SHIPPING RATES BY COUNTRY
(most popular shipping destinations)

REGION	COUNTRY	SHIPPER	FREE SHIPPING QUALIFICATIONS*	OR FLAT SHIPPING RATE*	SHIPPING TIME
Europe (Eurozone), Including:	Austria | Belgium | Cyprus | France | Germany | Ireland | Italy | Luxembourg | Malta | Monaco | Netherlands | Portugal | Spain	DPD Classic	• All subscription orders €59+ • Any one-time order €79+	€10	2 - 5 Days**
	Croatia | Estonia | Finland | Greece | Latvia | Lithuania | Slovakia | Slovenia	DPD Classic	• All subscription orders €99+ • Any one-time order €129+	€15	2 - 5 Days**
Europe (Non-Eurozone), Including:	Czech Republic | Denmark	DPD Classic	• All subscription orders $79+ • Any one-time order $99+	$10	2 - 5 Days**
	Hungary	DPD Classic	• Any order of 30,000+ Ft	2,990 Ft	2 - 5 Days**
	Norway	DHL Economy	• Any order $149+	$15 (One-Time) $10 (Subscription)	3 - 7 Days
	Sweden	DPD Classic	• All subscription orders $99+ • Any one-time order $129+	$15	2 - 5 Days**
	Switzerland	Spring	• Any order $149+	$15 (One-Time) $10 (Subscription)	5 - 7 Days
	United Kingdom	Royal Mail	• Any order £59+	£6	2 - 5 Days
North America, Including:	Canada	Landmark Global	• All subscription orders $79+ • Any one-time order $99+	CAD $10	5 - 10 Days
		DHL Worldwide Express	• Not available	CAD $50	3 - 7 Days
	Mexico	Global Access Hound Express	• All subscription orders $99+ • Any one-time order $129+	$20	10 - 14 Days
	United States	DHL E-Commerce USPS	• All subscription orders $59+ • Any one-time order $79+	$5	5 - 7 Days (free) 3 - 5 Days (flat)
		FedEx 2-Day	• Not available	$20	2 - 3 Days
Western Pacific/Oceania, Including:	Australia	Global Access AUS Consol	• AUD $10 for subscriptions of $99+ • AUD $15 for subscriptions < $99 • AUD $20 for one-time orders < $99		10 - 14 Days
		DHL Worldwide Express	• Not available	AUD $45	3 - 5 Days
	Japan	Global Access Sagawa	• Any order ¥15,000+	¥2,000	5 - 10 Days
	New Zealand	DHL Express Worldwide	• $25 for subscriptions of $149+ • $35 for subscriptions < $149 • $40 for one-time orders < $149		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

*As of September 2026. Shipping rates and qualifications subject to change. All rates are US Dollars unless otherwise noted.
**Rural shipping time is up to 10 days.