ROMANIA · KIT LIST

ROMANIA'S OFFICIAL EMERGENCY BACKPACK CHECKLIST, ITEM BY ITEM

The DSU emergency backpack list for Romania, line by line: water, food, documents, first aid, hygiene, radio, light and tools for at least 3 days. 🇷🇴

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Short answer. Romania's Department for Emergency Situations (DSU) lists what goes in an emergency backpack (*rucsac de urgență*) and home supplies for at least three days: preferably 4 litres of water per person per day, food that needs no cooking, documents and cash, first aid, hygiene items, a warm set of clothes, a radio, a torch and basic tools [1]. Review it every year [1].

WHAT IS ON THE OFFICIAL ROMANIAN CHECKLIST?

Line by line, as listed by DSU on fiipregatit.ro [1], with the pet water figure from the 2024 crisis guide [2]:

0 / 23 items ready

- [ ] **Drinking water**: preferably 4 litres per person per day; store in a cool, dark place and replace every 6 months [1].

- [ ] **Water purification tablets**, plus a bottle of water to purify [1].
- [ ] **Water for pets**: about 30 ml per kg of the animal per day [2].
- [ ] **Food** that needs no refrigeration, boiling or baking (tinned food, dehydrated food, energy bars, biscuits, protein foods, jam, juice, coffee, tea): for at least 3 days [1].
- [ ] **Special-needs food** (baby food, milk) and pet food: as needed [1].
- [ ] **Documents and money**: ID card, health insurance card, property documents (paper, safe box or digital), cash in small notes, important phone numbers, spare car and house keys, paper map of the area, copy of the family emergency plan [1].
- [ ] **First aid**: personal medicines and prescriptions (with the family doctor's name on a note), painkillers, antiseptics, accessories for hearing aids or wheelchairs [1].
- [ ] **Medicines, supplies and medical devices** for people with disabilities or chronic illness: one month's reserve [1].
- [ ] **Hygiene**: disinfectant, wet wipes, sanitary products, toilet paper, wet hand towels, tissues, soap, shampoo, toothpaste, toothbrush, rubbish bags [1].
- [ ] **Clothing and footwear set** (including underwear), waterproof jacket or rain poncho: one set [1].
- [ ] **Sleeping bag or thermal blankets**: 2 warm blankets or 1 sleeping bag per person [1].
- [ ] **Radio** (wind-up, solar or battery): 1; replace batteries every year [1].
- [ ] **Spare batteries, phone power bank and charging cables** [1].
- [ ] **Torch and light sticks** [1].

- [ ] **Whistle, knife or multi-tool, universal key for shutting off utilities, dust masks, work gloves** [1].
- [ ] **Games, toys and comfort items for children** [1].

Where the list says nothing about quantity, DSU does not specify one [1].

HOW MUCH WATER DOES THAT MAKE?

At preferably 4 litres per person per day for at least 3 days [1]:

HOUSEHOLD	WATER FOR 3 DAYS
1 person	12 litres
2 people	24 litres
3 people	36 litres
4 people	48 litres

Add about 30 ml per kg of the animal per day for each pet [2]. More on needs: water per person.

WHAT GOES IN THE SECOND BACKPACK FOR WORK OR THE CAR?

DSU also recommends a second backpack kept at work or in the car [1]:

- [ ] First-aid kit
- [ ] Spare clothes and shoes
- [ ] Thermal blanket

- [ ] Paper map
- [ ] Solar power bank
- [ ] Tow cables and reflective triangles
- [ ] Ice scraper, shovel, sand or salt

HOW DO I KEEP THE KIT UP TO DATE?

Review the kit every year and replace expired items [1]. Replace stored water every 6 months and radio batteries every year [1]. Before an announced water cut, fill bathtubs and containers [1]. For general background, see the 72-hour kit guide and the first-aid kit guide.

IS THERE A READY-MADE KIT?

Yes, Phaenyx has a kit page for readers who prefer a ready-made base. Whatever you choose, check it against the DSU list above: the official list is the reference, and personal items such as medicines, prescriptions and documents always have to be added by you.

FREQUENTLY ASKED QUESTIONS

Where is the official Romanian list?

On DSU's preparedness site, fiipregatit.ro, under the emergency backpack page [1]. The 2024 crisis guide covers the same 72-hour kit [2].

Does the list give quantities for everything?

No. It gives quantities for water, food, the medical reserve, clothing and bedding; for other items it does not specify an amount [1].

Should children have their own items?

DSU lists games, toys and comfort items for children, and baby food and milk as needed [1].