DIAMOND CO.

# Hiker's Fast-Save Budget Guide

# **Fast-Save Hiking Budget Guide: Save $150–$250 per Trip with the 20% of Actions That Matter**

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*Preview: [View Sample Worksheet (2 pages)](https://example.com/guide-preview.pdf)*

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## **Why This Guide Works**
- **Save 20–30%** on gear, food, and permits.
- **Meal-planning hacks** to cut food costs by 50%.
- **Permit discounts** for national parks and trails.

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## **1. Logistical Arbitrage: Where to Save Big**
**Tactic:** Buy gear used, rent gear, or drive to trails.

**Example Calculation:**
- **Driving to Trail X (150 mi):**
  - Gas: $0.58/mi → $87
  - Lodging: $12/night → $12
  - **Total:** $99 vs. $30 hotel night → **$69 saved**
- **REI Outlet Gear:**
  - Used backpack: $50 vs. new $120 → **$70 saved**

**Checklist:**
- [ ] Check Facebook Marketplace for used gear.
- [ ] Compare gas vs. flight costs for trail access.

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## **2. Gear Audit Framework: Lighten Your Load**
**Tactic:** Replace heavy gear with cheaper alternatives.

**Sample Checklist:**

| Item | Weight (oz) | Annual Repair Cost | Decision |
|---|---|---|---|
| Down Jacket | 24 oz | $80 | Replace (buy used) |
| Hiking Boots | 28 oz | $120 | Keep (worth it) |

**Tip:** Weigh your pack before/after the trip to track savings.

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## **3. Food Strategy: High-Calorie, Low-Cost Meals**

**Tactic:** Prioritize shelf-stable, calorie-dense foods.

**Top 5 Foods (Cost per 100 kcal):**
1. Peanut butter: $0.02/kcal
2. Tortillas: $0.01/kcal
3. Oats: $0.03/kcal
4. Jerky: $0.04/kcal
5. Canned beans: $0.05/kcal

**Example Meal:**
- Breakfast: Peanut butter + oats ($0.05/kcal)
- Lunch: Tortilla + jerky ($0.05/kcal)
- Dinner: Canned beans + rice ($0.08/kcal)

**vs. Fresh Produce:**
- Bananas: $0.12/kcal (3x more expensive).

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## **4. Timing Tactics: When to Buy Permits & Gear**
**Tactic:** Buy permits/gear during discounts.

**Discount Calendar:**
- **Permits:**
  - Yosemite wilderness permits: **20% off in October**.
  - Grand Canyon: **10% off in May**.
- **Gear:**
  - REI Black Friday: **25% off**.
  - Backcountry.com: **15% off in July**.

**Checklist:**
- [ ] Book permits 3 months early for discounts.
- [ ] Set price alerts for gear sales.

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## **What's Inside the PDF**
- **7-Day Shopping List** (e.g., oats, jerky, tortillas, peanut butter).
- **Trailhead Access Matrix** (permit fees, shuttle costs, ride-share estimates).
- **Gear Audit Worksheet** (sample table with weight and repair costs).
- **Meal Planning Template** (sample daily meals with calorie costs).

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