

Prepare Emergency Items to Take with You in Case of an Emergency

- ▶ In case of a disaster, it will become very difficult to get necessary supplies, so be prepared to be self-sufficient for one week.
- ▶ Prepare emergency items yourself according to you and your family's needs.
- ▶ By using and restocking emergency items on a daily basis (Rolling Stock), you can be better prepared and prevent the items from expiring.
- ▶ Check your emergency items regularly and keep them handy.
- ▶ Take with you at least one meal, drinks, medicine, masks, and other necessary items when evacuating,

Checklist of Emergency Items to Take with You

Keep them handy in a backpack

◆ Emergency Food and Drinks

- Water (3 liters per person)
- Food (Portable food such as crackers, hard biscuits, at least enough for one meal)



◆ Clothing etc...

- Helmet Underwear, Socks Masks Towel
- Blanket Sanitary items Rain gear Indoor shoes
- Glasses, Contact lenses Diapers

◆ Items for Disaster Prevention

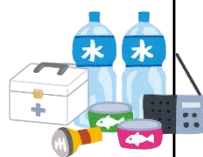
- Flashlight Batteries Rope Crowbar Tent
- Portable radio Plastic bag Ballpoint pen, Notebook
- Portable charger (Hand Crank Charger is recommended)
- Vinyl sheet Portable toilet

◆ Emergency Medicine etc...

- Household medicines Thermometer
- Wet wipes, tissues Disinfectant Prescription notebook
- First aid kit

◆ Valuables

- Cash Health Insurance Certificate
- Bank account books, Personal seals
- Passport, Residence card (ZAIRYU card)



To prevent infectious diseases

Please take with you masks and disinfectant, when evacuating to crowded place such as evacuation center.

Checklist of Stocked Items

◆ Food and Drinks

- Water (9 liters per person)
- Food (Canned goods and boil-in-the-bag food) Can opener
- Paper plates, Disposable chopsticks, Plastic wrap
- Portable gas cooking stove and canisters

◆ Clothing etc...

- Underwear Cold weather outfits Blankets or sleeping bags
- Clothes Disposable heating devices and cooling patches

◆ Other necessary items

- Lighters, Candles Batteries Toilet paper Portable toilet

• Prepare enough rations to last at least 3 days (If possible one week) per person.

• To protect stocked items from water damage, please keep them upstairs.



Things to Prepare Yourself Depending on Family's Needs

For Infants

Formula (Powdered or Liquid)
Feeding bottle • Diapers •
Baby food • Spoon etc.

For Expectant Mothers

Absorbent cotton • Gauze •
Cotton cloth • Belly belt •
Goods for newborns •
Mother-and-Child health
handbook etc.

For Those Needing Care

Diapers • Tissue paper •
Care Assisting Tool •
Medicine •
Disability Certificate

For Pets

Pet food • Water • Cage •
Pet carry bag • Leash •
Portable pet toilet etc.