Stockdays

Quick start

For a new household, on day one

The few things to know to get your household going: set it up, add your storage spots and supplies, share it with your family, and the everyday basics. Everything else is in the Household manual and in the app under Help.

Matches the app as of November 22, 2026 · stockdays.app · support@stockdays.app
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Your first day

In this order, it takes about an hour.

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.

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.

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.

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.

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.

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.

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.

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