

Everyday Preparations

Emergency items that should be prepared in order to take with you



The necessary amount of emergency items should be prepared while considering your family structure, and should be stored in a location where it can be easily retrieved when evacuating. Items that should be taken with you first when a disaster occurs should be prepared separately to emergency supplies for a number of days that will be required until recovery from the disaster starts or completes.

At the minimum, you should have the following Primary emergency items

Flashlight

If possible, have one for each person. Headlights, lanterns, and other outdoor goods can also be used for light. Don't forget to have spare batteries and light bulbs.



Portable radio

Have one that is compact and lightweight, and can receive both AM and FM broadcasts. Have an ample supply of spare batteries.



Emergency food and water

Prepare emergency food that can be eaten without heating such as kanpan dry bread and canned foods, as well as instant noodles, boil-in-the-bag food, CalorieMate, etc. It can be convenient to have water in plastic bottles. If you have an infant, don't forget to prepare infant formula and other baby products.



Valuables

Cash, savings account passbook, seal, health insurance card, a copy of your certificate of residence, etc. You should also have 10 yen coins (useful when using public payphones).

Emergency medical supplies

Ointments, band-aids, antipyretics, cold medicine, gastrointestinal medicines, eye drops, toothbrush, liquid toothpaste, medicine notebook, etc. If you have over-the-counter medicine, don't forget these as well.

Other

Helmet (disaster prevention hoods), clothes/underwear, towels, work gloves, paper plates, lighter (matches), can opener, bottle opener, candles, knives, plastic bags, tissues, plastic tarps, feminine hygiene products, diapers, baby bottles, etc.

Preparing for after the disaster

(As a general guideline, have 3 days' worth for each family member!)

Emergency supplies

Food

Canned and retort food, dry food and energy supplement foods, condiments, etc. Prepare at least a couple of day's worth of food including 3 days worth of emergency food.

Water

A general guideline is 3 liters per day per adult. Have at least 3 days worth ready. In addition to PET bottles, it is useful to have water in polyethylene containers as well.

Simple toilet

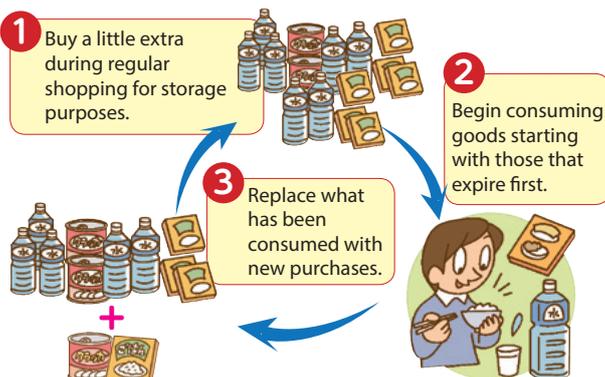
At some point you will need a toilet. Prepare portable toilets for your household. And don't drain your bathtub of any water it contains.

Other

Slightly more daily necessities than you need should be stocked for when lifelines are cut off.

Rolling stockpile

Amass a good stockpile of foods and other regularly purchased goods by buying a little extra for storage purposes.



These are also useful too

Items that should be prepared for families with infants

Milk, baby bottles, baby food, spoons, diapers, cleansing cotton, rope to carry your infant on your back, bath towels or baby blankets, gauze or handkerchiefs, bucket, plastic bags, soap, etc.



Items that should be prepared for families with pregnant women

Absorbent cotton, gauze, bleach, T-shaped bandage, cleansing cotton, supplies for newborns, tissue paper, plastic wrapping cloth, Mother-baby notebook, soap, etc.



Items that should be prepared for families with persons requiring nursing care

Change of clothes, diapers, tissue paper, disability certificate, spare assistive devices, medication, etc.

