

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 a long time.

Carry a bag with supplies

Check the weather information once a day!

Whistle, Smart phone, LED light source, Water bottle

Normally carry your phone, an LED light source, a whistle, writing utensils, and water bottle. The whistle can also be worn around your neck on a strap. This helps to ward off criminals, such as someone who may attempt to molest you or a member of your family.

Prepare supplies in your bedroom

Be prepared to be able to function 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

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.

[Basic Items] Common to all households

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

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

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

- **Women's products**
 - Feminine hygiene products
 - Women's underwear
 - Maternity products
 - Basic cosmetics
 - Hair pins/hair bands
- **Baby 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	Item
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
Clothing		Pickled plums (umeboshi) or multi-vitamins
		Coats, underwear, socks (It is best to have articles that are fast-drying and have high-performance fibers)
		Gear to protect you from the cold * Consider the season

Category	Check Field	Item
Household items		Lantern
		Towels or bath towels
		Blankets
		Rain gear
		Spare batteries
		Cassette stove or gas cylinders
		Solid fuel
		Cooking pot or pot to boil water
		Wrapping material
		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)	

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 storable**
- **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! Water and toiletry items

■ **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 often consumed when a disaster has occurred. It is especially necessary to drink as much water as is possible in such times.



■ **Everyone's concern is access to a toilet**
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 a simple toilet using a plastic bags and newspapers. Stock up on toilet paper, wet tissues, newspapers, plastic bags, and more every day.

