

## **ABSTRACT**

### **Outbound Method and Inbound Method for Warehouse Goods, and Carrying Robot**

An outbound method and an inbound method for warehouse goods, and a carrying robot are provided. The method includes: in response to an outbound instruction, determining position information of a target container (a) to be moved out indicated by the outbound instruction, the target container (a) being one of a plurality of containers stacked in a vertical direction; if there is a container group comprising at least one container stacked above the target container, driving a first carrying mechanism (2) of a carrying robot to lift the container group; driving a second carrying mechanism (3) of the carrying robot to move the target container (a) away from a first position after the lifting of the container group is completed, and driving the first carrying mechanism (2) to release the container group when the first position is idle; updating position information of each container in the container group.

(Figure. 1)