BELGIUM · KIT LIST

BELGIUM'S EMERGENCY KIT CHECKLIST: THE OFFICIAL NCCN LIST

The National Crisis Centre's 72-hour kit, item by item: home stock and grab-and-go backpack, with water, food, radio, iodine and documents. 🇧🇪

Updated 2026-10-28 · 3 official sources · Lees in het Nederlands

---

Short answer. Belgium's National Crisis Centre (NCCN) recommends a kit for at least 72 hours in two parts: a home stock for sheltering without power, water, phone or internet, and a light grab-and-go backpack [1] [2]. The home stock starts with 3 to 10 litres of water per person per day and long-life food that needs no water, gas or electricity to prepare [1] [2]. The full official list follows, line by line.

WHAT GOES IN THE HOME STOCK?

3 to 10 litres of water per person per day, long-life food for at least 72 hours, a first-aid kit, a torch, a radio and iodine tablets [1] [2] [3].

0 / 25 items ready

	ITEM	QUANTITY
☐	Bottled drinking water	3 to 10 litres per person per day; 3 litres is just enough to drink and cook [1] [2]
☐	Long-life food needing no water, gas or electricity (canned meat, fish, vegetables or pulses, nuts, dried fruit, crackers, energy bars)	Enough for at least 72 hours [1] [2]
☐	Can opener (or pocket knife)	1 [1] [2]
☐	First-aid kit: bandages, plasters, compresses, scissors, tweezers, safety pins, painkillers, disinfectant	1 [1]
☐	Wet wipes, toilet paper, hand sanitiser gel	Household supply [1]
☐	Iodine tablets, taken only on the authorities' instruction	1 box (free at pharmacies; one box covers 4 people) [1] [2] [3]
☐	Torch, preferably wind-up (dynamo); spare batteries if battery-powered	1 [1] [2]
☐	Wind-up or battery radio, preferably DAB+ and FM	1 [1] [2]
☐	Rechargeable and spare batteries	Set [2]
☐	Lighter or matches; candles or tea lights	Set [1] [2]
☐	Blankets, warm clothing	Per person [1] [2]
☐	Baby food and nappies (if young children)	As needed [1] [2]
☐	Pet food and water	Enough for 3 days [1]

WHAT GOES IN THE GRAB-AND-GO BACKPACK?

Copies of important documents, a list of phone numbers, essential medicines for at least 3 days, a charged power bank, some cash, a whistle and 1 or 2 bottles of water [1] [2].

	ITEM	QUANTITY
☐	Copies of important documents: insurance contracts, ID cards of household members, driving licence	1 set [1] [2]
☐	List of family and friends' phone numbers and emergency numbers (utilities, doctor, insurer)	1 [1] [2]
☐	Pen and paper	1 [1] [2]
☐	Basic first-aid kit	1 [1] [2]
☐	Essential medicines	Reserve for at least 3 days [1] [2]
☐	Tissues, sanitary towels, toothpaste and toothbrush	1 set [1] [2]
☐	Phone charger and charged power bank	1 [1] [2]
☐	Some cash for essentials (no large sums at home)	About 72 hours of basic needs [1]
☐	Multi-purpose pocket knife	1 [1]
☐	Whistle to signal rescuers	1 [1] [2]
☐	Bottled water	1 or 2 bottles (1 litre per person) [1]
☐	Biscuits, nuts or energy bars (no cans, to keep the bag light)	A few [1] [2]

WHAT SHOULD I ADD FOR CHILDREN AND PETS?

For children, health booklets, baby food, nappies and spare clothes; for pets, their medicines, passport, food, bowls, a leash and a transport cage [1].

- **Children:** health and vaccination booklets, special baby food, nappies, a change of clothes and a few toys [1].
- **Pets:** medicines or a list of them, pet passport and vaccination booklet, the vet's contact details, a recent photo, two bowls and some food, waste bags, toys, collar or harness and leash, and a transport cage [1].

See also How do I prepare my pet for an emergency? and Emergency preparedness for children, seniors and people on medication.

HOW SHOULD THE KIT BE STORED?

In a fixed, accessible place that everyone in the household knows; rotate food and water before expiry; avoid cellars and garages, which are more exposed to flooding [1]. A small kit in the car or at work, with a water bottle, a warm jumper and a blanket, is also advised [1]. For the reasoning behind each item, see What goes in a 72-hour emergency kit? and What should be in a home first-aid kit?.

TURN THIS LIST INTO YOUR PLAN

The official list above is the reference: you can assemble everything on it yourself.

FREQUENTLY ASKED QUESTIONS

Does Belgium recommend a 72-hour kit?

Yes. The NCCN recommends being self-sufficient for at least 72 hours, in line with the recommendation across the European Union [1].

Why a wind-up torch and radio?

The NCCN prefers wind-up (dynamo) models, or battery models with spare batteries, so they work without mains power [1] [2].

Should canned food go in the backpack?

No. The NCCN advises biscuits, nuts or energy bars in the backpack, to keep it light; cans belong in the home stock [1] [2].