






■List of Emergency Supplies 非常用持ち出し品 PDF2-1

Here is a list of primary emergency supplies (that should be packed in a backpack etc. and placed in an 'easy-to-carry' location like the entrance or bedroom).

<input type="checkbox"/>	Emergency food and water	Drinking water, hardtack, canned food, chocolate, biscuits/ crackers etc.	
<input type="checkbox"/>	Valuables	Cash, name seal, and copies of important documents [e.g., bank passbook, health insurance card, driver's license, ID, bonds, Resident Record (<i>Juminhyo</i>)]	
<input type="checkbox"/>	First aid kit and hygiene items	Gauze, absorbent cotton, disinfectant, bandages, eye lotion, cold medicine, stomach medicine, antipyretic, portable toilet *If you have a chronic disease: dispensing medicine(s) and a copy of prescription or medicine notebook etc.	
<input type="checkbox"/>	Items to take with to evacuate safely	Flashlight, extra batteries, helmet etc.	
<input type="checkbox"/>	Tools to collect information	Mobile phone (phone charger, power bank), portable radio, permanent marker, notepad etc.	
<input type="checkbox"/>	Other daily necessities	Towel, clothing, masks, large handkerchief, work gloves, candles (lantern), lighter, rain gear, can opener, knife, picnic sheet, plastic bags, facial tissues, wet wipes, disposable heat pad, sanitary napkins etc.	

For families with a baby	Formula milk, baby bottle (and sterilizing agent for baby bottles), baby food, paper diapers, baby wipes, baby toys, Mother and Child Health Handbook (<i>Boshi techo</i>) etc.
For families with a pregnant woman	Sanitary items, gauze, bleached cotton cloth, goods for newborns, Mother and Child Health Handbook (<i>Boshi techo</i>) etc.
For families with a person who is allergic to food	Non-allergenic foods etc.
For families with an elderly or a person who needs care	Goods for nursing care for an elderly person, tenderly cooked emergency foods, spare glasses or contact lenses, false teeth, hearing aid, paper diaper for adults, spare supportive device, household medicines, Certificate of Disability etc.
For families with a pet	Pet food, goods for pets (plate, leash, cage etc.), pet keeper's contact information etc.