

Relativity

time dilation/Lorentz contraction: $\gamma \equiv 1/\sqrt{1 - \vec{v}^2/c^2}$

4-coordinates: $x^\mu = (x^0, x^1, x^2, x^3), \quad x^0 \equiv ct$

Lorentz transformation matrix: $\| \Lambda^\mu{}_\nu \| = \begin{pmatrix} \gamma & \gamma(v/c) & 0 & 0 \\ \gamma(v/c) & \gamma & 0 & 0 \\ 0 & 0 & 1 & 0 \\ 0 & 0 & 0 & 1 \end{pmatrix}$ for boost along \hat{x}

Lorentz invariant dot product: $a \cdot b \equiv -a^0 b^0 + \vec{a} \cdot \vec{b} = -a^0 b^0 + a^1 b^1 + a^2 b^2 + a^3 b^3$

invariant interval: $s^2 = -(\Delta x^0)^2 + (\Delta x^1)^2 + (\Delta x^2)^2 + (\Delta x^3)^2$

4-velocity: $u \equiv \frac{dx(\tau)}{d\tau}, \quad u^\mu = (\gamma c, \gamma \vec{v}), \quad u^2 = -c^2$

4-momentum: $p \equiv m u, \quad p^\mu = (E/c, \vec{p}) = (\gamma m c, \gamma m \vec{v})$

$$p^2 = -(E/c)^2 + \vec{p}^2 = -m^2 c^2$$

4-force: $f \equiv \frac{dp}{d\tau}, \quad p \cdot f = 0$

4-acceleration: $a \equiv \frac{du}{d\tau}, \quad u \cdot a = 0$

constant acceleration: $u^0(\tau)/c = \cosh \frac{F\tau}{mc}, \quad u^1(\tau)/c = \sinh \frac{F\tau}{mc}$

wave-vector: $k^\mu \equiv (\omega/c, \vec{k})$

observed frequency: $\omega_{\text{obs}} = -u_{\text{obs}} \cdot k$

E&M field strength: $\| F^\mu{}_\nu \| \equiv \begin{pmatrix} 0 & E_x & E_y & E_z \\ E_x & 0 & cB_z & -cB_y \\ E_y & -cB_z & 0 & cB_x \\ E_z & cB_y & -cB_x & 0 \end{pmatrix}$

Lorentz force: $f_{\text{Lorentz}}^\mu \equiv \frac{q}{c} F^\mu{}_\nu u^\nu$

Constants and Units

$$\alpha = e^2/(4\pi\epsilon_0\hbar c) = 1/137.0\dots$$

$$c = 2.997\dots \times 10^8 \text{ m/s}$$

$$\hbar = 6.582\dots \times 10^{-22} \text{ MeV s}$$

$$= 1.055\dots \times 10^{-34} \text{ J s}$$

$$\hbar c = 197.3\dots \text{ MeV fm}$$

$$(\hbar c)^2 = 0.389\dots \text{ GeV}^2 \text{ mbarn}$$

$$N_A = 6.022\dots \times 10^{23} \text{ mol}^{-1}$$

$$1 \text{ (metric) ton} = 10^3 \text{ kg}$$

$$1 \text{ amu} = 1 \text{ g}/(N_A \text{ mol}) = 931.5\dots \text{ MeV}/c^2$$

$$= 1.661\dots \times 10^{-27} \text{ kg}$$

$$1 \text{ fm} = 10^{-15} \text{ m}$$

$$1 \text{ barn} = 10^{-28} \text{ m}^2$$

Nuclei

nucleus	symbol	rest energy	lifetime	spin*	decay type
neutron	n	939.6 MeV	15 min	1/2	β decay
hydrogen	${}^1_1\text{H}$	938.27 MeV	stable	1/2	—
deuterium	${}^2_1\text{H}$	1875.61 MeV	stable	1	—
tritium	${}^3_1\text{H}$	2808.92 MeV	17.8 yr	1/2	β decay
helium-3	${}^3_2\text{He}$	2808.39 MeV	stable	1/2	—
helium-4	${}^4_2\text{He}$	3727.38 MeV	stable	0	—
helium-6	${}^6_2\text{He}$	5605.5 MeV	1.16 s	0	β decay
lithium-6	${}^6_3\text{Li}$	5601.5 MeV	stable	1	—
lithium-7	${}^7_3\text{Li}$	6533.8 MeV	stable	3/2	—
beryllium-7	${}^7_4\text{Be}$	6534.2 MeV	77 day	3/2	e^- capture
beryllium-10	${}^{10}_4\text{Be}$	9325.5 MeV	2.2 Myr	0	β decay
boron-10	${}^{10}_5\text{B}$	9324.4 MeV	stable	3	—
boron-11	${}^{11}_5\text{B}$	10253 MeV	stable	3/2	—
boron-14	${}^{14}_5\text{B}$	13062 MeV	18 ms	2	β decay
carbon-11	${}^{11}_6\text{C}$	10254 MeV	29 m	3/2	e^+ emission
carbon-12	${}^{12}_6\text{C}$	11175 MeV	stable	0	—
carbon-14	${}^{14}_6\text{C}$	13041 MeV	5.7 Kyr	0	β decay
oxygen-16	${}^{16}_8\text{O}$	14899 MeV	stable	0	—
calcium-41	${}^{41}_{20}\text{Ca}$	38146 MeV	1.5 Myr	7/2	e^- capture
bismuth-209	${}^{209}_{83}\text{Bi}$	194622 MeV	2×10^{19} yr	9/2	α decay

Leptons

particle	symbol	rest energy	lifetime	spin*	charge [†]	L
electron (anti)neutrino	$\nu_e(\bar{\nu}_e)$	< 2 eV	\approx stable	1/2	0	+1(−1)
muon (anti)neutrino	$\nu_\mu(\bar{\nu}_\mu)$	< 2 eV	\approx stable	1/2	0	+1(−1)
tau (anti)neutrino	$\nu_\tau(\bar{\nu}_\tau)$	< 2 eV	\approx stable	1/2	0	+1(−1)
electron(positron)	$e^-(e^+)$	0.511 MeV	stable	1/2	−1(+1)	+1(−1)
muon(antimuon)	$\mu^-(\mu^+)$	105.7 MeV	$2 \mu\text{s}$	1/2	−1(+1)	+1(−1)
tau(antitau)	$\tau^-(\tau^+)$	1777 MeV	0.3 ps	1/2	−1(+1)	+1(−1)

*In units of \hbar .

†In units of $|e| = 1.602 \dots \times 10^{-19}$ C.

Quarks

flavor	symbol	mass	spin*	charge†
up	u	$\approx 2 \text{ MeV}/c^2$	1/2	2/3
down	d	$\approx 5 \text{ MeV}/c^2$	1/2	-1/3
strange	s	$\approx 95 \text{ MeV}/c^2$	1/2	-1/3
charm	c	$1.2 \text{ GeV}/c^2$	1/2	2/3
bottom	b	$4.2 \text{ GeV}/c^2$	1/2	-1/3
top	t	$173 \text{ GeV}/c^2$	1/2	2/3

Mesons

particle	symbol	rest energy	lifetime	spin	charge†
pion	π^0	135.0 MeV	$8 \times 10^{-17} \text{ s}$	0	0
pion	π^+, π^-	139.57 MeV	26 ns	0	+1, -1
kaon	K^+, K^-	493.7 MeV	12 ns	0	+1, -1
kaon	K^0, \bar{K}^0	497.7 MeV	90 ps/51 ns	0	0
eta	η	547.5 MeV	$5 \times 10^{-19} \text{ s}$	0	0
rho	ρ^+, ρ^0, ρ^-	775 MeV	$4 \times 10^{-24} \text{ s}$	1	+1, 0, -1
omega	ω	783 MeV	$8 \times 10^{-23} \text{ s}$	1	0
K -star	K^{*+}, K^{*-}	891.7 MeV	10^{-23} s	1	+1, -1
\bar{K} -star	K^{*0}, \bar{K}^{*0}	896.0 MeV	10^{-23} s	1	0
eta-prime	η'	958 MeV	$3 \times 10^{-21} \text{ s}$	0	0
phi	ϕ	1020 MeV	$2 \times 10^{-22} \text{ s}$	1	0

Baryons

particle	symbol	rest energy	lifetime	spin	charge†
proton	p	938 MeV	stable	$\frac{1}{2}$	+1
neutron	n	940 MeV	886 s	$\frac{1}{2}$	0
Lambda	Λ	1116 MeV	0.26 ns	$\frac{1}{2}$	0
Sigma	Σ^+	1189 MeV	80 ps	$\frac{1}{2}$	+1
Sigma	Σ^0	1193 MeV	$7 \times 10^{-20} \text{ s}$	$\frac{1}{2}$	0
Sigma	Σ^-	1197 MeV	0.15 ns	$\frac{1}{2}$	-1
Delta	$\Delta^{++}, \Delta^+, \Delta^0, \Delta^-$	1232 MeV	$6 \times 10^{-24} \text{ s}$	$\frac{3}{2}$	+2, +1, 0, -1
Cascade	Ξ^0	1315 MeV	0.29 ns	$\frac{1}{2}$	0
Cascade	Ξ^-	1321 MeV	0.16 ns	$\frac{1}{2}$	-1
Sigma-star	$\Sigma^{*+}, \Sigma^{*0}, \Sigma^{*-}$	1385 MeV	$2 \times 10^{-23} \text{ s}$	$\frac{3}{2}$	+1, 0, -1
Cascade-star	Ξ^{*0}, Ξ^{*-}	1530 MeV	$7 \times 10^{-23} \text{ s}$	$\frac{3}{2}$	0, -1
Omega	Ω^-	1672 MeV	82 ps	$\frac{3}{2}$	-1

*In units of \hbar .

†In units of $|e| = 1.602 \dots \times 10^{-19} \text{ C}$.