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Modern Bartering Starter Kit

A practical checklist and worksheet for planning your first exchange.

1. List what you can offer

Write down goods, skills or services you can share. Be specific about quantities, condition, experience and availability.

2. Identify what you need

Choose a small, clear need. Look for a partner whose offer fits it and who wants something you can provide.

3. Agree on the exchange

Discuss the scope, quantities, estimated value and timing. Both partners should understand exactly what they will give and receive.

4. Confirm the details

Write down the agreement before starting. Include delivery or meeting arrangements and what happens if plans change.

5. Complete and record the trade

Check the goods or finished work together. Keep a copy of the agreement and note completion. Ask your partner for feedback.

Start small and build trust

Use a safe meeting place, inspect goods and avoid sharing unnecessary personal information. Keep records of your exchanges.

Find your next step

Explore the guide: soundmoneyinstitute.org/bartering-guide/

Connect with trade partners: soundmoneyeconomy.com

PLAN YOUR EXCHANGE

My Barter Worksheet

Complete this together and keep a copy for each trading partner.

Trade partners and contact details

I will provide (items, condition, quantity or service scope)

My partner will provide (items, condition, quantity or service scope)

Agreed value, delivery date and meeting location

If plans change, we agree to...

Confirmed by both partners / date completed