SWITZERLAND · KIT LIST

SWITZERLAND'S OFFICIAL EMERGENCY SUPPLY CHECKLIST, ITEM BY ITEM

The Swiss FONES and Alertswiss supply list: 9 L of water per person, about a week of food, a DAB+/FM radio, 50 masks per person, first aid. 🇨🇭

Updated 2026-10-28 · 2 official sources · Auf Deutsch lesen

Short answer. The official Swiss emergency supply combines the list of the Federal Office for National Economic Supply (FONES, German BWL) and the Alertswiss emergency plan: at least 9 litres of water per person, food for about one week, a battery radio receiving DAB+ and FM, a gas stove, 50 hygiene masks per person, medication, some cash and a first-aid kit [1] [2].

WHAT DOES THE OFFICIAL SWISS LIST CONTAIN?

Each line below comes from FONES [1] or the Alertswiss emergency plan [2]. Where the source gives no quantity, the table says so.

Water and drinks

0 / 29 items ready

	ITEM	QUANTITY	SOURCE
☐	Drinking water	9 litres per person (1 six-pack of 1.5 L bottles)	1
☐	Other drinks	not specified	1

Food (together, about one week)

	ITEM	QUANTITY	SOURCE
☐	Rice or pasta	part of ~1 week of food	2
☐	Oil or fat	part of ~1 week of food	2
☐	Canned food (vegetables, fruit, mushrooms)	part of ~1 week of food	2
☐	Flour, dry yeast	part of ~1 week of food	2
☐	Long-life sausages, dried meat	part of ~1 week of food	2
☐	Ready meals (e.g. rösti), instant soups	part of ~1 week of food	2
☐	Hard cheese, processed cheese	part of ~1 week of food	2
☐	Stock, salt, pepper	part of ~1 week of food	2
☐	Coffee, cocoa, tea	part of ~1 week of food	2
☐	Muesli, dried fruit, nuts	part of ~1 week of food	2
☐	Pulses	part of ~1 week of food	2
☐	Rusks or crispbread	part of ~1 week of food	2
☐	Chocolate	part of ~1 week of food	2

	ITEM	QUANTITY	SOURCE
☐	UHT milk, condensed milk	part of ~1 week of food	2
☐	Sugar, jam, honey	part of ~1 week of food	2
☐	Special diet food (intolerances)	as needed	2
☐	Pet food	as needed	1

Light, power, cooking and information

	ITEM	QUANTITY	SOURCE
☐	Battery radio receiving DAB+ and FM	1	1
☐	Torch (crank torch suggested)	1	2
☐	Spare batteries	not specified	1
☐	Candles, matches and/or lighter	not specified	1
☐	Gas stove (réchaud)	1	1

Hygiene, health and money

	ITEM	QUANTITY	SOURCE
☐	Hygiene masks	50 per person	1
☐	Disinfectant	not specified	1
☐	Personal medication and regularly used hygiene items (soap, toilet paper)	as needed	1

	ITEM	QUANTITY	SOURCE
☐	Some cash	not specified	[1]
☐	First-aid kit: anti-diarrhoea medicine, painkillers, thermometer, tweezers, wound ointment, dressings, plasters, bandage scissors	not specified	[2]

HOW LONG SHOULD THE SUPPLY LAST?

FONES recommends food for about one week ("Lebensmittel für rund 1 Woche") and presents the 9 litres of water as covering drinking and cooking for three days [1]. Water suppliers must restore a minimum drinking-water supply from the fourth day of an interruption [1]. The Alertswiss plan refers to 3 to 4 days [2]. FONES offers an online calculator at www.notvorratsrechner.bwl.admin.ch to adapt quantities to your household [1].

HOW DO I KEEP THE LIST UP TO DATE?

Neither source sets a rotation schedule in the data checked here. Our guide on food shelf life and rotation covers the general principles, and the 72-hour kit guide compares this kind of list with grab-and-go bags. For water quantities across agencies, see water per person.

WHAT ABOUT A READY-MADE KIT?

No ready-made kit replaces your own medication, special diet food or personal needs, so compare its contents line by line with the table above. The official Swiss recommendations remain those of FONES and Alertswiss. You can equally assemble the whole supply yourself from the list as published.

FREQUENTLY ASKED QUESTIONS

Does the Swiss list include a radio?

Yes: one battery radio that receives DAB+ and FM, plus spare batteries [1].

How many masks does Switzerland recommend?

50 hygiene masks per person, together with disinfectant [1].

Is a first-aid kit on the official list?

Yes. The Alertswiss plan lists anti-diarrhoea medicine, painkillers, a thermometer, tweezers, wound ointment, dressings, plasters and bandage scissors [2].

Does the list give exact food quantities?

No. Food items are presented as parts of a supply lasting about one week; FONES provides an online calculator for your household [1] [2].