`\.`	Period
`a|b`	Matches a or b
`( )`	Capture group
`\n`	Backreference, n is between 1 and 9
`[abc]`	Only a, b, or c
`[^abc]`	Not a, b, nor c
`[a-z]`	Lowercase letters a through z
`[0-9]`	Numerals 0 through 9
`{m}`	m repetitions
`{m,n}`	m to n repetitions
`{m,}`	At least m repetitions
`{,n}`	At most n repetitions
`^`	Starts
`$`	Ends
`*`	Zero or more
`+`	One or more
`?`	Optional
`.`	Any character

Use "egrep" or "grep -E". Even though they are equivalent, the latter is preferable.