

fastman: live on the go in a cost effectively

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This guide describes a modern, lightweight way of living built around freedom, simplicity, and long-term security with very little money. It's designed for people who want more control over their time, movement, and lives—and who are open to living well with less. Freedom from most of the work week because your needs are low and costs are controlled. Freedom to travel because your life isn't tied to rent, storage, or possessions. Freedom from constant fear of loss because everything you need stays with you and can be replaced easily if it's gone. The core comes from flexibility. When your expenses are low, small amounts of income go a long way. Your main assets are your skills, health, and routines. You're less dependent on institutions. Minimalism here doesn't mean deprivation—it means choosing tools and habits that do more with less effort. This way of life naturally lowers environmental impact while increasing personal stability. It's a lighter, more flexible, less stressful way to live—whether you're housed, unhoused, or somewhere in between. It's meant to be practical, humane, and worth living.



The world as your living room: imagine waking up to the sun and the birds instead of an alarm. You go out and ask for some food, and feed yourself an OMAD meal. Having been fed for the day, you go out and charge your battery bank so you can use your tablet all day long.

Now your chores are done. You can ride around on your skateboard, explore town, and talk to people. You can do bodyweight fitness with no weights or gym. You can wash your clothing without a washing machine.

Most importantly you can explore the internet with your large pocketable tablet. The sum of all human knowledge at your fingertips as well as games, movies, coding, and whatever else that might fly your fancy. If you want to make some money, you can work remotely from your device.

When it gets late you mosey awy from town so no one will bother you, find some cranny to hole up in. You use your arm as your pillow, your poncho as your blanket, and you doze off until dawn, then scam before anyone catches you sleeping.



Protein, Dairy & Healthy Fats

Vegetables & Fruits

Whole Grains

Eat multivitamins. The silks have a way of cooking beans and rice, rice pudding, and bread in a way that they can feed thousands of people per day cheaply. <https://youtu.be/qd0jreKUu0>

The one meal a day diet, OMAD, involves a 1 hour eating window and a 23 hour coffee fasting window. During the eating window one should fill the belly completely full.

Buy shelf stable foods. Consider canning foods with mason jars.

advanced coding technologies.



If homeless, always couchsurf. Avoid sleeping on the street. If sleeping on the street, stay away from town, sleep somewhere safe. Learn to make a debris shelter. Learn to make a bigfoot bed out of tall grass and a blanket out of tall grass or hay. When begging always beg for the thing you want rather than money. Beg for food not money. When making fire don't chop wood, just gather twigs. To light a fire use a sparking rod and gather dry tufts of grass. Get an online job. If lost in the woods, rivers lead to the ocean, and walking along the shore will lead to a building with a phone. Grow potatoes and berries. Get fruitloops app instead of guitar, use this paint app instead of drawing notebook, learn to carve fishing hooks and catch worms, and make string. Rice is super cheap. Eat it! Also oatmeal, learn to use square knots and bowline knots, gamble on real risks, not on rigged games. Use the food bank. It's cheaper to live in the country. An alternative housing is to live in a used trailer or build a Chinese style mud brick family house with bamboo roof. If you can't get mail, find someone in town who will let you mail to their address. Some restaurants will give you their leftover food at night. Khan Academy will give you a full K-12 education and teach you basic code. MIT opencourseware will give you a free college education. Project Gutenberg has nearly every book ever written for free. Codecademy contains programming challenges to get better at code, the math sorcerer will teach you advanced maths. Gaia.com contains useful education about spirituality.



\$170 - samsung galaxy tab a11. This ipad mini sized tablet gives you the most bang for your buck when computing out of your pockets. Despite being a tablet it will fit in the average persons pockets. Fairly fast, and good for light to medium gaming.



\$30 - A battery bank of at least 10,000 mAH should be able to charge your phone twice. This is useful while living on the go to charge your phone in town.



\$15 - A collapsible camping cookset. Is good for cooking your coffee or your meals. It can be worn around the neck or packed into your bag. The fire can be fueled by gathering twigs rather than chopping wood. There is no need to chop down the whole forest. The ash from a wood fire is stronger than soap, and can be used to wash your clothing, your skin, or your cookwear.




\$160 - leatherman surge multitool with scissors for trimming hair.



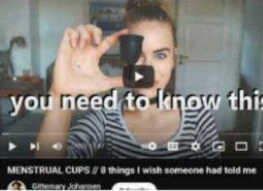
\$4 - sparking rod. Makes sparks to light dry grass or thin dry materials



\$30 - big backpack



You can use a clean re-usable plastic bag to take a birdbath using your tshirt as a washcloth. You can wash your clothes in a bag by kneading them with soap or wood ash. A plastic bag can be an emergency one use toilet. Sanitary napkins can be used to wipe. Baby wipes work better.



\$30 - women can use menstruation cups to avoid paying for and storing pads. Watch safety videos.



\$30 - 3 quickdry long sleeve hooded shirts with mask. In the summer roll the sleeves up for a normal shirt. In the winter, wear all three shirts for a thicker hoodie.



\$20 - quickdry tracksuit pants. Wear two together in winter for sweatpants.



\$25 - rubber chef shoes Easy to clean, durable, doesnt require socks to wear. Not for sensitive feet.



A poncho is a blanket

\$30



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int main(){int x=0,y,z,i,[16],[999].*-=f;void* p[16];*-=f;while(x++)=getchar();while(1){x=[1];y=[2];z=tswitch(z){c(0,exit(0));c(1,[x]-=i(y))c(2,[x]=[x]-i(y))c(3,[y]=p[x]c(4,[y]=[x])c(5,[y]=*void**p[x]c(6,*void**p[y]=p[x])c(7,[y]=*void**char*p[y]+(int)x))c(8,[y]=malloc([x])c(9,[x]=p[y]=NULL)c(9,free(p[y])c(10,fread(p[y],1,[y],stdin))c(11,twrite(p[y],
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A skateboard is an ultraportable highly inepensive way to travel through the city more quickly. On flat ground or on slight inclines one can go twice as fast on a skateboard than on foot.