Stockdays

Household manual

Everything in Stockdays, for everyone in the house

The whole of Stockdays in one book: supplies and storage, days of supply and dates, kits, trips, the shopping list, vehicles and equipment, reports and settings. Parts marked Owner need the household owner; parts marked Plus come with Stockdays Plus.

Matches the app as of November 22, 2026 · stockdays.app · support@stockdays.app
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Getting started

Set up your household once, then add your storage spots and supplies.

Sign up or sign in

1. Go to stockdays.app and tap **Sign up free**, or get the Stockdays app on your iPhone or Android phone.
2. Type your email. Stockdays emails you a link; tap it to get in, then choose a password.
3. From then on, tap **Sign in** with that email and password, on any phone or computer.
4. Forgot it? On the sign-in screen tap **Forgot password?** (or **Forgot which email you used?**).

Set up your household Owner

1. Open **Household** (on a phone: **More**, **Household**).
2. Under **What's your plan?** pick **Stay home**, **Leave** or **Both**. The home screen puts first what matters for that plan.
3. Under **Who's in the house**, type how many **Adults**, **Kids** and **Pets**.
4. Set your **Goal (days of supply)** and tap **Save**.
5. Days of supply uses about 2,000 calories per adult and 1,600 per child each day, and 1 gallon of water per person (plus a quarter gallon per pet). Rough guides, not medical advice.

Add your storage spots

1. Open **Storage** (on a phone: **More**, **Storage**) and tap **Add**.
2. Start with the big places: the pantry, the basement, the garage. Pick the **Type** (**Room or area**, **Shelf**, **Bin**, **Garage or shed**, **Kit**, **Other**) and tap **Save**.
3. Then add the shelves and bins inside each one: pick the room under **Inside**.
4. Print a label for each one so a scan opens it (see **Print labels**).

Add a supply

1. Tap **Add a supply** on the home screen, or open **Supplies** and tap **Add**. Or scan the barcode on the package: Stockdays looks the product up for you.
2. Type or check the **Name**. Add a **Photo**, **Brand**, **Unit** (each, can, gallon) and **Category** if you like.
3. Set **Reorder at** to the number that means "time to buy more".
4. Under **Starting quantity**, type **How many** you have and pick **Where** they are. Add the date under **Expires** if it has one. Tap **Save**.
5. With AI photo identification on (Stockdays Plus), add a **Photo** of the item or its label and tap **Suggest from the photo**: it suggests the name, brand and category for you to check.

Bring in a list from a spreadsheet Owner

1. Open **Supplies** and tap **Import from a spreadsheet** (Excel .xlsx or CSV).
2. One row per supply. A supply in two places or with two dates gets two rows with the same name.
3. Stockdays guesses which column is the name, quantity, location and expiration date. Check it, then tap **Import**. Only the name is required.
4. Importing the same file again adds nothing. Rather not do it yourself? Email the spreadsheet to support@stockdays.app and we load it for you.

Share with your family Owner

1. Open **Settings**, **Family and sharing**.
2. Type their **Email**, pick a **Role** (**Owner**: everything; **Staff**: add supplies and change what you have; **Viewer**: look only) and tap **Send invite**.
3. They tap the link in the email and choose a password. Everyone sees the same supplies, kits and lists. Free, with no limit on people.
4. No email? Under **Waiting to join**, tap **Send again**, and have them check their spam folder.

Put it on your phone

1. Get the Stockdays app from the App Store or Google Play and sign in.
2. Or use the website as an app: on an iPhone in Safari, tap **Share**, then **Add to Home Screen**. On Android in Chrome, open the menu and tap **Install app** or **Add to Home screen**.
3. Open it from the icon from then on. It keeps a copy of your household on the phone, so it works with no signal.

Everyday use

Scan, add what you bought, take out what you used, and count a shelf now and then.

Scan a label or barcode

1. Tap **Scan**. The first time, tap **Turn on camera**, then **Allow** when your phone asks.
2. Point the camera at a Stockdays label or the barcode on a package. It opens what you scanned: a supply shows how many you have and where; a shelf or bin shows what's on it.
3. Barcode not in Stockdays yet? Tap **Add a new supply with this barcode**.
4. Can't scan it? Type it under **Or type the code** and tap **Go**, or use **Scan from photo**.

Add what you bought

1. Open the supply (scan it, or find it under **Supplies**) and tap **Receive**.
2. Type how many and pick where it goes.
3. Type the **Expires** date and the **Lot number** from the package, if it has them. Scanning a barcode that holds them fills them in.
4. Each delivery with its own date is kept as its own batch.

Take out what you used, or move it

1. Open the supply and tap **Pull** when you use some. Pick where it came from and how many. Stockdays uses the batch that expires first.
2. **Move**: you put it somewhere else (another shelf, a kit).
3. **Adjust**: the number is wrong (spoiled, lost, found more). Say why.
4. Every change is kept under **History** on the supply, with who made it and when.

Count a shelf

1. Tap **Count**, or open a shelf or bin and tap **Count here**.
2. Scan the shelf's label, or pick it.
3. Type how many of each supply you actually see. Leave a box empty if you didn't count it; type 0 if it's gone.
4. Tap **Save count**. The numbers now match the shelf.

Print labels

1. Open **More**, **Print labels**. Or open a supply, shelf or kit and tap **Print label**.
2. Pick the **Label size**: a sheet (Avery) or a roll for a label printer.
3. Pick the **Label style**: **QR code** (the usual) or **Code 128 barcode**.
4. Print on a regular printer at actual size (100%), on a Niimbot over Bluetooth or a Zebra, or save the labels as pictures.
5. Stick them on shelves, bins and bags. Scanning one opens that spot.

No signal?

1. Keep going: scan, add, pull, move and count as usual. Changes wait on the phone.
2. **Changes on this phone** (in **More**) shows anything waiting to send.
3. When you have signal again, open the app. An iPhone only sends while the app is open.
4. A few things need signal, like setting a packing list. Use the app from its home screen icon, and don't sign out while changes are waiting.

Days of supply and dates

See how many days your household could go, and use the oldest first.

Days of supply

1. Open a supply and, under **Days of supply**, pick what it **Counts toward**: **Food** (calories per unit), **Water** (gallons per unit) or **Fuel** (days per unit). Gear and tools count toward nothing.
2. Stockdays adds them up and divides by what your household needs (set in **Household**).
3. The home screen shows your days of supply against your goal.

Use first Plus

1. Open **Use first** from the home screen.
2. It lists what's expired or coming up, oldest dates on top. Pick **30 days**, **90 days** or **1 year**.
3. Eat it, donate it or replace it. Pull it from the supply's page and the list updates.

Check a recall

1. When you add or receive a supply, type the lot number printed near the date (scanning a barcode that has one fills it in).
2. When a recall comes out, open **More**, **Find a lot (recalls)** and type the lot number from the notice.
3. It shows every batch you have with it and where it is.

Weekly heads-up email Owner

1. Household owners get an email on Monday mornings listing supplies that expire in the next 14 days and vehicle items that are overdue or due soon.
2. No email on weeks with nothing to say.
3. Turn it off or on in **Settings**, **Weekly heads-up email**.

Kits and bags

A bag or bin you keep packed: a bug-out bag for each person, a get-home bag, a car kit, a camp kitchen bin.

Add kits

1. Open **Kits** and tap **Add kits**. You can add several at once ("Dad, Mom, Ava").
2. Free includes 1 kit; Stockdays Plus has no limit.
3. We bug in, not out? Pick **Stay home** in **Household**. Kits stay available for a first aid kit or car kit.

Give a kit a packing list Owner

1. Open the kit. Under **Packing list**, tap **Set it up** (or **Edit**).
2. Add each supply and how many the kit should always hold. Save. This needs signal.
3. The kit now shows what it **Should have**, what's **In kit** and what's **Missing**.

Pack a kit

1. Open the kit and tap **Pack what's missing from home storage**: it moves what's missing from your shelves into the kit.
2. Something you don't have at home shows as "to buy". Add it to the shopping list.
3. Or pack one at a time: **Scan**, **Pack a kit**, then scan each supply going in. From a supply's page, **Pack into a kit** works too.
4. **Used since last refill** shows what came out of the kit since it was last full.

How heavy is my bag? Plus

1. Open a supply and type what one weighs under **Weight** (from the label or a kitchen or luggage scale), in ounces or pounds.
2. Each kit and trip then shows its total, like "Kit weight: about 34 lb".
3. With AI help on, **Estimate with AI** fills in a typical weight from the name. Estimates are marked until you check them, so weigh the important ones.

Trips

Pack for a trip, check things off as they go in the vehicle, and refill what got used when you're home.

Plan a trip Plus

1. Open **Trips** and tap **New trip**.
2. Name it, and set when you're **Leaving** and **How many going**.
3. Pick the **Kits and bins going**, and list anything else (a cooler, warm layers, firewood).

Load the vehicle Plus

1. Open the trip and check things off as they go in.
2. Or tap **Scan kits as they go in** and scan each kit's label. Tap **Stop scanning** when you're done.

When you're home Plus

1. Open the trip and tap **We're home: unpack**.
2. Under **What got used**, put in how many of each got used up. Leave it blank if it came back.
3. Tap **Save and see what to refill**. Stockdays checks each kit against its packing list, refills it from home storage, and puts what you're out of on the shopping list.
4. Tap **Finish trip**.

The shopping list

Low supplies and what got used on a trip land here.

Use the shopping list Plus

1. Open **Shopping list**. Tap **Add** for anything else.
2. Supplies at or below **Reorder at**: tap **Add 1 running-low supply** (or however many there are).
3. Pick a store under **Find at** (Walmart, Amazon, Target, Kroger or Fred Meyer) and tap an item's name to look it up there.
4. Tick the box when you've got it. Ticked something by mistake? Untick it under **Already got**. **Clear these** empties that list.
5. Shop at Kroger or Fred Meyer? Connect your account once and Stockdays adds the list to your cart; you check out in their app like always.

Vehicles and equipment

The car, pickup, RV, trailer, ATV, boat, generator and mower: oil changes, tires and paperwork.

Add a vehicle or equipment

1. Open **Vehicles & equipment** and tap **Add**.
2. Pick what it is. Each kind starts with the usual service list, like oil changes by miles, engine hours or months, whichever comes first.
3. Change any service to match your manual, or tap **Add a service**.

Keep up with service

1. The first time, tap **Set when last done** on each service. After that, **Mark done** when you do it. Early or late, use the day it was really done.
2. Keep miles and hours current with **Update readings**.
3. Something that isn't a set service? **Log other work**.

Tires, snow tires and studs

1. Under **Tires**, tap **Add a tire set** (regular, winter or studded) with the DOT date from the sidewall. Tap **Put these on** when you swap.
2. **Add tire readings** with the lowest tread and pressure. Stockdays warns when tread is low (4/32 is time to shop, 2/32 is replace), pressure is low against the door sticker, or tires are 6+ years old.
3. With your state under **Paperwork**, it says when studs are allowed and when they have to come off. States sometimes extend the deadline, so check locally.

Registration and insurance

1. Under **Paperwork**, tap **Edit**: the state it's registered in, the registration and insurance expiration dates, and the insurance company.
2. Something that never renews? Tick **Permanent registration**.
3. You'll see **Expires soon** 30 days ahead, on the vehicle and in the list, and owners get it in the Monday heads-up email.

Reports, costs and export

See what you have and what it cost, and take a copy with you.

Dashboard and reports

1. Open **Dashboard** for your household at a glance: what's low, what's in kits, what changed.
2. **Reports** (Stockdays Plus) shows **On hand**, **Low stock** and **Movements**, by supply or by location.

What your supplies cost Plus

1. Type **What it cost ($)** on each supply (only the household owner sees costs).
2. Open **What your supplies cost** from the home screen for an itemized list and total, by place.

Export to Excel, PDF or CSV

1. Open **More**, **Export**.
2. Pick **What** (on hand, a kit checklist, expiration dates, the shopping list, the low stock list or history) and **Where**.
3. Tap **Excel**, **PDF** or **CSV**. Your data is yours: export any time.

Settings

A short menu: tap a row to open it. Rows only the owner can use are hidden from everyone else.

What's in Settings

1. **Household**: name and time zone. **Family and sharing**: invite people and set who can change what. **Your plan**: Free or Stockdays Plus. **Appearance**: colors and light or dark.
2. **Labels**: the label size everyone starts on. **AI photo identification**. **Weekly heads-up email**. **Trash**. **Reports**.
3. **Your account**: password, sign out, delete your account. **Security**: two-step sign-in. **This phone**: the scan beep and putting the app on your home screen.

Free and Stockdays Plus

1. Free: one household with up to 75 supplies and 1 kit, family sharing, offline use, barcode scanning, labels, vehicles and equipment, Find a lot and Community.
2. Stockdays Plus adds unlimited supplies and kits, trips, use-first and expiration reports, the shopping list, costs, weights and 25 AI photo IDs a month, for the whole household.
3. The household owner sees the plan under **Settings**, **Your plan**.

AI photo identification Owner Plus

1. Off until the household owner turns it on in **Settings**, **AI photo identification**. 25 photos a month, reset on the 1st.
2. On a new supply, add a **Photo** of the item or its label and tap **Suggest from the photo**. Check what it suggests before saving.
3. Only that photo and what's typed on the supply are sent, to Anthropic (the maker of Claude), which doesn't use it to train its models. Leave it off and everything else works the same.

Two-step sign-in

1. Open **Settings**, **Security**, **Set up two-step sign-in**, then **Turn on two-step sign-in**.
2. In a code app on your phone (Google Authenticator, Microsoft Authenticator, 1Password), scan the square code and type the 6-digit code it shows.
3. From then on, signing in asks for the newest code after your password. Owners can require it for the household on the Security page.

Trash and archive Owner

1. A supply that shouldn't exist (a duplicate, a mistake)? Open it, **Edit supply**, **Trash item: shouldn't exist**, and say why.
2. A real supply you don't keep any more: **Archive** it instead. It keeps its history.
3. Open **Trash** to **Restore** one, or **Delete selected** or **Empty trash** to remove them for good.

Delete your account

1. Want a copy first? **More**, **Export**.
2. Open **Settings**, **Your account**, tap **Delete my account** and type DELETE.
3. If you're the only person in your household, the household and everything in it are deleted too. Details: stockdays.app/delete-account.

Help and community

Where to ask, and how to tell us something is wrong.

Ask other households

1. Open **Community** to ask a question or answer one, by topic (water, food, power and heat, first aid and more).
2. Only your nickname shows, never your household or supplies. Leave out anything private, like your address.

Something went wrong

1. Tap **Report a problem** in the menu, say what happened, and send. A screenshot helps.
2. See what happened to it under **More**, **Problems**.
3. Rather email? support@stockdays.app.

More help: in the app, tap Help. Email: support@stockdays.app