La Leche League GB
SHOP breastfeeding, books & more

Postage and Packing Rates from May 2025

For both website and purchase orders, P&P is calculated according to the total weight of your order and your shipping location. This reflects the actual costs of delivering your items.
If you are preparing a purchase order or have a large number of items, you are welcome to contact us before sending us your order and we can calculate shipping for you. Please allow a few days for us to respond.

UK shipping bands are as follows:

Weight band	UK Mainland, £	Carrier
Up to 99g	1.70	Royal Mail 2nd class
0.1kg – 1kg	4.50	Royal Mail 48-hr tracked or courier
1kg – 2kg	5.50	
2kg–5kg	6.50	
5kg – 10kg	10.50	
10kg – 15kg	15.50	
15kg – 30kg	20.00	
30kg – 45kg	30.00	
>45kg	Request a quote	

Shipping to selected overseas countries is by the most economical tracked service available. Costs and delivery times vary depending on location and weight of your order. It's generally possible to ship to most overseas destinations. If shipping isn't shown for your destination country please contact us by email for quote. Please note there may be additional customs duties and taxes to pay on receipt of parcels delivered to certain countries. It can be difficult to determine in advance what these will be.

Please contact us via email books@laleche.org.uk.