

## Portable Emergency Supply Kit

### ☐ Basic items (for two adults)

<input type="checkbox"/> Canned <i>kanpan</i> (Japanese hardtack)	2 cans	<input type="checkbox"/> Plastic bag	10 pcs.
<input type="checkbox"/> Bottled water (500 ml)	6 bottles	<input type="checkbox"/> Toilet paper	1 roll
<input type="checkbox"/> Flashlight	2 pcs.	<input type="checkbox"/> Wet wipe	2 packs
<input type="checkbox"/> Candle	2 pcs.	<input type="checkbox"/> 10-yen coins for phone calls	approx. 50 coins
<input type="checkbox"/> Lighter	2 pcs.	<input type="checkbox"/> Gummed tape	1 pc.
<input type="checkbox"/> Portable radio	1 unit	<input type="checkbox"/> Permanent marker	1 pc.
<input type="checkbox"/> Army knife	1 pc.	<input type="checkbox"/> Writing materials	1 set
<input type="checkbox"/> Gloves/Work gloves	2 pairs	<input type="checkbox"/> Feminine hygiene product	2 sets
<input type="checkbox"/> Rope (5 m or more)	1 pc.	<input type="checkbox"/> First-aid kit	1 pc.
<input type="checkbox"/> Tarp	1 pc.		
<input type="checkbox"/> Survival blanket	2 pcs.		
<input type="checkbox"/> Portable toilet	2 pcs. or more		
<input type="checkbox"/> Towel	4 pcs. or more		

Up to  
approx. 10 kg  
for a female



Up to  
approx. 15 kg  
for a male

### ☐ Additional items (Prepare in accordance with the special needs of your family.)

Necessities & valuables	Baby items		Items for seniors
<input type="checkbox"/> Spare house and car keys <input type="checkbox"/> Extra eye glasses, contact lenses, etc. <input type="checkbox"/> Copies of passbooks (bank statements) <input type="checkbox"/> Copy of your health insurance card <input type="checkbox"/> Copy of your driver's license <input type="checkbox"/> Copy of your passport, residence card, etc.	<input type="checkbox"/> Baby formula <input type="checkbox"/> Baby bottle <input type="checkbox"/> Snacks <input type="checkbox"/> Baby food <input type="checkbox"/> Spoon <input type="checkbox"/> Cleaning cotton <input type="checkbox"/> Bath towel <input type="checkbox"/> Gauze	<input type="checkbox"/> Disposable diapers <input type="checkbox"/> Mother and Child Health Handbook ( <i>Boshitecho</i> ) <input type="checkbox"/> Toy <input type="checkbox"/> Extra clothes <input type="checkbox"/> Stroller <input type="checkbox"/> Baby sling <input type="checkbox"/> Blanket	<input type="checkbox"/> Copy of identification booklet for people with disabilities, etc. <input type="checkbox"/> Disposable diapers <input type="checkbox"/> Extra clothes <input type="checkbox"/> Personal medication <input type="checkbox"/> Extra eye glasses <input type="checkbox"/> Nursing care items

## Emergency supplies needed when staying at home

### ☐ Prepare emergency supplies to use at home

(Make preparations on the assumption that it takes about seven days for relief supplies to reach affected areas in case of a major disaster.)

<b>● Drink</b> <input type="checkbox"/> Potable water <input type="checkbox"/> Water storage bag <b>● Food</b> <input type="checkbox"/> Instant rice <input type="checkbox"/> <i>Kanpan</i> (Japanese hardtack) <input type="checkbox"/> Canned bread <input type="checkbox"/> Instant noodles <input type="checkbox"/> Canned food <input type="checkbox"/> Pre-prepared food in pouches <input type="checkbox"/> Soup <input type="checkbox"/> Miso soup <input type="checkbox"/> Biscuits <input type="checkbox"/> Candies <input type="checkbox"/> Chocolates <input type="checkbox"/> Salt	<b>● Clothing</b> <input type="checkbox"/> Outerwear <input type="checkbox"/> Underwear <input type="checkbox"/> Socks <b>● Everyday items</b> <input type="checkbox"/> Towel <input type="checkbox"/> Bath towel <input type="checkbox"/> Blanket <input type="checkbox"/> Raingear <input type="checkbox"/> Extra batteries <input type="checkbox"/> Portable gas stove <input type="checkbox"/> Gas cartridge <input type="checkbox"/> Solid fuel <input type="checkbox"/> Pot <input type="checkbox"/> Plastic wrap <input type="checkbox"/> Aluminum foil	<input type="checkbox"/> Kettle <input type="checkbox"/> Plate (paper/stainless steel) <input type="checkbox"/> Cup (paper/stainless steel) <input type="checkbox"/> Disposable chopsticks <input type="checkbox"/> Spoon <input type="checkbox"/> Fork <input type="checkbox"/> Toothbrush <input type="checkbox"/> Soap <input type="checkbox"/> Dry shampoo <input type="checkbox"/> Mobile phone charger <input type="checkbox"/> Newspaper <input type="checkbox"/> Disposable pocket warmer <input type="checkbox"/> Safety pin <b>● Other</b> <input type="checkbox"/> Tarp <input type="checkbox"/> Gummed tape
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