UKRAINE · KIT LIST

UKRAINE ALARM SUITCASE CHECKLIST: THE OFFICIAL LIST

The Ukrainian alarm suitcase checklist, line by line: 30-litre backpack, documents, cash, radio, torch, first aid, a week of medicines, 1-2 days of water. 🇺🇦

Updated 2026-10-20 · 2 official sources · Читати українською

Short answer. Ukraine's official checklist is the "alarm suitcase" (тривожна валіза): a backpack of at least 30 litres holding documents, cash, a radio, a torch, a first-aid set, a week of regular medicines, food for several days and drinking water for 1-2 days [1]. The list below comes from a Kyiv district civil-protection department; the State Emergency Service adds a pet carrier and pet food [2].

WHAT GOES IN THE ALARM SUITCASE?

Tick off each line. Quantities are those given in the official guidance; "not specified" means the source gives none [1].

0 / 26 items ready

	ITEM	QUANTITY
☐	Backpack with minimum clothing, hygiene items, medicines, tools and food	From 30 litres

	ITEM	QUANTITY
☐	Copies of important documents (passports, driving licence, property and vehicle documents) in waterproof packaging, with family photos	Not specified
☐	Bank cards and cash reserve	Not specified
☐	Spare keys to home and car	1 set
☐	Local map, agreed family emergency contact method and meeting place	Not specified
☐	Small FM/VHF radio (dynamo models mentioned), spare batteries; basic mobile phone with charger	1
☐	Torch, preferably several, with spare batteries and bulbs	1 or more
☐	Waterproof compass and watch	1 each
☐	Multitool; knife and hatchet	1 each
☐	Signalling devices (whistle, flare)	Not specified
☐	120-litre rubbish bags	About 5
☐	Roll of wide adhesive tape	1
☐	Synthetic cord, 4-5 mm diameter	20 m
☐	Notebook and pencil; thread and needles	Not specified
☐	First-aid kit: dressings, antiseptic, heart and stomach tablets, sorbents, sedative	Minimum set
☐	Regular prescription medicines with dosage and how to take them, plus names and phone numbers of your doctors	One week's supply

	ITEM	QUANTITY
☐	Clothing: underwear, cotton socks, spare trousers, shirt or sweater, raincoat, knitted hat, gloves, scarf, sturdy shoes	2 sets of underwear, 2 pairs of socks, 1 of each other item
☐	Mini tent, foam mat, sleeping bag	Optional but desirable
☐	Hygiene items: toothbrush and paste, soap, towel, toilet paper, tissues, wet wipes, sanitary products	Not specified
☐	Items for children	Not specified
☐	Cookware: pot, flask, spoon, metal mug, folding cup	Mug 0.5 L
☐	Matches (preferably windproof) and lighter	Not specified
☐	Ready-to-eat, compact, long-life food and high-calorie snacks	Several days
☐	Drinking water, renewed periodically	1-2 days
☐	Food examples: tinned stewed meat, crackers, soup packets, tinned meat or fish; grains or pasta if space allows	2 tins of stewed meat; others not specified

And from the State Emergency Service [2]:

	ITEM	QUANTITY
☐	Pet carrier and pet food	Not specified

HOW SHOULD I KEEP THE KIT UP TO DATE?

The guidance asks you to renew the drinking water periodically [1]. Our guides on food shelf life and water per person help you plan rotation. For the medical part, see first-aid kit; for documents, see important documents.

IS THREE DAYS OF FOOD OFFICIALLY RECOMMENDED?

The State Emergency Service's civil-protection training centre in Kyiv is reported to advise three days of long-keeping food that needs no cooking, but Phaenyx has not confirmed this on an official page. The confirmed guidance says "several days" [1]. See emergency supplies.

TURN THIS LIST INTO YOUR PLAN

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

FREQUENTLY ASKED QUESTIONS

How big should the alarm suitcase be?

A backpack from 30 litres [1].

How much water goes in the kit?

Drinking water for 1-2 days, renewed periodically [1].

How many days of medicines?

One week of your regular prescription medicines, with dosage instructions and your doctors' contacts [1].