



# We Advise – Emergency Supplies



Schweizerische Eidgenossenschaft  
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Federal Department of Economic Affairs, Education and Research EAER  
**National Economic Supply**

**Calculator for  
emergency supplies**



# Why do I need emergency supplies?

An unexpected crisis can happen at any time – as the COVID-19 pandemic and extreme weather events in various parts of Switzerland have shown. Emergency supplies are a **simple preparation measure** for a crisis. They enable every household to ensure its **own supply** of vital goods for a few days. Keeping emergency supplies on hand is a way that everyone can help overcome a crisis while the private sector and the relevant state authorities work to restore the supply as quickly as possible.

Emergency supplies are not intended to last through a prolonged crisis, but rather serve to **bridge** a temporary supply bottleneck. Even local disruptions can trigger chain reactions that **temporarily** affect supply.



## What should I have at home at all times?

Emergency supplies first and foremost include approximately one week's worth of **food with a long shelf life** and sufficient **water** for drinking, cooking and hygiene. Your personal supplies should be based on **your household's eating habits** and include what each person consumes and needs in everyday life. They should also include foods that do not need to be cooked (chocolate, rice cakes, cheese, dried fruit, etc.).

This is important if there is a **power outage** and you have no other way of heating food.

Other important supplies are: a battery-operated radio (for listening to the federal government's emergency radio channel, IBBK radio), a torch with spare batteries, candles and matches or a lighter. We recommend having a cash reserve as ATMs would also be affected in the event of a power or **internet outage** and electronic means of payment such as debit and credit cards or smartphone apps may fail. Keep enough cash at home in small notes and coins to pay for a week's shopping and possibly a full tank of petrol.

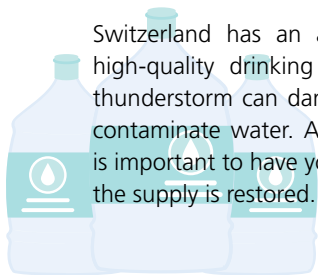
Also remember: soap, toilet paper, an **emergency first-aid kit** (bandages, thermometer, painkillers) and any required **personal medication**.

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### If you have ...

- a **baby**: remember infant formula, baby food, vitamins, nappies etc.
- a **pet**: remember food, water, bedding or litter, medication, etc.
- a motorised **vehicle**: the tank should always be at least half full or the battery charged to ensure that you remain mobile even in emergency situations

# Water is particularly important!



Switzerland has an abundant supply of high-quality drinking water, but even a thunderstorm can damage water pipes or contaminate water. At times like these, it is important to have your own reserve until the supply is restored.

We recommend **at least nine litres of water per person** – a six-pack of 1.5-litre bottles, which is easy to transport and can be kept for several months. This should cover drinking and cooking for three days in an emergency. However, this does not include water for personal hygiene, flushing the toilet, etc.

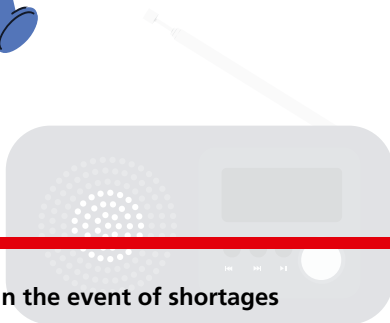
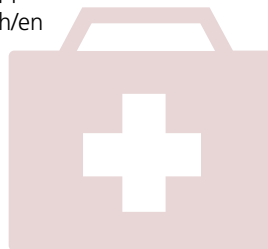
## Are you prepared for a power cut?



In an **instructional animation**, Morgan Mindful shows us how she does it:



[www.emergency-supplies-fable.bwl.admin.ch/en](http://www.emergency-supplies-fable.bwl.admin.ch/en)



### The NES secures supply in the event of shortages

The National Economic Supply (NES) organisation, a cooperation between the private sector and the federal government, intervenes to provide support in situations where the private sector is unable to ensure that Switzerland is supplied with essential goods and services. It is active in the following sectors: energy, foodstuffs, therapeutic products, industry, information and communication technologies (ICT) and logistics.

# Recommended personal emergency supplies for seven days

## Beverages

- ☐ Water for drinking, cooking and hygiene
- ☐ Fruit and vegetable juices, soft drinks
- ☐ Coffee/tea
- ☐ Milk, milk alternatives

## Food for immediate consumption

- ☐ Tinned vegetables and fruit (e.g. sweetcorn, tomatoes, pineapple)
- ☐ Pulses (e.g. chickpeas, beans in tomato sauce)
- ☐ Meat and fish (e.g. salami, sardines) or vegetarian alternative
- ☐ Sauces (e.g. pesto, ketchup, mayonnaise, mustard)
- ☐ Hard cheese
- ☐ Oil, spices
- ☐ Sweets (e.g. chocolate, sugar) and savoury snacks (e.g. crisps)

## Food that requires cooking

- ☐ Cereal products (e.g. pasta, rice, muesli)
- ☐ Soups (e.g. ready-made soups, bouillon)
- ☐ Prepared meals (e.g. rösti)

## Medical goods

- ☐ Face masks, hand sanitiser
- ☐ Personal medication and medical goods, painkillers
- ☐ Wound disinfectant, dressing material (e.g. plasters, compresses, bandages)
- ☐ Thermometer

## Hygiene articles

- ☐ Personal care (e.g. soap, shampoo, deodorant, toothpaste, razor)
- ☐ Other items (e.g. panty liners, tampons, condoms)
- ☐ Toilet paper, paper tissues

## And also...

- ☐ Torch, spare batteries, power bank
- ☐ Candles, matches
- ☐ Gas cooker, barbecue, fondue cooker and fuel material
- ☐ Battery-powered radio
- ☐ Cash in small notes and coins
- ☐ Refuse sacks
- ☐ Can openers

## Calculator for emergency supplies



[www.emergency-supplies-calculator.bwl.admin.ch/en](http://www.emergency-supplies-calculator.bwl.admin.ch/en)

## Tips on emergency food supplies

- Think about intolerances and take food preferences into account
- Also stock up on food that can be eaten cold
- Integrate emergency supplies into your everyday cooking routine as much as possible

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