

## Postage and Packing Rates from January 2024

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 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	1.55	Royal Mail 2 <sup>nd</sup> class
0.1kg – 1kg	4.20	Royal Mail 48-hr tracked
1kg – 5kg	5.50	Royal Mail 48-hr tracked
5kg – 10kg	10.00	Courier
10kg – 15kg	15.00	Courier
15kg – 30kg	20.00	Courier
30kg–45kg	25.00	Courier
45kg–60kg	30.00	Courier
>60kg	Request a quote	Courier

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. 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 sometimes be difficult to determine in advance what these will be.

Please contact us via email [books@laleche.org.uk](mailto:books@laleche.org.uk).