

Price list

Parcels to consumers abroad

Valid from January 1, 2026

Subject to change

PickUp Parcel

All prices are per parcel and stated in Norwegian kroner (NOK) excluding fuel and sulfur surcharges.
Shipments abroad are not subject to VAT.

Freight-bearing weigh							
Up to (kg)	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5	Zone 6	Zone 7
1	195	225	255	295	335	378	430
2	215	245	280	321	398	458	540
3	235	265	305	347	461	538	650
4	255	285	330	373	524	618	760
5	275	305	355	399	587	698	870
6	295	325	380	425	650	778	980
7	315	345	405	451	713	858	1090
8	335	365	430	477	776	938	1200
9	355	385	455	503	839	1018	1310
10	375	405	480	529	902	1098	1420
11	395	425	505	555	965	1178	1530
12	415	445	530	581	1028	1258	1640
13	435	465	555	607	1091	1338	1750
14	455	485	580	633	1154	1418	1860
15	475	505	605	659	1217	1498	1970
16	495	525	630	685	1280	1578	2080
17	515	545	655	711	1343	1658	2190
18	535	565	680	737	1406	1738	2300
19	555	585	705	763	1469	1818	2410
20	575	605	730	789	1532	1898	2520
Additional per kilo	20	20	25	26	63	80	110



Charging is based on freight-bearing weight (volume factor 200 kg/m³).
 Volume per parcel max 0.25 m³. Length + circumference per parcel max 300 cm.
 Maximum real weight per parcel is 20 kg (see local deviations in the zone table).

Export declaration fee (incl. 3 customs lines) is included in the price.
 Import declaration fee and any customs duties are paid by the recipient.

Pricing zones	Countries and territories
Pricing zone 1	Denmark, Finland, Sweden, Åland, Germany, Estonia, Latvia, Lithuania.
Pricing zone 2	Austria, Belgium, Bulgaria, Croatia, Czech Rep, Hungary, Luxembourg, Netherlands, Poland, Slovakia.
Pricing zone 3	Cyprus, France, Ireland, Liechtenstein, Malta, Portugal (mainland), Romania, Slovenia, Switzerland, Gibraltar.
Pricing zone 4	Equatorial Guinea, Greece, Italy, Kosovo, Nauru, Spain (mainland), United Kingdom, Vatican, Bosnia and Herzegovina, Morocco, North Macedonia.
Pricing zone 5	Albania, Antigua and Barbuda, Bahamas, Balearic Islands (Spain), Barbados, Benin, British Virgin Islands, Ceuta and Melilla (Spain), Chad, China (People's Rep.), Congo, Dominica, Guinea, Iraq, Jordan, Kuwait, Lebanon, Liberia, Moldova, Montenegro, Niger, Qatar, Saint Lucia, Saudi Arabia, Senegal, Serbia, Sierra Leone, Sint Maarten, United Arab Emirates.
Pricing zone 6	Algeria, Anguilla, Armenia, Aruba, Azerbaijan, Bahrain, Burkina Faso, Cameroon, Canary Islands (Spain), Cape Verde, Central African Rep., Ivory Coast, Djibouti, Dominican Republic, Egypt, Ethiopia, Gabon, Gambia, Grenada, Guatemala, Guernsey, Honduras, Iceland, Isle of Man, Jersey, Kyrgyzstan, Mali, Mauritania, Nepal, Oman, Pakistan, Panama, Rwanda, Saint Christopher (St Kitts) and Nevis, Saint Vincent and the Grenadines, Sao Tome and Principe, Seychelles, Sri Lanka, Suriname, Tajikistan, Togo, Trinidad and Tobago, Turkmenistan, Uganda, Tristan da Cunha, Tunisia, Türkiye, Ukraine, Zambia.
Prissone 7	Angola, Argentina, Ascension, Australia, Azores and Madeira (Portugal Islands), Bangladesh, Belarus, Belize, Bermuda, Bhutan, Bolivia, Bonaire - Sint Eustatius and Saba, Botswana, Brazil, Brunei Darussalam, Burundi, Cambodia, Canada, Cayman Islands, Chile, Colombia, Cook Islands, Costa Rica, Cuba, Curacao, Dem. Rep. Of the Congo, Ecuador, El Salvador, Eritrea, Eswatini, Falkland Islands, Faroe Islands, Fiji, French Polynesia, Georgia, Ghana, Guinea-Bissau, Greenland, Guyana, Hong Kong (China), India, Indonesia, Iran, Israel, Jamaica, Japan, Kazakhstan, Kenya, Kiribati, Korea (Rep.), Lao People's Dem. Rep., Lesotho, Macao (China), Madagascar, Malawi, Malaysia, Maldives, Mauritius, Mexico, Mongolia, Mozambique, Myanmar, Namibia, New Caledonia, New Zealand, Nicaragua, Nigeria, Papua New Guinea, Paraguay, Peru, Philippines, Pitcairn Islands, Russian Federation, Samoa, Singapore, Solomon Islands, South Africa, St. Helena, Taiwan, Tanzania, Thailand, Tonga (including Niuafo'ou), Tuvalu, , United States of America, Uruguay, Uzbekistan, Vanuatu, Venezuela, Vietnam, Wallis and Futuna Islands, Zimbabwe, Other countries or territories.