

Thermal Conductivities of Selected Substances at Room Temperature

Substance	$k, W/m \cdot K$
Diamond	2300
Silver(pure)	429
Copper(pure)	401
Aluminum(pure)	237
Silicon	148
Nickel	91
GaAs	65
Stainless Steel	18
Alumina	17
Glass	0.78
Water	0.61
FR4	0.4
Human skin	0.37
Plastics	0.1 – 0.35
SAE oil	0.145
Helium	0.149
Air	0.0267