

Home Sauna Total-Cost Worksheet

Use local quotes and the exact sauna/heater specifications. If a cost is not known yet, mark it as unknown instead of assuming \$0.

Sauna / model	
Target project budget	\$
Project location	
Date updated	

Project Cost Worksheet

Cost Item	Estimate	Status	Quote / Source
Sauna cabin, kit, or materials	\$	Unknown / Estimate / Quote / Confirmed	
Heater	\$	Unknown / Estimate / Quote / Confirmed	
Controls and stones	\$	Unknown / Estimate / Quote / Confirmed	
Freight or delivery	\$	Unknown / Estimate / Quote / Confirmed	
Assembly labor	\$	Unknown / Estimate / Quote / Confirmed	
Electrical work	\$	Unknown / Estimate / Quote / Confirmed	
Panel or service work	\$	Unknown / Estimate / Quote / Confirmed	
Outdoor trenching	\$	Unknown / Estimate / Quote / Confirmed	
Foundation or site prep	\$	Unknown / Estimate / Quote / Confirmed	
Indoor room preparation	\$	Unknown / Estimate / Quote / Confirmed	
Ventilation	\$	Unknown / Estimate / Quote / Confirmed	
Permits and inspections	\$	Unknown / Estimate / Quote / Confirmed	
Accessories	\$	Unknown / Estimate / Quote / Confirmed	
Other	\$	Unknown / Estimate / Quote / Confirmed	
Subtotal	\$		
Contingency rate	%		
Contingency amount	\$		
Estimated all-in project cost	\$		
Remaining vs target budget	\$		

Decision check: compare complete project totals, not only the sauna's advertised price.

Home Sauna Budget Checklist

Complete the major cost checks before paying a deposit or placing an order.

Done	Checklist Item	Notes
☐	Sauna or kit price confirmed	
☐	Included components confirmed	
☐	Heater included or separately budgeted	
☐	Controls and stones included or separately budgeted	
☐	Electrical requirements obtained	
☐	Electrical quote obtained when required	
☐	Delivery charge confirmed	
☐	Delivery route measured	
☐	Assembly cost confirmed	
☐	Foundation or site work priced	
☐	Ventilation requirements checked	
☐	Permit requirements checked locally	
☐	Accessories separated from necessities	
☐	Contingency included for unresolved work	
☐	Total installed project cost calculated	

Practical rule: do not pay a deposit until the major unknown costs are visible in your worksheet.