



INTERNATIONAL SHIPHOLDING CORPORATION FILES UNIVERSAL SHELF REGISTRATION ON FORM S-3

Mobile, Alabama, October 13, 2010 – International Shipholding Corporation (NYSE: ISH) today announced that it has filed a universal shelf registration statement on Form S-3 with the United States Securities and Exchange Commission ("SEC"). The registration statement is intended to provide International Shipholding Corporation with flexibility to access public capital markets in order to respond to accretive business opportunities. Although the registration statement relating to these securities has been filed with the SEC, it has not yet become effective, and at the present time, International Shipholding Corporation has no specific plans to issue securities under the registration statement.

If and when the registration statement is declared effective by the SEC, International Shipholding Corporation will be able to offer and sell up to \$200 million of common and preferred stock, debt securities, warrants, or any combination thereof from time to time. The terms of any securities offered under the registration statement, and the intended use of the net proceeds resulting therefrom, will be established at the times of the offerings and will be described in prospectus supplements filed with the SEC at the times of the offerings.

These securities may not be sold, nor may offers to buy be accepted, prior to the time the registration statement becomes effective. This press release is not an offer to sell or a solicitation of an offer to buy, nor shall there be any sale of securities in any state or jurisdiction in which such offer, solicitation or sale would be unlawful prior to registration or qualification under the securities laws of any such state or jurisdiction.

A copy of the shelf registration statement on Form S-3 and copies of the prospectus supplements relating to any offerings under the registration statement, when available, can be obtained by contacting International Shipholding Corporation, attention: Manuel G. Estrada, Vice President and Chief Financial Officer, 11 North Water Street, Suite 18290, Mobile, Alabama 36602, estradm@intship.com.

About International Shipholding Corporation

International Shipholding Corporation, through its subsidiaries, operates a diversified fleet of United States and International Flag Vessels that provide international and domestic maritime transportation services to commercial and governmental customers primarily under medium to long-term charters and contracts.

Cautionary Statement

This press release contains forward-looking statements within the meaning of the federal securities laws, including our expectations regarding the SEC's approval of the effectiveness of the registration statement; our expected use of proceeds from the sale of

securities thereunder; and our ability to raise capital through the sale of securities thereunder. These statements involve risks and uncertainties that could cause our actual results to differ materially, including but not limited to: limitations on our ability to cause the registration statement to be declared effective by the SEC; changes in operations, financial results and economic conditions that limit our ability to raise additional capital; restrictions in our existing debt instruments that could limit our ability to issue some or all of the securities registered under the registration statement; and changes in our operations or financial position that impact our anticipated use of proceeds from the sale of securities under the registration statement. For a detailed discussion of these and other risk factors, please refer to our Annual Report of Form 10-K for the period ended December 31, 2009 and our other filings with the SEC. You are cautioned not to place undue reliance on our forward-looking statements, which speak only as of the date such statements are made. We undertake no obligation to publicly update any forward-looking statements to reflect events, circumstances or new information after the date of this press release.

For more information about the company, please visit www.intship.com.

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