



# SHIPPING RATES BY COUNTRY

(most popular shipping destinations)

REGION	COUNTRY	SHIPPER	FREE SHIPPING QUALIFICATIONS*	OR FLAT SHIPPING RATE*	SHIPPING TIME
Europe (Eurozone), Including:	Austria   France   Germany   Ireland   Italy   Luxembourg   Netherlands   Portugal	DPD Classic	<ul style="list-style-type: none"> <li>All subscription orders</li> <li>Any one-time order €59+</li> </ul>	€10	2 - 5 Days**
	Croatia   Latvia   Lithuania   Slovakia   Slovenia	DPD Classic	<ul style="list-style-type: none"> <li>Any order €99+</li> </ul>	€15	2 - 5 Days**
	Finland	DPD Classic	<ul style="list-style-type: none"> <li>Any order €99+</li> </ul>	€10	2 - 5 Days**
Europe (Non-Eurozone), Including:	Denmark	DPD Classic	<ul style="list-style-type: none"> <li>All subscription orders</li> <li>Any one-time order \$59+</li> </ul>	\$10	2 - 5 Days**
	Hungary   Sweden	DPD Classic	<ul style="list-style-type: none"> <li>Any order \$99+</li> </ul>	\$10	2 - 5 Days**
	Norway	DHL Economy	<ul style="list-style-type: none"> <li>Any order \$99+</li> </ul>	\$15	3 - 7 Days
	Switzerland	Spring	<ul style="list-style-type: none"> <li>Any order \$99+</li> </ul>	\$10	5 - 7 Days
	United Kingdom	Royal Mail	<ul style="list-style-type: none"> <li>All subscription orders</li> <li>Any order £59+</li> </ul>	£6	2 - 5 Days
North America, Including:	Canada	Landmark Global	<ul style="list-style-type: none"> <li>All subscription orders</li> <li>Any one-time order \$99+</li> </ul>	CAD \$10	5 - 10 Days
		DHL Worldwide Express	<ul style="list-style-type: none"> <li>Not available</li> </ul>	CAD \$20	3 - 7 Days
	Mexico	Global Access Hound Express	<ul style="list-style-type: none"> <li>Any order \$99+</li> </ul>	\$10	10 - 14 Days
	United States	DHL E-Commerce USPS	<ul style="list-style-type: none"> <li>All subscription orders</li> <li>Any one-time order \$59+</li> </ul>	\$3	5 - 7 Days (free) 3 - 5 Days (flat)
		FedEx 2-Day	<ul style="list-style-type: none"> <li>Not available</li> </ul>	\$15	2 - 3 Days
Western Pacific/Oceania, Including:	Australia	Global Access AUS Consol	<ul style="list-style-type: none"> <li>Not available</li> </ul>	AUD \$10	10 - 14 Days
		DHL Worldwide Express	<ul style="list-style-type: none"> <li>Not available</li> </ul>	AUD \$45	3 - 5 Days
	Japan	Global Access Sagawa	<ul style="list-style-type: none"> <li>Any order ¥15,000+</li> </ul>	¥3,000	5 - 10 Days
	Philippines	Global Access ECMS	<ul style="list-style-type: none"> <li>Any order \$99+</li> </ul>	\$20	7 - 12 Days

For all other countries, or if you have additional questions about shipping, contact Support and we'll be happy to help get the good inside on its way to you.

[Support@TheGoodInside.com](mailto:Support@TheGoodInside.com)

\*As of April 2026. Shipping rates and qualifications subject to change. All rates are US Dollars unless otherwise noted.

\*\*Rural shipping time is up to 10 days.