RENVO LIFE · THE GOOD STUFF, FOR LESS

The Cold Plunge Running-Cost & Water Care Planner

What does your plunge really cost each month: ice or a chiller? And when should you change the water? Work it out in 10 minutes.

- Ice vs chiller: monthly and yearly cost, step by step
- Worked examples with dated prices (US EIA electricity, store ice price, maker energy figures)
- A fill-in page and a spreadsheet for your own power rate and ice price
- Water care: what Canuck Cold, Ice Barrel and Plunge Chill say, quoted and credited
- Printable care checklist, water-change log and maintenance log

Version 1.0 · October 2026 · Prices and maker figures checked 25–27 Oct 2026. No brand paid to appear.

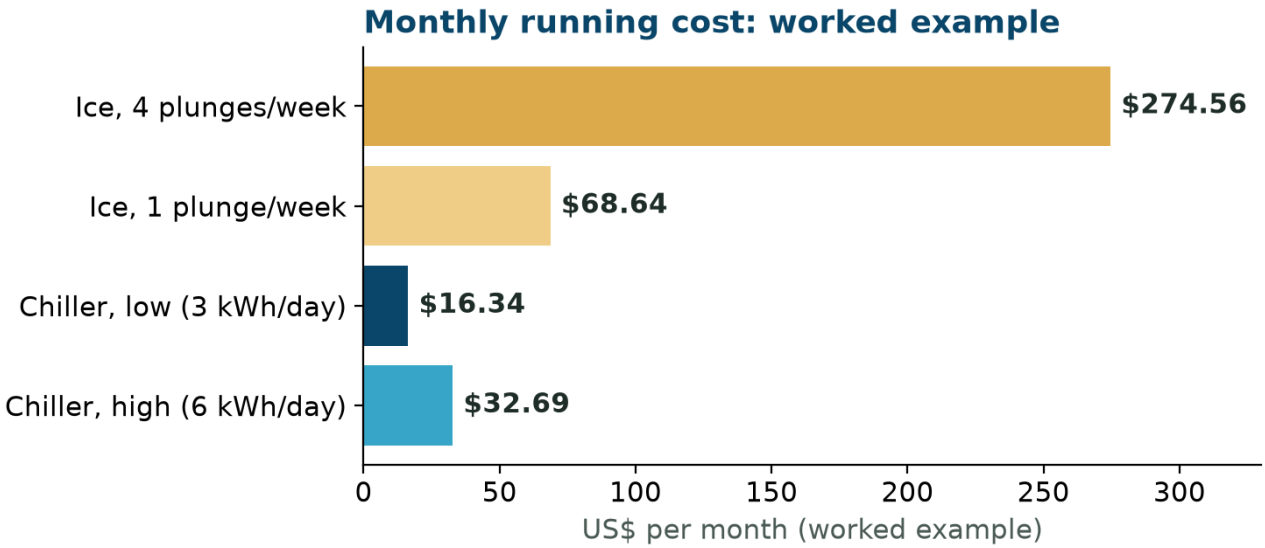
Cost and upkeep only. No health advice, no plunge times or temperatures.

1 The short answer

THE SHORT ANSWER

With our worked example (4 plunges a week, 40 lb of ice each time), bagged ice costs about **$274.56 a month**. A small 1/3 HP chiller adds about **$16.34–$32.69 a month** to a power bill at the US average rate. On those numbers, a $569 tub-and-chiller bundle pays for itself in about **2.2–2.4 months**.

$274.56	$16.34–$32.69	18.16¢	$4.29
ice, per month (example)	chiller power, per month	US avg home kWh, Aug 2026[1]	10 lb bag of ice[2]



Worked example. Ice: 16 sessions × 40 lb (example assumptions) × $4.29 per 10 lb bag[2]. Chiller: Plunge Chill's stated 3–6 kWh a day[3] × 30 days × 18.16¢/kWh[1].

Why the gap is so big

Ice is a cost every single time you plunge. A chiller is a big cost once, then a small cost every month. So the more often you plunge, the faster a chiller catches up. If you plunge once a week, ice drops to about $68.64 a month and the payback stretches to roughly 11–16 months.

These are the same numbers and sources as our free guide *Chiller vs ice: what a cold plunge costs per month* on renvolife.com. This planner shows you how to redo them with your own rate, your own ice price and your own routine, and how to keep the water in good shape.

2 Ice: work out your monthly cost

You need three numbers. Two are about your habits, one is a price.

1. **How much ice you use per plunge (lb).** Weigh it once: count the bags you tip in. Our example uses **40 lb** EXAMPLE ASSUMPTION: replace with yours. A bigger tub, warmer tap water or a warm room means more.
2. **How many times you plunge a month.** Our example: **16** (about 4 a week) EXAMPLE ASSUMPTION: replace with yours.
3. **What a bag costs and what it weighs.** Our example: **$4.29 for a 10 lb bag** SOURCED Kroger Bagged Ice at Ralphs, price checked 25 Oct 2026[2]. Look at your own store's shelf or app.

```
Monthly ice cost = plunges × (lb per plunge ÷ lb per bag) × price per bag
= 16 × (40 ÷ 10) × $4.29 = 16 × 4 bags × $4.29 = $274.56
```

```
Yearly ice cost = monthly × 12 = $3,294.72
```

Worked example at different routines

Plunges a month	Bags per month (4 per plunge)	Per month	Per year
4	16	$68.64	$823.68
8	32	$137.28	$1,647.36
12	48	$205.92	$2,471.04
16	64	$274.56	$3,294.72
20	80	$343.20	$4,118.40

All rows: 40 lb per plunge EXAMPLE ASSUMPTION: replace with yours, $4.29 per 10 lb bag[2]. These are counts of plunges for the cost math, not a suggestion of how often to plunge.

Ways people cut the ice bill (cost ideas, not advice): freeze your own blocks in old tubs or jugs (your water and freezer power instead of store bags), buy larger bags if your store sells them cheaper per lb, keep a lid on between uses so less ice melts away, and keep the tub out of direct sun. Each one changes your "lb per plunge" number, so re-weigh after you try it.

10 Printable water-change log

Date filled	Date changed	Uses since last change	Why changed (schedule / cloudy / smell / other)	Gallons	Water cost ($)	Notes

Uses since last change: tick a mark each time you plunge, and compare with your maker's figure (for example, Canuck Cold's 3–5 uses without filtration[4]).