

PLASTIC OVER SHOOT DAY

This is the day when the generation of plastic waste exceeds the capacity of waste management, leading to environmental pollution.

**Countries
dates 2026**

At EA Earth Action, our work on plastics focuses on shedding light on the critical issue of plastic pollution. We achieve this by leveraging scientific research to quantify the magnitude of the problem, and by empowering individuals and organizations to find solutions.

The aim of this document is to provide data on the Plastic Overshoot Day of each country, derived from its Mismanaged Waste Index (MWI). The MWI is a metric used to quantify the amount of plastic waste that is not properly managed and therefore ends up in the environment.



Plastic overshoot day, by country, in alphabetical order:

Country	2021	2022	2023	2024	2025	2026
A						
Afghanistan	05/02	05/02	06/02	06/02	07/02	31/01
Albania	18/05	24/05	02/06	04/06	05/06	05/06
Algeria	21/09	02/10	06/10	09/10	10/10	10/10
American Samoa	14/08	14/08	14/08	13/08	14/08	14/08
Andorra	16/08	15/08	19/08	18/08	17/08	13/08
Angola	20/01	31/01	29/01	30/01	05/02	07/02
Antigua and Barbuda	21/12	21/12	21/12	20/12	21/12	21/12
Argentina	30/07	10/08	14/08	17/08	18/08	18/08
Armenia	24/01	04/02	07/02	11/02	11/02	11/02
Aruba	03/03	03/03	03/03	02/03	03/03	03/03
Australia	04/12	04/12	04/12	03/12	04/12	04/12
Austria	07/12	07/12	07/12	06/12	07/12	07/12
Azerbaijan	23/01	03/02	07/02	11/02	11/02	11/02
B						
Bahamas	29/09	10/10	13/10	16/10	17/10	17/10
Bahrain	12/04	12/04	12/04	11/04	12/04	12/04
Bangladesh	19/02	23/02	22/02	21/02	21/02	25/02
Barbados	28/10	08/11	12/11	15/11	16/11	16/11
Belarus	30/09	08/10	06/10	15/10	19/10	19/10
Belgium	05/12	05/12	05/12	04/12	05/12	05/12
Belize	13/05	24/05	28/05	30/05	31/05	31/05
Benin	17/02	16/02	18/02	20/02	22/02	25/02
Bermuda	26/12	26/12	26/12	25/12	26/12	26/12
Bhutan	21/03	24/03	25/03	28/03	03/04	08/04
Bolivia	02/05	05/05	06/05	07/05	16/05	20/05
Bosnia and Herzegovina	09/05	13/05	23/05	26/05	27/05	27/05
Botswana	13/01	19/01	13/01	11/01	11/01	20/01
Brazil	26/07	06/08	10/08	12/08	13/08	13/08
British Virgin Islands	08/10	08/10	08/10	07/10	08/10	08/10
Brunei	25/09	06/10	01/10	01/10	06/10	10/10
Bulgaria	09/08	19/08	24/08	26/08	27/08	27/08
Burkina Faso	31/01	30/01	31/01	01/02	03/02	06/02
Burundi	28/01	29/01	29/01	29/01	31/01	01/02
C						
Cabo Verde	03/03	07/03	13/03	17/03	21/03	21/03
Cambodia	09/03	11/03	13/03	14/03	17/03	19/03
Cameroon	20/02	19/02	21/02	22/02	24/02	26/02
Canada	12/12	12/12	12/12	11/12	12/12	12/12
Cayman Islands	05/04	05/04	05/04	04/04	05/04	05/04
Central African Republic	22/01	22/01	22/01	22/01	23/01	23/01
Chad	29/01	29/01	29/01	30/01	30/01	01/02
Channel Islands	14/12	14/12	14/12	13/12	14/12	14/12

Chile	28/08	21/08	01/09	31/08	11/09	15/09
China	11/09	13/09	13/09	16/09	22/09	30/09
Colombia	08/09	14/09	18/09	26/09	27/09	27/09
Comoros	25/01	24/01	25/01	27/01	29/01	01/02
Congo	23/02	23/02	23/02	24/02	25/02	27/02
Congo Dem. Rep	22/01	23/01	23/01	23/01	25/01	29/01
Costa Rica	08/08	17/08	22/08	25/08	26/08	26/08
Côte d'Ivoire	11/01	09/01	13/01	15/01	19/01	23/01
Croatia	20/11	25/11	05/12	07/12	08/12	08/12
Cuba	20/04	20/04	20/04	19/04	20/04	20/04
Curacao	11/01	11/01	11/01	11/01	11/01	11/01
Cyprus	16/10	18/10	29/10	02/11	03/11	03/11
Czech Republic	30/11	30/11	30/11	29/11	30/11	30/11
D						
Denmark	11/12	11/12	11/12	10/12	11/12	11/12
Djibouti	16/02	17/02	20/02	23/02	25/02	28/02
Dominica	14/08	23/08	28/08	31/08	01/09	01/09
Dominican Republic	07/03	18/03	22/03	24/03	25/03	25/03
E						
Ecuador	22/06	28/06	30/06	01/07	05/07	10/07
Egypt	12/02	17/02	07/02	05/02	02/02	09/02
El Salvador	02/08	08/08	11/08	13/08	18/08	20/08
Equatorial Guinea	04/05	12/05	01/05	01/05	28/04	04/05
Eritrea	09/01	09/01	09/01	09/01	09/01	09/01
Estonia	30/10	01/11	10/11	14/11	18/11	18/11
Eswatini	10/02	09/02	07/02	09/02	12/02	18/02
Ethiopia	16/01	18/01	22/01	19/01	15/01	16/01
F						
Faeroe Islands	21/08	21/08	21/08	20/08	21/08	21/08
Fiji	24/06	05/07	09/07	11/07	12/07	12/07
Finland	20/12	20/12	20/12	19/12	20/12	20/12
France	10/12	10/12	10/12	09/12	10/12	10/12
French Polynesia	24/04	24/04	24/04	23/04	24/04	24/04
G						
Gabon	19/01	22/01	18/01	20/01	21/01	26/01
Gambia	05/02	06/02	06/02	07/02	07/02	08/02
Georgia	28/02	11/03	14/03	17/03	18/03	18/03
Germany	12/11	12/11	12/11	11/11	12/11	12/11
Ghana	15/02	12/02	15/02	15/02	26/02	27/02
Gibraltar	21/10	21/10	21/10	20/10	21/10	21/10
Greece	17/07	19/07	30/07	04/08	05/08	05/08
Greenland	12/12	12/12	12/12	11/12	12/12	12/12
Grenada	14/09	24/09	29/09	02/10	03/10	03/10
Guam	27/10	27/10	27/10	26/10	27/10	27/10
Guatemala	26/03	01/04	06/04	10/04	13/04	13/04
Guinea	30/01	01/02	03/02	05/02	07/02	09/02
Guinea-Bissau	13/01	13/01	15/01	16/01	18/01	20/01
Guyana	03/06	14/06	18/06	20/06	21/06	21/06

H						
Haiti	21/02	19/02	19/02	25/02	05/03	11/03
Honduras	04/05	08/05	11/05	13/05	16/05	17/05
Hong Kong SAR, China	31/10	31/10	31/10	30/10	31/10	31/10
Hungary	03/12	03/12	03/12	02/12	03/12	03/12
I						
Iceland	21/12	21/12	21/12	20/12	21/12	21/12
India	12/04	13/04	15/04	16/04	19/04	20/04
Indonesia	07/07	13/07	15/07	15/07	17/07	21/07
Iran	02/03	13/03	16/03	15/03	09/03	26/02
Iraq	28/01	08/02	11/02	13/02	06/02	05/02
Ireland	24/11	24/11	24/11	23/11	24/11	24/11
Isle of Man	16/12	16/12	16/12	15/12	16/12	16/12
Israel	20/09	20/09	20/09	19/09	20/09	20/09
Italy	22/10	19/10	27/10	29/10	03/11	05/11
J						
Jamaica	01/04	12/04	16/04	19/04	20/04	20/04
Japan	08/12	08/12	08/12	07/12	08/12	08/12
Jordan	07/05	10/05	12/05	13/05	17/05	20/05
K						
Kazakhstan	31/01	11/02	14/02	18/02	18/02	18/02
Kenya	11/02	12/02	10/02	12/02	15/02	17/02
Kiribati	26/05	24/05	25/05	29/05	30/05	04/06
Korea	17/12	17/12	17/12	16/12	17/12	17/12
Kosovo	16/02	16/02	25/02	02/03	06/03	06/03
Kuwait	20/01	20/01	20/01	20/01	20/01	20/01
Kyrgyz Republic	01/03	07/03	12/03	17/03	19/03	19/03
L						
Lao PDR	15/03	08/03	08/03	08/03	12/03	14/03
Latvia	03/10	02/10	13/10	20/10	21/10	21/10
Lebanon	11/06	22/06	20/06	28/06	29/06	18/06
Lesotho	04/02	03/02	02/02	04/02	06/02	06/02
Liberia	21/01	22/01	23/01	23/01	24/01	25/01
Libya	29/04	10/05	13/05	16/05	13/05	17/05
Liechtenstein	23/08	23/08	23/08	22/08	23/08	23/08
Lithuania	30/11	30/11	30/11	29/11	30/11	30/11
Luxembourg	15/12	15/12	15/12	14/12	15/12	15/12
M						
Macao SAR, China	14/03	14/03	14/03	13/03	14/03	14/03
Macedonia	29/08	29/08	09/09	15/09	16/09	16/09
Madagascar	20/01	21/01	21/01	21/01	22/01	22/01
Malawi	18/01	18/01	18/01	17/01	19/01	20/01
Malaysia	07/09	16/09	12/09	16/09	25/09	25/09
Maldives	01/02	12/02	16/02	19/02	19/02	19/02
Mali	21/01	20/01	21/01	22/01	23/01	25/01
Malta	30/11	30/11	30/11	29/11	30/11	30/11
Marshall Islands	23/04	25/04	29/04	07/05	11/05	11/05

Mauritania	09/02	10/02	12/02	12/02	14/02	19/02
Mauritius	26/06	07/07	10/07	13/07	14/07	14/07
Mexico	09/08	20/08	23/08	26/08	27/08	27/08
Micronesia	06/03	08/03	12/03	15/03	18/03	20/03
Moldova	11/03	14/03	23/03	28/03	29/03	29/03
Monaco	25/11	25/11	25/11	24/11	25/11	25/11
Mongolia	26/03	01/04	10/04	12/04	13/04	13/04
Montenegro	23/02	01/03	09/03	12/03	13/03	13/03
Morocco	21/05	17/05	22/05	25/05	02/06	05/06
Mozambique	16/01	17/01	18/01	18/01	18/01	18/01
Myanmar	16/03	19/03	19/03	20/03	23/03	23/03
N						
Namibia	20/01	19/01	17/01	20/01	25/01	03/02
Nauru	27/06	08/07	05/07	09/07	15/07	15/07
Nepal	22/02	24/02	23/02	24/02	25/02	26/02
Netherlands	01/11	01/11	01/11	31/10	01/11	01/11
New Caledonia	25/08	25/08	25/08	24/08	25/08	25/08
New Zealand	17/12	17/12	17/12	16/12	17/12	17/12
Nicaragua	22/03	24/03	28/03	30/03	05/04	08/04
Niger	23/01	23/01	23/01	25/01	25/01	27/01
Nigeria	08/02	10/02	30/01	21/01	21/01	22/01
Northern Mariana Islands	05/05	05/05	05/05	04/05	05/05	05/05
Norway	14/12	14/12	14/12	13/12	14/12	14/12
O						
Oman	14/02	14/02	14/02	14/02	14/02	14/02
P						
Pakistan	09/02	10/02	08/02	09/02	11/02	31/01
Palau	17/08	23/08	31/08	03/09	04/09	04/09
Panama	31/05	11/06	14/06	17/06	18/06	18/06
Papua New Guinea	05/06	12/06	10/06	08/06	11/06	13/06
Paraguay	22/05	25/05	26/05	27/05	04/06	09/06
Peru	28/06	05/07	12/07	16/07	17/07	17/07
Philippines	08/06	09/06	12/06	14/06	17/06	19/06
Poland	03/12	03/12	03/12	02/12	03/12	03/12
Portugal	24/11	24/11	05/12	11/12	12/12	12/12
Puerto Rico	07/10	15/10	18/10	22/10	24/10	25/10
Q						
Qatar	10/04	10/04	10/04	09/04	10/04	10/04
R						
Romania	19/07	25/07	03/08	05/08	06/08	06/08
Russian Federation	13/04	24/04	27/04	30/04	01/05	01/05
Rwanda	20/01	23/01	24/01	24/01	24/01	25/01
S						
Samoa	01/09	02/09	11/09	18/09	19/09	19/09
San Marino	14/07	14/07	14/07	13/07	14/07	14/07
São Tomé and Príncipe	16/02	17/02	25/02	03/03	06/03	06/03
Saudi Arabia	05/06	16/06	20/06	21/06	22/06	23/06

Senegal	27/02	27/02	28/02	29/02	04/03	06/03
Serbia	17/07	19/07	30/07	03/08	04/08	04/08
Seychelles	05/09	16/09	19/09	22/09	23/09	23/09
Sierra Leone	21/01	21/01	19/01	20/01	21/01	22/01
Singapore	07/12	07/12	07/12	06/12	07/12	07/12
Sint Maarten (Dutch part)	07/10	07/10	07/10	06/10	07/10	07/10
Slovak Republic	19/10	13/10	24/10	03/11	07/11	07/11
Slovenia	26/10	22/10	02/11	12/11	13/11	13/11
Solomon Islands	11/02	09/02	09/02	09/02	11/02	12/02
Somalia	03/02	03/02	04/02	04/02	05/02	05/02
South Africa	01/06	28/05	22/05	24/05	29/05	07/06
South Sudan	29/01	31/01	31/01	27/01	28/01	28/01
Spain	15/11	14/11	25/11	02/12	04/12	04/12
Sri Lanka	22/02	13/02	18/02	27/02	16/02	05/02
St. Kitts and Nevis	09/12	09/12	09/12	08/12	09/12	09/12
St. Lucia	15/09	26/09	30/09	02/10	03/10	03/10
St. Martin (French part)	14/10	14/10	14/10	13/10	14/10	14/10
St. Vincent and the Grenadines	28/08	07/09	12/09	14/09	15/09	15/09
Sudan	09/03	08/03	09/03	06/03	09/03	10/03
Suriname	11/02	21/02	17/02	28/02	01/03	01/03
Sweden	07/12	07/12	07/12	06/12	07/12	07/12
Switzerland	12/12	12/12	12/12	11/12	12/12	12/12
Syrian Arab Republic	24/02	24/02	24/02	24/02	24/02	24/02
T						
Taiwan	14/12	14/12	14/12	13/12	14/12	14/12
Tajikistan	31/01	03/02	04/02	07/02	11/02	14/02
Tanzania	03/02	04/02	05/02	04/02	05/02	06/02
Thailand	20/07	19/07	22/07	23/07	01/08	02/08
Timor-Leste	06/03	01/03	19/02	15/02	16/02	17/02
Togo	12/02	12/02	14/02	15/02	16/02	18/02
Tonga	27/04	02/05	07/05	12/05	16/05	16/05
Trinidad and Tobago	04/03	04/03	04/03	03/03	04/03	04/03
Tunisia	13/06	10/06	14/06	16/06	23/06	26/06
Turkey	26/06	07/07	11/07	13/07	14/07	14/07
Turkmenistan	30/07	09/08	13/08	16/08	17/08	17/08
Turks and Caicos Islands	08/10	08/10	08/10	07/10	08/10	08/10
Tuvalu	22/03	14/03	11/03	18/03	23/03	02/04
U						
Uganda	28/01	29/01	30/01	31/01	02/02	03/02
Ukraine	22/06	14/06	25/06	27/06	04/07	07/07
United Arab Emirates	29/03	29/03	29/03	28/03	29/03	29/03
United Kingdom	03/12	03/12	03/12	02/12	03/12	03/12
United States	10/12	10/12	10/12	09/12	10/12	10/12
Uruguay	19/03	19/03	19/03	18/03	19/03	19/03
Uzbekistan	20/01	24/01	29/01	02/02	07/02	07/02
V						
Vanuatu	01/05	03/05	05/05	06/05	08/05	10/05
Venezuela	22/06	03/07	07/07	10/07	11/07	11/07

Vietnam	23/05	28/05	31/05	02/06	07/06	10/06
Virgin Islands (U.S.)	14/10	14/10	14/10	13/10	14/10	14/10
W						
West Bank and Gaza	25/02	27/02	25/02	18/02	07/02	07/02
Y						
Yemen	01/02	02/02	01/02	31/01	31/01	31/01
Z						
Zambia	24/01	29/01	27/01	25/01	27/01	03/02
Zimbabwe	11/02	07/02	03/02	06/02	09/02	11/02

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