dBm - Watts Conversion Chart

dBm	Watts (mW)	dBm	Watts (W)
-16	0.025	30	1.00
-15	0.031	31	1.26
-14	0.039	32	1.58
-13	0.050	33	2.00
-12	0.063	34	2.51
-11	0.079	35	3.16
-10	0.10	36	3.98
-9	0.13	37	5.01
-8	0.16	38	6.31
-7	0.20	39	7.94
-6	0.25	40	10.00
-5	0.32	41	12.59
-4	0.40	42	15.85
-3	0.50	43	19.95
-2	0.63	44	25.12
-1	0.79	45	31.62
0	1.00	46	39.81
1	1.30	47	50.12
2	1.60	48	63.10
3	2.00	49	79.43
4	2.50	50	100.00
5	3.20	51	125.89
6	4.00	52	158.49
7	5.00	53	199.53
8	6.00	54	251.19
9	8.00	55	316.23
10	10.00	56	398.11
11	13.00	57	501.19
12	16.00	58	630.96
13	20.00	59	794.33
14	25.00	60	1000.00
15	32.00	61	1258.93
16	40.00	62	1584.89
17	50.00	63	1995.26
18	63.00	64	2511.89
19	79.00	65	3162.28
20	100.00	66	3981.07
21	126.00	67	5011.87
22	158.00	68	6309.57
23	200.00	69	7943.28
24	250.00	70	10000.00
25	316.00	71	12589.25
26	398.00	72	15848.93
27	500.00	73	19952.62
28	630.00	74	25118.86
29	800.00	75	31622.78

$$P\,(\text{dBm}) = 10 \times Log10\big(P(w)\big) + 30$$