

Emergency Kit and Stockpile



Have items ready that you can bring with you when you evacuate (emergency kit)

Aim for
15 kg
for adult male
10 kg
for adult female

Have basic necessities ready as an emergency kit so that you can evacuate immediately. A backpack that frees up both hands is convenient for an emergency grab-and-go bag. Put the backpack on to check if it's not too heavy.

Items for emergency grab-and-go bag (backpack, etc.)

Drinking water



Other

- Whistle
- Thick gloves (work gloves)
- Clothes (outerwear, underwear, socks)
- Portable heat patches
- Plastic bag and wrap
- Toiletries, hygiene products, masks

Emergency food



- Helmet and protective hood
- Rain and cold protection gear
- Towel and handkerchief
- Utility knife and can opener
- Disposable ware (chopsticks, paper plates)
- Sanitary napkins and toilet paper

Valuables



- Shoes with durable soles
- Dry cell and mobile batteries
- Portable toilet
- Tissues and wet wipes
- Flashlight and lantern
- Radio

Medical supplies



Necessities for applicable families and households

Infants



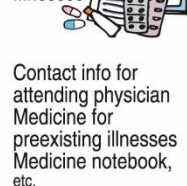
Pregnant women



Elderly



People with illnesses



Pets



Other



Have your stockpile ready

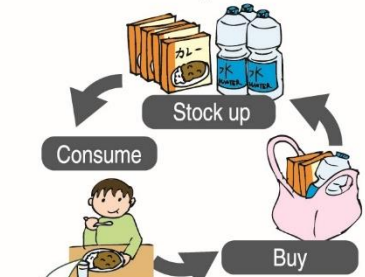
You may not be able to shop normally for several days after a natural disaster. Have peace of mind by adequately stocking basic necessities for yourself and your family on a day-to-day basis.

- Daily stocking ▶ **Stock up on food you often eat with long expiry dates;** buy more when you consume them (rolling stock method)
- Food for at least 7 days ▶ Alpha rice that can be eaten by adding water, canned food, hardtack, instant and retort pouch food, dietary supplements, snacks, condiments, soup, etc.
Recommended
- Drinking water for at least 7 days ▶ 3 liters a day per adult
- Toilet supplies ▶ Temporary toilet, waste storage containers, toilet bags, toilet paper
- Fuel ▶ Portable gas stove, gas canisters, solid fuel
- Blanket, sleeping bag Plastic wrap for food Plastic tank

Emergency stockpile

Rolling stock method

An economical method in which food is consumed before they expire.



Since it's food you always eat, it will give you energy in an emergency!