

Handing in places and time – unaddressed mail

Valid from 1.2.2026

Handing in must take place at least 4–9 working days before the first distribution day, depending on the handing in location and whether it is unaddressed advertising or “information”, “free newspaper” or special format.

- Unaddressed advertising – the item is distributed to the recipient’s mailbox on the first two working days of the week.
- “Information”, “free newspaper” and items with special format are distributed over a whole week.

Handing in at post terminal

Unaddressed advertising:

Northern Norway (postal code 8001-9999):	Friday at 4:00 PM
Southern Norway (postal code 0001-7999):	Monday at 4:00 PM
Oslo (Østlandsterminalen):	Tuesday at 4:00 PM

Information/ free newspaper/ special format:

Northern Norway (postal code 8001-9999):	Thursday at 4:00 PM
Southern Norway (postal code 0001-7999):	Friday at 4:00 PM
Oslo (Østlandsterminalen):	Monday at 4:00 PM

Postal terminal	Address	Postal code/ place
0020 Østlandsterminalen	Lørenskogveien 50	1470 Lørenskog
2300 Hamar	Smihøgatan 10	2323 Ingeberg
3100 Stokke	Borgeskogen 57G	3160 Stokke
4000 Stavanger	Næringsveien 2	4323 Sandnes
5000 Bergen	Kanalveien 52B	5068 Bergen
7000 Trondheim	Torgårdstrøa 18	7093 Tiller
8000 Bodø	Olav V gate 42	8004 Bodø
9000 Tromsø	Stakkevollveien 317	9019 Tromsø
Fredrikstadterminalen	Evjebekkveien 3	1661 Rolvsøy
Kristiansand Postterminal	Snellidalen 3	4636 Kristiansand
Molde Postterminal	Gammelseterlia 22	6422 Molde



Handing in at Post-in Shop/ post office

Unaddressed advertising:

Northern Norway (postal code 9000 - 9399 + 9500 - 9999):	Wednesday
Northern Norway (postal code 8001- 8999 + 9400 - 9499):	Thursday
Southern Norway (postal code 0001-7999):	Friday

Information/ free newspaper/ special format: :

Nord-Norge (postal code 9000 - 9399 + 9500 - 9999):	Tuesday
Nord-Norge (postal code 8001- 8999 + 9400 - 9499):	Wednesday
Sør-Norge (postal code 0001-7999):	Thursday

Find your handing in location at bring.no/kart

The deadlines assume regular working days. In connection with public holidays, official holidays, Christmas Eve, and New Year's Eve, additional time for handing in is required.

For distribution in the following weeks, you must add extra working days in 2026:

Week 15 (the week after Easter) and week 22 (the week after Pentecost): +1 working day
Weeks 50, 51, 52, 53 and week 1 in 2027: +2 working days

Note! Handing in deadline must be followed even if the postal terminal or the local handing in place has longer opening hours