LITHUANIA · KIT LIST

LITHUANIA'S OFFICIAL EMERGENCY KIT CHECKLIST, ITEM BY ITEM

The LT72 lists line by line: 72 hours of food, 12 litres of water per person, and the contents of each family member's evacuation bag (about 45 l). 🇱🇹

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Short answer. Lithuania's LT72 site gives two official lists: a 72-hour home food stock with 12 litres of drinking water per person [1], and an evacuation bag of about 45 litres for each family member, with water, 3 days of dry rations, a 7-day medicine reserve, documents, clothing, first aid, light, radio and tools [2]. Below, both lists as published.

WHAT IS ON THE OFFICIAL HOME FOOD LIST?

Line by line, from the LT72 food-stock page [1]:

0 / 25 items ready

- [ ] **Drinking water**, in small bottles: 12 litres per person for 72 hours.
- [ ] **Canned meat**

- [ ] **Canned vegetables** (legumes suggested)
- [ ] **Other canned goods** (condensed milk, fruit, etc.)
- [ ] **Groats**
- [ ] **Oil**
- [ ] **Sugar**
- [ ] **Spices**
- [ ] **Salt**
- [ ] **Honey**
- [ ] **Tea**
- [ ] **Tin opener**: 1.

Apart from water and the tin opener, the page gives no quantities: the goal is a 72-hour stock [1]. Canned fish is not recommended. Store food in a dry, dark place, new stock behind the old, and name one family member to look after it [1].

WHAT GOES IN EACH EVACUATION BAG?

One bag per family member, about 45 litres, no heavier than one fifth of the person's body weight [2]:

- [ ] **Water** in small containers (e.g. 0.5 l): about 2 to 4 litres per day for drinking, cooking and hygiene.
- [ ] **Dry rations** (freeze-dried or dehydrated): for 3 days.

- [ ] **Prescribed medicines**: 7-day reserve.
- [ ] **Potassium iodide**: for people living within 100 km of an operating nuclear power plant; take only when instructed.
- [ ] **Documents**: ID, printed photos of relatives, notebook with contacts, USB stick with copies of documents, property and qualification documents, laminated child card, spare house and car keys.
- [ ] **Seasonal clothing**: rain jacket, hat, neck gaiter, long trousers, 3 T-shirts, warm sweater, worn-in hiking boots, socks (3 pairs per day), gloves, thermal underwear.
- [ ] **First aid**: first-aid kit, tourniquet, respiratory protection (masks or respirator), disinfectant, disposable gloves, bandages, plasters, other medicines (painkillers, cold, diarrhoea).
- [ ] **Power bank**: at least 10,000 mAh (two phone charges).
- [ ] **Light and radio**: battery radio, charger, head torch with red filter, spare batteries, USB cable.
- [ ] **Water treatment**: purification tablets and a water filter.
- [ ] **Cord** (paracord): about 10 m.
- [ ] **Toilet paper**: 1 roll per family bag.
- [ ] **Tools and camp gear**: knife or multi-tool, survival kit, sewing kit, rubbish bags, compass and map, whistle, duct tape, sleeping bag, sleeping mat, tarp or small tent, camping stove.

Check the bag at least twice a year, in November and April, and avoid military-style items [2].

HOW MUCH WATER IS THAT FOR MY HOUSEHOLD?

12 litres per person for 72 hours: 24 litres for two people and 48 litres for four [1].

HOUSEHOLD	HOME STOCK FOR 72 HOURS
1 person	12 litres
2 people	24 litres
4 people	48 litres

Figures from the LT72 rate of 12 litres per person for 72 hours [1]. More on needs: water per person and water purification.

TURN THIS LIST INTO YOUR PLAN

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

FREQUENTLY ASKED QUESTIONS

Does Lithuania say how much food to store?

Only that it should cover 72 hours; the list gives no quantity per item [1].

Who needs potassium iodide in the bag?

People living within 100 km of an operating nuclear power plant, according to the LT72 bag list [2]. See iodine in Lithuania.

How heavy should the bag be?

No more than one fifth of the person's body weight, for a bag of about 45 litres [2].

See also: first-aid kit, emergency radio.