

Container Dimensions

Know Your Container, Before You Book It

Standard container dimensions and capacities, at a glance.

Choosing the wrong container size is one of the most common - and most expensive - mistakes in ocean freight. This quick reference covers the standard container types used across most global trade lanes, so you can plan loads accurately before requesting a quote.

What We Handle

Container Type	Internal Length	Internal Width	Internal Height	Max Payload*
20ft Standard	5.90 m	2.35 m	2.39 m	~28,000 kg
40ft Standard	12.03 m	2.35 m	2.39 m	~28,800 kg
40ft High Cube	12.03 m	2.35 m	2.69 m	~28,600 kg
45ft High Cube	13.55 m	2.35 m	2.69 m	~27,700 kg

Payload figures vary slightly by container operator and age of unit - always confirm with your carrier before finalising a booking.

Industry Insight

- A 40ft High Cube offers roughly 76% more volume than a 20ft standard, but check road/rail height restrictions at destination - High Cube units don't clear every route
 - Payload capacity is often the real constraint, not volume - dense cargo can max out weight limits well before the container looks full
 - Container availability and pricing vary by trade lane and season; the "standard" 20ft/40ft split isn't always evenly available everywhere
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Need Help Choosing? Not sure whether your cargo needs FCL or LCL, or which container size fits your load? Our team can run the numbers for you.

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