdot 10^{-16} \text{ m})^{-1}$
	$= (6.5821 \cdot 10^{-25} \text{ s})^{-1}$
Stefan-Boltzmann constant	$\sigma = \pi^2/60$
Newton's constant	$G_N = m_{\text{pl}}^{-2} = 6.7076 \cdot 10^{-39} \text{ GeV}^{-2}$

Masses

Quantity	Symbol	Value
Electron mass	$m_e c^2$	$5.110 \cdot 10^5$ eV
Proton mass	$m_p c^2$	$9.383 \cdot 10^8$ eV
Neutron mass	$m_n c^2$	$9.396 \cdot 10^8$ eV
Sun's mass	M_\odot	$1.989 \cdot 10^{30}$ kg
Earth's mass	M_E	$5.977 \cdot 10^{24}$ kg

Useful estimates

The following estimates are typically good for (close to) two significant numbers accuracy. The dimensionless Hubble constant is defined as $h \equiv H_0/(100 \text{ km/s/Mpc})$.

Quantity	Symbol	Value
Speed of light	c	$3 \cdot 10^5$ km/s
Fine structure constant	α	1/137
Proton/neutron mass	$m_{p,n} c^2$	1 GeV
Sun's mass	M_\odot	$2 \cdot 10^{30}$ kg
Sun's Schwarzschild radius	$2GM_\odot/c^2$	3 km
Sun's luminosity	L_\odot	$4 \cdot 10^{26}$ W
Earth's mass	M_E	$6 \cdot 10^{24}$ kg
Year	yr	$\pi \cdot 10^7$ s
Megaparsec	Mpc	$3 \cdot 10^{19}$ km
Hubble radius	$r_H \equiv c/H_0$	3/h Gpc
Hubble time	$t_H \equiv 1/H_0$	$10^{10}/h$ years
Critical density	$\rho_{\text{crit}} \equiv 3H_0^2/(8\pi G)$	$2 \cdot 10^{-26} h^2 \text{ kg/m}^3$ $3 \cdot 10^{11} h^2 M_\odot/\text{Mpc}^3$

Equations

Christoffel symbol: $\Gamma_{\mu\nu}^\sigma = \frac{g^{\rho\sigma}}{2} \left(\frac{\delta g_{\nu\rho}}{\delta x^\mu} + \frac{\delta g_{\mu\rho}}{\delta x^\nu} + \frac{\delta g_{\mu\nu}}{\delta x^\rho} \right)$

Riemann tensor: $R_{\alpha\mu\gamma\nu} = g_{\alpha\beta} \left(\frac{\delta \Gamma_{\mu\nu}^\beta}{\delta x^\gamma} - \frac{\delta \Gamma_{\mu\gamma}^\beta}{\delta x^\nu} + \Gamma_{\rho\gamma}^\beta \Gamma_{\mu\nu}^\rho - \Gamma_{\rho\nu}^\beta \Gamma_{\mu\gamma}^\rho \right)$

Ricci tensor: $R_{\mu\nu} = g^{\alpha\gamma} R_{\alpha\mu\gamma\nu}$

Ricci scalar: $R = g^{\mu\nu} R_{\mu\nu}$

Einstein tensor: $G_{\mu\nu} = R_{\mu\nu} - \frac{1}{2} g_{\mu\nu} R$

Field equations of general relativity:

$$G_{\mu\nu} = 8\pi GT_{\mu\nu}$$

Perfect fluid stress-energy tensor:

$$T^{\mu\nu} = (p + \rho c^2)u^\mu u^\nu - pg^{\mu\nu}$$

Friedmann-Robertson-Walker-Lemaître line element:

$$ds^2 = g_{\mu\nu}dx^\mu dx^\nu = c^2 dt^2 - a(t)^2 \left(\frac{dr^2}{1 - kr^2} + r^2 d\theta^2 + r^2 \sin^2 \theta d\phi^2 \right)$$

$$k = \begin{cases} 1 & \text{(closed)} \\ -1 & \text{(open)} \\ 0 & \text{(flat)} \end{cases}$$

Friedmann, acceleration and conservation equation:

$$\left(\frac{\dot{a}}{a} \right)^2 = \frac{8\pi G\rho}{3} - \frac{k}{a^2} + \frac{\Lambda}{3} = H_0^2 [\Omega_M(1+z)^3 + \Omega_k(1+z)^2 + \Omega_\Lambda]$$

$$\frac{\ddot{a}}{a} = -\frac{4\pi G}{3}(\rho + 3p) = H_0^2 \left[-\frac{\Omega_M}{2}(1+z)^3 + \Omega_\Lambda \right]$$

$$\frac{d}{dt}(\rho a^3) = -p \frac{d}{dt} a^3$$

Redshift-time relation:

$$dt = -\frac{dz}{H(z)(1+z)}$$

Energy density at radiation dominated epochs:

$$\rho_R = \frac{\pi^2}{30} g_{\text{eff}} T^4$$

Proper, angular and luminosity distances:

$$d_p(t_0) = \int_0^z \frac{dz}{H(z)}$$

$$d_A = \frac{a_0}{1+z} S \left(\frac{d_p(t_0)}{a_0} \right)$$

$$d_L = (1+z)^2 d_A$$

$$S(x) = \begin{cases} \sin(x) & k = 1 \\ x & k = 0 \\ \sinh(x) & k = -1 \end{cases}$$

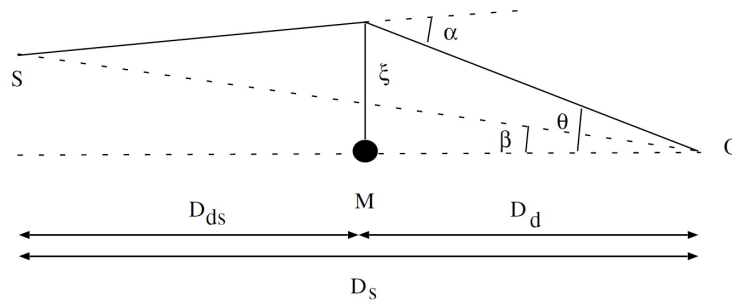
Magnitude-distance relation:

$$m = M + 5 \log \left(\frac{d_L}{10 \text{ pc}} \right)$$

Linear (one-component universe) structure formation:

$$\ddot{\delta} + 2H\dot{\delta} + \left(\frac{k^2 v_s^2}{a^2} - \frac{3H^2}{2} \right) \delta = 0$$

Gravitational lens equation:



$$\beta = \theta - \alpha \frac{D_{ds}}{D_s}$$

$$\alpha = \frac{4GM}{\xi} = \frac{2r_s}{\xi} = \frac{4GM}{D_d \theta}$$