Leo Gros studied chemistry at Johannes Gutenberg Universität Mainz from 1972 to 1981. In 1977 he entered the research group of Helmut Ringsdorf there and finished his PhD in 1981. His research interests were in the field of polymeric pharmaca and liposomal drugs. He then joined Chemieschule Fresenius Wiesbaden. In 1992 he became a Professor at Hochschule Fresenius in Wiesbaden, then Idstein, teaching mainly analytical and polymer chemistry. He served in the DECHEMA Unterrichtsausschuss Fachhochschulen from 1986 to 2016 and in various functions in the European Chemistry Thematic Network ECTN since 1996. From 1997 to 2013 he was a Vice President of his University of Applied Sciences, responsible, among others, for the international relations, and development of study courses. He founded a European network of universities, research institutes and companies which organized placements and final year projects abroad for students, and carried out several EU projects to foster European aspects of teaching chemistry at all levels from schools to universities.

Leo Gros retired in 2016. Since then he is a member of the University of Applied Sciences Fresenius Advisory Board and is responsible for the university archive. He does research in the history of chemistry - especially of the Chemisches Laboratorium Fresenius founded in 1848 and publishes articles and monographies in this field – and in regional and wine history. He is a member of GDCh, ECTN and a honorary member of the Czech Chemical Society. He is a member of the advisory boards of several regional history organizations and of the Gesellschaft für Geschichte des Weines.