

# Let's Check Your Disaster Preparedness!

From "Preparing Emergency and Stockpile Items" (Osaka Prefecture)

## Emergency Kits

- Valuables
  - ☐ Cash (with 10 yen coins for public phones)
- Drinking water and emergency rations
  - ☐ Canned crackers
  - ☐ Bottles of water (500ml plastic bottles)
- First-aid kit
  - ☐ Tweezers ☐ Disinfectant
  - ☐ Gauze pads (sterile) ☐ Bandage roll
  - ☐ Cotton pads ☐ Adhesive bandages
  - ☐ Arm slings ☐ Normal and special medicines
- Hygienic supplies
  - ☐ Face masks ☐ Alcohol disinfectant
  - ☐ Thermometer ☐ Detergent
  - ☐ Hand soap
- Information and lighting
  - ☐ Portable radio
  - ☐ Flashlights (if possible, one per person)
  - ☐ Candles
  - ☐ Mobile phone charger or mobile battery
- Household goods
  - ☐ Lighters ☐ Army knife
  - ☐ Pairs of gloves ☐ Rope
  - ☐ Portable toilets※1 ☐ Rolls of toilet paper
  - ☐ Tissues ☐ Picnic tarp
  - ☐ Fire blankets ☐ Towels
  - ☐ Wet wipes ☐ Writing materials
  - ☐ Oil-based marking pens (thick)
  - ☐ Packing tape ☐ Plastic bags
  - ☐ Plastic wrap (for stopping bleeding or covering dishes)
  - ☐ Toothbrushes, toothpaste, and mouthwash

## Items that depend on individual and family situations

### Necessities and valuables

- ☐ Bank account passbooks ☐ Driver's licenses
- ☐ Keys (house, car, etc.) ☐ Health insurance cards
- ☐ Passport, resident card, special permanent resident certificate ☐ Spare glasses, contact lenses, etc.
- ☐ Medication records ☐ Dentures
- ☐ Assistance plan (for residents who are concerned about whether they can evacuate on their own)

### Baby supplies

- ☐ Powdered milk ☐ Baby bottle
- ☐ Baby food ☐ Snacks ☐ Spoons
- ☐ Change of clothes ☐ Cotton wipes
- ☐ Disposable diapers ☐ Gauze ☐ Blankets
- ☐ Small bath towels ☐ Wet wipes
- ☐ Baby holder ☐ Toys
- ☐ Maternal and Child Health Handbook
- ☐ Stroller

### Supplies for the elderly

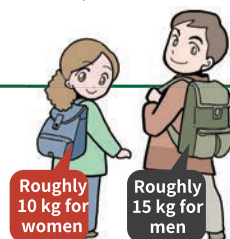
- ☐ Senior citizen notebook
- ☐ Spare (eye) glasses
- ☐ Disposable adult diapers
- ☐ Care-giving supplies
- ☐ Change of clothes
- ☐ Medicine for chronic illnesses
- ☐ Wet wipes

### Women's products\*2

- ☐ Sanitary Products
- ☐ Sanitary Panties
- ☐ cloth sheet
- ☐ Invisible garbage bags
- ☐ Security buzzer/whistle

Put the items in bags such as backpacks that keep your hands free and then put them in a place where they can be accessed immediately.

With the makeup of your family in mind, pare the number of items down to a minimum and try shouldering the bag. Inspect the bags at least once a year.



\* These are just standard guidelines. Try carrying the bag and adjust the weight so that it will make your evacuation as easy as possible.

## Items to Keep at Home

## Emergency Stores

- Drinking water and emergency rations
  - ☐ Drinking water (about 3L per person per day)
  - ☐ Emergency water bag or water tank
  - ☐ Alpha instant cooked rice
  - ☐ Crackers ☐ Canned crackers
  - ☐ Instant noodles ☐ Canned food
  - ☐ Food in retort pouches ☐ Soup
  - ☐ Miso Soup ☐ Salt
  - ☐ Packaged cookies ☐ Candy
  - ☐ Chocolates
- Clothing
  - ☐ Outerwear ☐ Underwear ☐ Socks
- Household goods
  - ☐ Towels
  - ☐ Small bath towels
  - ☐ Blankets
  - ☐ Rain gear
  - ☐ Kitchen wrap
  - ☐ Aluminum foil
- ☐ Plates/bowls (paper or stainless steel)
- ☐ Spoons ☐ Forks
- ☐ Disposable chopsticks
- ☐ Cups (paper, stainless, etc.)
- ☐ Tabletop stove
- ☐ Gas cylinders
- ☐ Solid fuel ☐ Pots and pans
- ☐ Tea kettles ☐ Soaps
- ☐ Portable toilets※1
- ☐ Toothbrushes, toothpaste, and mouthwash
- ☐ Dry shampoo
- ☐ Rolls of toilet paper
- ☐ Tissues ☐ Wet wipes
- ☐ Face masks
- ☐ Alcohol disinfectant
- ☐ Flashlight
- ☐ Spare batteries
- ☐ Mobile phone charger or mobile battery
- ☐ Safety-pins
- ☐ Newspaper (for keeping warm, starting a fire, etc.)
- ☐ Disposable hand warmers
- Other
  - ☐ Tarps
  - ☐ Portable cart (for transporting water bags or water tanks from a water supply point)
  - ☐ Packing tape (for organizing luggage, stopping bleeding, repairing windows, etc.)

※1: A portable toilet includes a defecation disposal set. ※2 Excerpt from the "Preparedness" Checklist for Disasters (Prime Minister's Office website) These are necessary items to pick up and take to the shelter when you are allowed to return home briefly after it is deemed safe, or for use at home after returning from the shelter. Get these items ready to use for about a week until relief supplies arrive.

Buy and store commonly eaten shelf-stable food in slightly larger amounts than usual and use them in case of emergency. Get your food with the so-called "rolling stock method" so that you can eat familiar food as "emergency food".