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Heat Capacities for Some Select Substances

Specific (C_s) and Molar (C_m) Heat capacities at constant pressure (1 atm) and 25°C.

| Substance | specific heat capacity $C_{p,s}$ (J/g °C) | molar heat capacity $C_{p,m}$ (J/mol °C) |
|----------------------|---|--|
| air | 1.012 | 29.19 |
| aluminum | 0.89 | 24.2 |
| argon | 0.5203 | 20.786 |
| copper | 0.385 | 24.47 |
| granite | 0.790 | — |
| graphite | 0.710 | 8.53 |
| helium | 5.1932 | 20.786 |
| iron | 0.450 | 25.09 |
| lead | 0.129 | 26.4 |
| lithium | 3.58 | 24.8 |
| mercury | 0.14 | 27.98 |
| methanol | 2.14 | 68.62 |
| sodium | 1.228 | 28.23 |
| steel | 0.466 | — |
| titanium | 0.523 | 26.06 |
| water (ice, 0°C) | 2.09 | 37.66 |
| water | 4.184 | 75.38 |
| water (steam, 100°C) | 2.03 | 36.57 |