

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, ordered by date:

Country	2021	2022	2023	2024	2025	2026
January						
Eritrea	09/01	09/01	09/01	09/01	09/01	09/01
Curacao	11/01	11/01	11/01	11/01	11/01	11/01
Ethiopia	16/01	18/01	22/01	19/01	15/01	16/01
Mozambique	16/01	17/01	18/01	18/01	18/01	18/01
Botswana	13/01	19/01	13/01	11/01	11/01	20/01
Guinea-Bissau	13/01	13/01	15/01	16/01	18/01	20/01
Kuwait	20/01	20/01	20/01	20/01	20/01	20/01
Malawi	18/01	18/01	18/01	17/01	19/01	20/01
Madagascar	20/01	21/01	21/01	21/01	22/01	22/01
Nigeria	08/02	10/02	30/01	21/01	21/01	22/01
Sierra Leone	21/01	21/01	19/01	20/01	21/01	22/01
Central African Republic	22/01	22/01	22/01	22/01	23/01	23/01
Côte d'Ivoire	11/01	09/01	13/01	15/01	19/01	23/01
Liberia	21/01	22/01	23/01	23/01	24/01	25/01
Mali	21/01	20/01	21/01	22/01	23/01	25/01
Rwanda	20/01	23/01	24/01	24/01	24/01	25/01
Gabon	19/01	22/01	18/01	20/01	21/01	26/01
Niger	23/01	23/01	23/01	25/01	25/01	27/01
South Sudan	29/01	31/01	31/01	27/01	28/01	28/01
Congo Dem. Rep	22/01	23/01	23/01	23/01	25/01	29/01
Afghanistan	05/02	05/02	06/02	06/02	07/02	31/01
Pakistan	09/02	10/02	08/02	09/02	11/02	31/01
Yemen	01/02	02/02	01/02	31/01	31/01	31/01
February						
Comoros	25/01	24/01	25/01	27/01	29/01	01/02
Burundi	28/01	29/01	29/01	29/01	31/01	01/02
Chad	29/01	29/01	29/01	30/01	30/01	01/02
Namibia	20/01	19/01	17/01	20/01	25/01	03/02
Uganda	28/01	29/01	30/01	31/01	02/02	03/02
Zambia	24/01	29/01	27/01	25/01	27/01	03/02
Iraq	28/01	08/02	11/02	13/02	06/02	05/02
Sri Lanka	22/02	13/02	18/02	27/02	16/02	05/02
Somalia	03/02	03/02	04/02	04/02	05/02	05/02
Burkina Faso	31/01	30/01	31/01	01/02	03/02	06/02
Lesotho	04/02	03/02	02/02	04/02	06/02	06/02
Tanzania	03/02	04/02	05/02	04/02	05/02	06/02
Angola	20/01	31/01	29/01	30/01	05/02	07/02
Uzbekistan	20/01	24/01	29/01	02/02	07/02	07/02
West Bank and Gaza	25/02	27/02	25/02	18/02	07/02	07/02
Gambia	05/02	06/02	06/02	07/02	07/02	08/02
Egypt	12/02	17/02	07/02	05/02	02/02	09/02
Guinea	30/01	01/02	03/02	05/02	07/02	09/02
Armenia	24/01	04/02	07/02	11/02	11/02	11/02

Azerbaijan	23/01	03/02	07/02	11/02	11/02	11/02
Zimbabwe	11/02	07/02	03/02	06/02	09/02	11/02
Solomon Islands	11/02	09/02	09/02	09/02	11/02	12/02
Oman	14/02	14/02	14/02	14/02	14/02	14/02
Tajikistan	31/01	03/02	04/02	07/02	11/02	14/02
Kenya	11/02	12/02	10/02	12/02	15/02	17/02
Timor-Leste	06/03	01/03	19/02	15/02	16/02	17/02
Eswatini	10/02	09/02	07/02	09/02	12/02	18/02
Kazakhstan	31/01	11/02	14/02	18/02	18/02	18/02
Togo	12/02	12/02	14/02	15/02	16/02	18/02
Maldives	01/02	12/02	16/02	19/02	19/02	19/02
Mauritania	09/02	10/02	12/02	12/02	14/02	19/02
Syrian Arab Republic	24/02	24/02	24/02	24/02	24/02	24/02
Bangladesh	19/02	23/02	22/02	21/02	21/02	25/02
Benin	17/02	16/02	18/02	20/02	22/02	25/02
Cameroon	20/02	19/02	21/02	22/02	24/02	26/02
Iran	02/03	13/03	16/03	15/03	09/03	26/02
Nepal	22/02	24/02	23/02	24/02	25/02	26/02
Congo	23/02	23/02	23/02	24/02	25/02	27/02
Ghana	15/02	12/02	15/02	15/02	26/02	27/02
Djibouti	16/02	17/02	20/02	23/02	25/02	28/02
March						
Suriname	11/02	21/02	17/02	28/02	01/03	01/03
Aruba	03/03	03/03	03/03	02/03	03/03	03/03
Trinidad and Tobago	04/03	04/03	04/03	03/03	04/03	04/03
Kosovo	16/02	16/02	25/02	02/03	06/03	06/03
São Tomé and Príncipe	16/02	17/02	25/02	03/03	06/03	06/03
Senegal	27/02	27/02	28/02	29/02	04/03	06/03
Sudan	09/03	08/03	09/03	06/03	09/03	10/03
Haiti	21/02	19/02	19/02	25/02	05/03	11/03
Montenegro	23/02	01/03	09/03	12/03	13/03	13/03
Lao PDR	15/03	08/03	08/03	08/03	12/03	14/03
Macao SAR, China	14/03	14/03	14/03	13/03	14/03	14/03
Georgia	28/02	11/03	14/03	17/03	18/03	18/03
Cambodia	09/03	11/03	13/03	14/03	17/03	19/03
Kyrgyz Republic	01/03	07/03	12/03	17/03	19/03	19/03
Uruguay	19/03	19/03	19/03	18/03	19/03	19/03
Micronesia	06/03	08/03	12/03	15/03	18/03	20/03
Cabo Verde	03/03	07/03	13/03	17/03	21/03	21/03
Myanmar	16/03	19/03	19/03	20/03	23/03	23/03
Dominican Republic	07/03	18/03	22/03	24/03	25/03	25/03
Moldova	11/03	14/03	23/03	28/03	29/03	29/03
United Arab Emirates	29/03	29/03	29/03	28/03	29/03	29/03
April						
Tuvalu	22/03	14/03	11/03	18/03	23/03	02/04
Cayman Islands	05/04	05/04	05/04	04/04	05/04	05/04
Bhutan	21/03	24/03	25/03	28/03	03/04	08/04
Nicaragua	22/03	24/03	28/03	30/03	05/04	08/04

Qatar	10/04	10/04	10/04	09/04	10/04	10/04
Bahrain	12/04	12/04	12/04	11/04	12/04	12/04
Guatemala	26/03	01/04	06/04	10/04	13/04	13/04
Mongolia	26/03	01/04	10/04	12/04	13/04	13/04
Cuba	20/04	20/04	20/04	19/04	20/04	20/04
India	12/04	13/04	15/04	16/04	19/04	20/04
Jamaica	01/04	12/04	16/04	19/04	20/04	20/04
French Polynesia	24/04	24/04	24/04	23/04	24/04	24/04
May						
Russian Federation	13/04	24/04	27/04	30/04	01/05	01/05
Equatorial Guinea	04/05	12/05	01/05	01/05	28/04	04/05
Northern Mariana Islands	05/05	05/05	05/05	04/05	05/05	05/05
Vanuatu	01/05	03/05	05/05	06/05	08/05	10/05
Marshall Islands	23/04	25/04	29/04	07/05	11/05	11/05
Tonga	27/04	02/05	07/05	12/05	16/05	16/05
Honduras	04/05	08/05	11/05	13/05	16/05	17/05
Libya	29/04	10/05	13/05	16/05	13/05	17/05
Bolivia	02/05	05/05	06/05	07/05	16/05	20/05
Jordan	07/05	10/05	12/05	13/05	17/05	20/05
Bosnia and Herzegovina	09/05	13/05	23/05	26/05	27/05	27/05
Belize	13/05	24/05	28/05	30/05	31/05	31/05
June						
Kiribati	26/05	24/05	25/05	29/05	30/05	04/06
Albania	18/05	24/05	02/06	04/06	05/06	05/06
Morocco	21/05	17/05	22/05	25/05	02/06	05/06
South Africa	01/06	28/05	22/05	24/05	29/05	07/06
Paraguay	22/05	25/05	26/05	27/05	04/06	09/06
Vietnam	23/05	28/05	31/05	02/06	07/06	10/06
Papua New Guinea	05/06	12/06	10/06	08/06	11/06	13/06
Lebanon	11/06	22/06	20/06	28/06	29/06	18/06
Panama	31/05	11/06	14/06	17/06	18/06	18/06
Philippines	08/06	09/06	12/06	14/06	17/06	19/06
Guyana	03/06	14/06	18/06	20/06	21/06	21/06
Saudi Arabia	05/06	16/06	20/06	21/06	22/06	23/06
Tunisia	13/06	10/06	14/06	16/06	23/06	26/06
July						
Ukraine	22/06	14/06	25/06	27/06	04/07	07/07
Ecuador	22/06	28/06	30/06	01/07	05/07	10/07
Venezuela	22/06	03/07	07/07	10/07	11/07	11/07
Fiji	24/06	05/07	09/07	11/07	12/07	12/07
Mauritius	26/06	07/07	10/07	13/07	14/07	14/07
San Marino	14/07	14/07	14/07	13/07	14/07	14/07
Turkey	26/06	07/07	11/07	13/07	14/07	14/07
Nauru	27/06	08/07	05/07	09/07	15/07	15/07
Peru	28/06	05/07	12/07	16/07	17/07	17/07
Indonesia	07/07	13/07	15/07	15/07	17/07	21/07
August						
Thailand	20/07	19/07	22/07	23/07	01/08	02/08

Serbia	17/07	19/07	30/07	03/08	04/08	04/08
Greece	17/07	19/07	30/07	04/08	05/08	05/08
Romania	19/07	25/07	03/08	05/08	06/08	06/08
Andorra	16/08	15/08	19/08	18/08	17/08	13/08
Brazil	26/07	06/08	10/08	12/08	13/08	13/08
American Samoa	14/08	14/08	14/08	13/08	14/08	14/08
Turkmenistan	30/07	09/08	13/08	16/08	17/08	17/08
Argentina	30/07	10/08	14/08	17/08	18/08	18/08
El Salvador	02/08	08/08	11/08	13/08	18/08	20/08
Faeroe Islands	21/08	21/08	21/08	20/08	21/08	21/08
Liechtenstein	23/08	23/08	23/08	22/08	23/08	23/08
New Caledonia	25/08	25/08	25/08	24/08	25/08	25/08
Costa Rica	08/08	17/08	22/08	25/08	26/08	26/08
Bulgaria	09/08	19/08	24/08	26/08	27/08	27/08
Mexico	09/08	20/08	23/08	26/08	27/08	27/08
September						
Dominica	14/08	23/08	28/08	31/08	01/09	01/09
Palau	17/08	23/08	31/08	03/09	04/09	04/09
World	27/08	30/08	31/08	01/09	04/09	06/09
Chile	28/08	21/08	01/09	31/08	11/09	15/09
St. Vincent and the Grenadines	28/08	07/09	12/09	14/09	15/09	15/09
Macedonia	29/08	29/08	09/09	15/09	16/09	16/09
Samoa	01/09	02/09	11/09	18/09	19/09	19/09
Israel	20/09	20/09	20/09	19/09	20/09	20/09
Seychelles	05/09	16/09	19/09	22/09	23/09	23/09
Malaysia	07/09	16/09	12/09	16/09	25/09	25/09
Colombia	08/09	14/09	18/09	26/09	27/09	27/09
China	11/09	13/09	13/09	16/09	22/09	30/09
October						
Grenada	14/09	24/09	29/09	02/10	03/10	03/10
St. Lucia	15/09	26/09	30/09	02/10	03/10	03/10
Sint Maarten (Dutch part)	07/10	07/10	07/10	06/10	07/10	07/10
British Virgin Islands	08/10	08/10	08/10	07/10	08/10	08/10
Turks and Caicos Islands	08/10	08/10	08/10	07/10	08/10	08/10
Algeria	21/09	02/10	06/10	09/10	10/10	10/10
Brunei	25/09	06/10	01/10	01/10	06/10	10/10
St. Martin (French part)	14/10	14/10	14/10	13/10	14/10	14/10
Virgin Islands (U.S.)	14/10	14/10	14/10	13/10	14/10	14/10
Bahamas	29/09	10/10	13/10	16/10	17/10	17/10
Belarus	30/09	08/10	06/10	15/10	19/10	19/10
Gibraltar	21/10	21/10	21/10	20/10	21/10	21/10
Latvia	03/10	02/10	13/10	20/10	21/10	21/10
Puerto Rico	07/10	15/10	18/10	22/10	24/10	25/10
Guam	27/10	27/10	27/10	26/10	27/10	27/10
Hong Kong SAR, China	31/10	31/10	31/10	30/10	31/10	31/10
November						
Netherlands	01/11	01/11	01/11	31/10	01/11	01/11
Cyprus	16/10	18/10	29/10	02/11	03/11	03/11

Italy	22/10	19/10	27/10	29/10	03/11	05/11
Slovak Republic	19/10	13/10	24/10	03/11	07/11	07/11
Germany	12/11	12/11	12/11	11/11	12/11	12/11
Slovenia	26/10	22/10	02/11	12/11	13/11	13/11
Barbados	28/10	08/11	12/11	15/11	16/11	16/11
Estonia	30/10	01/11	10/11	14/11	18/11	18/11
Ireland	24/11	24/11	24/11	23/11	24/11	24/11
Monaco	25/11	25/11	25/11	24/11	25/11	25/11
Czech Republic	30/11	30/11	30/11	29/11	30/11	30/11
Lithuania	30/11	30/11	30/11	29/11	30/11	30/11
Malta	30/11	30/11	30/11	29/11	30/11	30/11
December						
Hungary	03/12	03/12	03/12	02/12	03/12	03/12
Poland	03/12	03/12	03/12	02/12	03/12	03/12
United Kingdom	03/12	03/12	03/12	02/12	03/12	03/12
Australia	04/12	04/12	04/12	03/12	04/12	04/12
Spain	15/11	14/11	25/11	02/12	04/12	04/12
Belgium	05/12	05/12	05/12	04/12	05/12	05/12
Austria	07/12	07/12	07/12	06/12	07/12	07/12
Singapore	07/12	07/12	07/12	06/12	07/12	07/12
Sweden	07/12	07/12	07/12	06/12	07/12	07/12
Croatia	20/11	25/11	05/12	07/12	08/12	08/12
Japan	08/12	08/12	08/12	07/12	08/12	08/12
St. Kitts and Nevis	09/12	09/12	09/12	08/12	09/12	09/12
France	10/12	10/12	10/12	09/12	10/12	10/12
United States	10/12	10/12	10/12	09/12	10/12	10/12
Denmark	11/12	11/12	11/12	10/12	11/12	11/12
Canada	12/12	12/12	12/12	11/12	12/12	12/12
Greenland	12/12	12/12	12/12	11/12	12/12	12/12
Portugal	24/11	24/11	05/12	11/12	12/12	12/12
Switzerland	12/12	12/12	12/12	11/12	12/12	12/12
Channel Islands	14/12	14/12	14/12	13/12	14/12	14/12
Norway	14/12	14/12	14/12	13/12	14/12	14/12
Taiwan	14/12	14/12	14/12	13/12	14/12	14/12
Luxembourg	15/12	15/12	15/12	14/12	15/12	15/12
Isle of Man	16/12	16/12	16/12	15/12	16/12	16/12
Korea	17/12	17/12	17/12	16/12	17/12	17/12
New Zealand	17/12	17/12	17/12	16/12	17/12	17/12
Finland	20/12	20/12	20/12	19/12	20/12	20/12
Antigua and Barbuda	21/12	21/12	21/12	20/12	21/12	21/12
Iceland	21/12	21/12	21/12	20/12	21/12	21/12
Bermuda	26/12	26/12	26/12	25/12	26/12	26/12

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