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it's only for reference.

Partially coil your hoop,
no smaller than 20" across.

Lighter weight equals cheaper
shipping. Pack it yourself to
minimize the weight.

If you don't have a hoop box,
create your own lightweight box
by flattening pieces of cardboard
or larger boxes. Then tape them
together along the edges.

The least expensive shipping
(within the US) will be found at
your local post office
(USPS Priority Mail).

Shipping a hoop this way should
cost \$5-30 before insurance.

The UPS Store and Fed Ex tend
to charge more, especially if they
package your hoop.

