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Ammo Cost & Ballistic Quick-Reference Guide

A free bonus guide from GunCarrier.com

Companion to: Ammunition Deals July 2026

*Inside: a cost-per-round worksheet you can fill in by hand,
plus a quick caliber reference table for common CCW rounds.*

Know Your Real Cost Per Round

A sale price only means something once you convert it to cost per round. Use this formula on any listing, single box or full case, before deciding it's actually a deal.

$$\text{Total Price} \div \text{Number of Rounds} = \text{Cost Per Round}$$

Example

Format	Price	Rounds	Cost / Round
Single box	\$14.99	50	\$0.30
Case (bulk)	\$249.99	1,000	\$0.25

Your Worksheet

Caliber	Format	Price	Rounds	Cost / Round

Rule of thumb: bulk case purchases of 500 to 1,000 rounds commonly run 10 to 15 percent cheaper per round than box pricing. If a case discount is smaller than that, the box price may already have been fair.

Pricing referenced in this guide reflects general market conditions as of mid-2026 and will change. Always verify current pricing before buying.

Common CCW Calibers at a Glance

A quick reference for the calibers most concealed carriers encounter, what they're typically used for, and roughly what to expect per round. This is a starting point for comparison shopping, not a substitute for confirming reliability in your own gun.

Caliber	Typical Use	Typical Price / Round
.22 LR	Practice / training	About \$0.06 to \$0.10
9mm Luger	Practice and self-defense (most common)	\$0.17 to \$0.31 practice, \$0.50 to \$1.00+ defense
.380 ACP	Self-defense, compact carry pistols	About \$0.30 to \$0.45 practice, more for JHP
.40 S&W	Self-defense / duty	About \$0.30 to \$0.40 practice, more for JHP
.45 ACP	Self-defense / duty, classic 1911 platforms	About \$0.35 to \$0.55 practice, more for JHP
.38 Special / .357 Magnum	Revolver self-defense	Varies by load, generally above 9mm pricing
5.56 / .223	Home defense rifle, practice	About \$0.45 to \$0.60 practice

This table covers pricing and common use only. It does not rate stopping power, terminal performance, or which load is right for you. Confirm reliability by function-testing your chosen defensive load through your own gun before carrying it.

Want the full buying strategy? Read the complete guide: **Ammunition Deals July 2026: What's Actually Worth Buying** at GunCarrier.com.