



BDH Ration Stockpile & Rotation Log

Know how much you need, then track every box so a stored pack never gets forgotten

jentriedit.com

Set your coverage target

Fill these in once, then buy to the box count.

PEOPLE	×	DAYS OF COVERAGE	×	PACKS PER PERSON DAILY
=	PACKS NEEDED		BOXES TO BUY	

The numbers: each pack is about 570 calories, each box holds 12 packs. Three packs per person per day covers basic needs (about 1,710 calories). Divide packs needed by 12 and round up for boxes to buy.

Stockpile log

#	WHERE IT IS STORED	BEST-BY DATE	DATE FIRST OPENED	FINISH INNER PACKS BY	RESTOCKED
1					☐
2					☐
3					☐
4					☐
5					☐
6					☐
7					☐
8					☐

After you open a pack

The box seal does not affect unopened packs. Once you open one pack, use it within **six months** with the inner film left on, or **two months** if you unwrap it fully.

Where to store the box

Keep it **cool and dry**, like a closet or pantry. Sustained heat in a car or garage degrades the packaging and cuts the 20 year shelf life well short.