Earthquake

Common Edition

1-5 Disaster Stockpile, Emergency Survival Kit

Stockpiles

Stockpile enough provisions so your family can survive for approximately a week.

Always have enough Our home's disaster prevention survival kits

When a disaster strikes, life lines such as water, electricity, gas, and communications can be interrupted. We highly recommend that people stock up on water, food, and other supplies to help you survive until the city's infrastructure recovers.

Prepare a disaster prevention survival kit with your family's specifications. Take into account the living at a shelter after a disaster and a situation in which food may not be available for



Place items that are required to make it through

the first day after a disaster and other emergency in your emergency survival kit (a backpack or

the like) and put your backpack somewhere

where it will be easy for everyone in your home to grab it when evacuating.

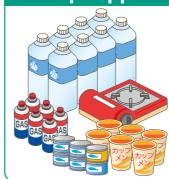
Prepare supplies in your bedroom



even in the dark.

Sleep where an object will not fall on your head. Put your slippers, a flashlight, your mobile phone, a portable radio, a whistle, your reading glasses, and a whistle beside your pillow. A bright alarm clock can also provide some light when you are in the dark. It is also necessary to take countermeasures to prevent the items you have prepared from being blown away by an earthquake.

Keep supplies in your house



Keep about a week's supply of water, food, and other household items on hand. Also prepare for electricity and gas outages.

Stockpile List

We have divided our list into two groups. One is an emergency survival kit that should be taken with you immediately when you evacuate. The other is a disaster stockpile that includes approximately one week's

worth of supplies (to last until the infrastructure is recovered). Refer to the lists to prepare what will you need from home.

Emergency survival kit When going to a shelter

[Basic Items]Common to all households

Category	Check Field	ltem
		Cash * ¥10 and ¥100 coins are required for payphones.
		Spare car and house keys
alua		Spare reading glasses, contact lenses, and the like
Valuables		Bank account numbers, life insurance policy numbers, and the like
Š		Health insurance cards and driver's licenses *Copies and copies of numbers
		Personal seal
0 II		Mobile phone * charger/mobile battery
orm		Portable radio * spare batteries
ation s		Family and relative contact information
Information collection supplies		Writing utensils
lies		Photos of family and pets * For confirmation when they are missing
Food, and the like		Emergency food * Easy to carry and having high-calorie sustenance
, and ike		Drinking water * Approximately 1.5 liters
Item remai		Emergency set
ns to I		Towels
Items to help you remain clean and hygienic		Toilet paper and wet tissue
you gienic		Change of clothes and underwear

iategory	Check Field	ltem
		Flashlights * 1 for each person in your family and spare batteries
		A whistle or buzzer * Something to let others know where you are
Cor		Mask *To avoid a cold and dust
IVen		Cotton work gloves or leather gloves
ien		Rain gear * Raincoats are also good for protect yourself from the cold
Ce ii		Disaster prevention hood or helmet * Ensures your safety while evacuating
Convenience items, and the like		Slippers
s, ar		Leisure seats and blankets * Sleeping bags are also convenient
t br		All-purpose knife
heli		Matches or lighters
ê		Plastic bags and newspapers
		Portable toilet
Coc		Masks * Re-listed
vent		Disinfectant
mea ing i		Thermometer
Countermeasures for preventing infection		Emergency medicines
tion		Other items necessary as countermeasures for contagious disease control

[Be in line with your family structure and family circumstances]

☐ Feminine hygiene products ☐ Women's underwear ☐ Maternity products ☐ Basic cosmetics

☐ Hair pins/hair bands

- Women's productsBaby products ☐ Infant milk and bottles ☐ Baby food □ Paper diapers
 - ☐ Baby wipes ☐ Toys
- Elderly
- ☐ Spare reading glasses ☐ Medicines for illnesses ☐ Portable cane
- ☐ Nursing care supplies * Easy to eat for emergency foods

Pet supplies

- ☐ Carrying bag or cage ☐ Leads ☐ Pet food and drinking water ☐ Pet sheets
- * Keep your pet regularly vaccinated so that you can evacuate together in the event of a disaster. Put your contact information in writing on the animal's collar so if you become separated, someone who finds your pet can return them to you.

Keep about a week's supply of food stockpiled at home!

Disaster Stockpiles Evacuation shelter/home evacuation life

Category	Check Field	ltem
Category Drinks		Drinking water (about 3 liters per person per day)
		Emergency water supply bag or plastic tank
Stockpiled food		Instant rice or unwashed rice
		Spaghetti or somen
		Instant ramen
		Canned food (meat,fish, or soybeans)
		Retort foods (rice porridge, or curry)
		Instant soup or miso soup
		Biscuits, candy, or chocolates
		Seasonings such as salt
		Pickled plums (umeboshi) or multi-vitamins
Clothing		Coats, underwear, socks (It is best to have articles that are fast-drying and have high-performance fibers)
ing		Gear to protect you from the cold * Consider the season

Category	Check Field	ltem
Household items		Lantern
		Towels or bath towels
		Blankets
		Rain gear
		Spare batteries
		Cassette stove or gas cylinders
ısel		Solid fuel
olo		Cooking pot or pot to boil water
ite		Wrapping material
sme		Dishes, cups (paper or stainless steel)
		Disposable chopsticks (waribashi), and spoon
		Toothbrush or soap
		Mobile phone charger (batteries, or crank type)
		Newspapers
		Disposable heating pad (body warmer)

When a disaster strikes, you may not have

access to flushing toilet. Ensure you have

access to an emergency toilet during a disaster

that can be put over a toilet seat and coagulate

your waste (5-8 times a day per person). If you

can use your toilet at home, you can also make

After having sheltered in place at home or evacuated to a shelter, return to your home after confirming that it is safe, and have all the items you may need ready to use.

Making it a practice to stockpile

Begin stockpiling groceries and other household items with stocking up on your usual foods. In a method called rolling stock, if you use something with a near-expiration date, you will suffer no loss from disposing of it after its expiration date.



The keys to choose food to stockpile are

- Highly storeable
- Something that you like
- Delicious items

In times of disaster, people will lose their appetite from the effects of stress. It's a good idea to select things you are used to eating and that you think delicious to cheer yourself up.



Caution!

People with food allergies should know the causes of their allergies. You must be careful about distributed or delivered bento box lunches. Be very careful if there is anyone nearby that has any allergies.

Must haves! Waterland to letry items Everyone's concern is access to a toilet

■ Water that is important beyond eating Countermeasures should taken in the event of an interruption

of drinking water service due to a natural disaster is an issue even more important than food. We recommend having about 3 liters of drinking water available per person per day. Highly salty foods that have a low moisture content are ofte consumed when a disaster has occurred. It is especially necessary to drink as much water as is possible in such times



a simple toilet using a plastic bags and newspapers. Stock up on toilet paper, wet tissues **Drinking water** newspapers, (3 liters per plastic bags, and more every day.