$$\frac{G}{c^2} = 7.4214 \cdot 10^{-25} \frac{km}{kg}$$

R in km

M in kg

$$\Delta\tau = \sqrt{1 - 2\frac{G}{c^2}\frac{M}{R}}\,\Delta t$$

$\Delta\tau$: spaceship time

Δt: earth time