BULGARIA · KIT LIST

BULGARIA'S DISASTER BACKPACK CHECKLIST, LINE BY LINE

The official GDPBZN disaster backpack list for Bulgaria: water and food for 72 hours, medicines, torch, radio, masks, documents and a family plan. 🇧🇬

Updated 2026-10-20 · 3 official sources · Четете на български

Short answer. Bulgaria's official emergency kit is the "disaster backpack" (*раница за бедствия*) from the fire and civil protection service, GDPBZN: a one-page checklist published in January 2025 [1]. It asks for bottled water and long-life food for the whole family for 72 hours, medicines, cash, documents, a torch, a battery radio, a first-aid kit, masks and a family disaster plan [1].

WHAT IS ON THE OFFICIAL CHECKLIST?

Every line of the GDPBZN checklist [1]:

0 / 20 items ready

	#	ITEM	QUANTITY
☐	1	Bottled drinking water	Enough for the whole family for three days (no litre figure given)

	#	ITEM	QUANTITY
☐	2	Tinned and dry long-life food	For the whole family for 72 hours
☐	3	Your own medicines and those of family members with chronic conditions	Not specified
☐	4	Cash	Not specified
☐	5	Pocket knife, can opener or other multi-tool	Not specified
☐	6	Personal and family documents, valuables	Not specified
☐	7	Battery torch	Not specified
☐	8	Whistle, candles, matches, lighter	Not specified
☐	9	Battery radio with spare batteries for it and for the torch	Not specified
☐	10	First-aid kit	Not specified
☐	11	Map of the area	Not specified
☐	12	Compact blanket or rescue foil, clothes for the season	Not specified
☐	13	Sanitary and dust masks for the whole family, antibacterial wipes or disinfectant	For the whole family
☐	14	Family disaster plan with contact details, evacuation meeting point and key rules for each type of disaster	Not specified

WHAT IS OPTIONAL?

The checklist also lists optional items [1]:

	ITEM	QUANTITY
☐	Essentials for your child	At least 72 hours
☐	Essentials for your pet	Not specified
☐	Books, paper and pens; compact puzzles or board games	Not specified
☐	Disposable cups, plates and cutlery	For the whole family
☐	Mobile phone and charger or power bank	Not specified
☐	Toilet paper, sanitary pads, cling film, plastic bags, tape; toiletries	Not specified

IS THE LIST DIFFERENT FOR A NUCLEAR EVACUATION?

Slightly. For evacuation in a nuclear emergency, GDPBZN asks people to take food for 2-3 days, documents, money, medicines, seasonal clothing, hygiene items, baby items and a portable radio [2].

HOW DOES THIS COMPARE WITH A GENERAL 72-HOUR KIT?

GDPBZN's 72-hour horizon [3] [1] matches the common 72-hour approach. Our guide what goes in a 72-hour emergency kit compares recommendations from several agencies. For specific needs, see infant supplies, pets, first-aid kit, emergency radio and how much water per person.

WHAT ABOUT READY-MADE KITS?

If you consider a ready-made kit, compare it line by line with the checklist above: the official GDPBZN list is the reference, not any product.

FREQUENTLY ASKED QUESTIONS

How long should the backpack last?

72 hours for the whole family [3] [1].

Does Bulgaria say how much water per person?

No. The checklist says only "enough for the whole family for three days" [1].

Should I include a paper map?

Yes. A map of the area is on the official list [1].

Where can I download the checklist?

On pojarna.com, GDPBZN's information site [1].