

Road

	Denmark	International	NO/SE/FI
1 Loading metre =	1,500 kg	1,850 kg	2,000 kg
1 Cubic metre =	250 kg	333 kg	350 kg
1 EUR-pallet =	600 kg	740 kg	800 kg

Courier

DHL Express	1 CBM = 200 kg
UPS	1 CBM = 200 kg
TNT Express	1 CBM = 200 kg
TNT Economy	1 CBM = 250 kg

Air

1 CBM =	166.67 kg
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Sea

There is often no conversion factor for sea freight, but where one is applied, it is typically:
1 CBM = 1,000 kg.

Rail

Most rail carriers use different conversion factors, and there is no fixed industry standard. Always check with your carrier to find out which conversion factor they apply.

The conversion factor is used to calculate the chargeable weight by converting volume (e.g. cubic metres (CBM) or loading metres) into kilograms. It is particularly relevant for low-density goods, where volume exceeds weight.

NOTE: The conversion factors listed here are indicative. Always check with your carrier, as conversion factors can vary depending on mode of transport, country and carrier.