

Checklist: Emergency Supplies

Check	Category	Things to keep stocked at home	Things to take when evacuating	Item	Comments
	For Daily Life	<input type="checkbox"/>	<input type="checkbox"/>	Towel	More than 4 pieces
		<input type="checkbox"/>		Bath Towel	
		<input type="checkbox"/>	<input type="checkbox"/>	Hygiene Items	Toothbrush, toothpaste, soap etc.
		<input type="checkbox"/>	<input type="checkbox"/>	Dry shampoo	Useful when there is no water
		<input type="checkbox"/>		Portable gas stove	
		<input type="checkbox"/>		Solid fuel	
		<input type="checkbox"/>		Pot	
		<input type="checkbox"/>		Kettle	
		<input type="checkbox"/>	<input type="checkbox"/>	Kitchenware	Plates, bowls, forks, spoons etc. (light and durable)
		<input type="checkbox"/>	<input type="checkbox"/>	Kitchen wrap	To place on plates before eating to avoid unnecessary washing
		<input type="checkbox"/>		Aluminium foil	
		<input type="checkbox"/>	<input type="checkbox"/>	Portable toilet	Plastic bags, coagulant agent, disinfectant
		<input type="checkbox"/>	<input type="checkbox"/>	Toilet paper	
		<input type="checkbox"/>	<input type="checkbox"/>	Wet tissue	For various purposes
		<input type="checkbox"/>	<input type="checkbox"/>	Plastic bags	Bring a variety of sizes
		<input type="checkbox"/>		Plastic containers	For storing water
		<input type="checkbox"/>	<input type="checkbox"/>	Mobile phone charger	Other types include manual charger or solar-powered charger
		<input type="checkbox"/>	<input type="checkbox"/>	Markers	To leave messages
		<input type="checkbox"/>	<input type="checkbox"/>	Writing materials	To take notes
		<input type="checkbox"/>	<input type="checkbox"/>	Tape	E.g. Cloth-type tape
		<input type="checkbox"/>	<input type="checkbox"/>	Newspapers	
		<input type="checkbox"/>		Cardboard boxes	
		<input type="checkbox"/>	<input type="checkbox"/>	Disposable hand warmers	
		<input type="checkbox"/>	<input type="checkbox"/>	Sleeping materials	Blankets, sleeping bags, eye masks, ear plugs, etc.
		<input type="checkbox"/>	<input type="checkbox"/>	Candles	Useful for lighting for extended periods. Could be a fire hazard
		<input type="checkbox"/>	<input type="checkbox"/>	Lighter	More useful than matches
		<input type="checkbox"/>	<input type="checkbox"/>	Torch / Flashlight	Don't forget the batteries. Useful to have headlamp or manual chargers
		For Disaster Risk Reduction/ Disaster Prevention	<input type="checkbox"/>	<input type="checkbox"/>	Emergency bag
	<input type="checkbox"/>		<input type="checkbox"/>	Map	Hazard maps, etc.
	<input type="checkbox"/>		<input type="checkbox"/>	Portable radio	Small, simple and durable radio
	<input type="checkbox"/>		<input type="checkbox"/>	First aid kit	Disinfectant, absorbent cotton, gauze, medical dressing, triangular bandage, medication, etc.
	<input type="checkbox"/>		<input type="checkbox"/>	Survival blanket	To keep oneself warm and dry
	<input type="checkbox"/>		<input type="checkbox"/>	Tarp	
	<input type="checkbox"/>			Fire extinguisher	Keep it away from fire hazards
	<input type="checkbox"/>			Cleaning tools	Broom, dustpan etc.
	<input type="checkbox"/>		<input type="checkbox"/>	Rope	For emergency rescue purposes (preferably more than 5m)
	<input type="checkbox"/>			Tools	Crowbar, saw, screwdriver etc.
	<input type="checkbox"/>	<input type="checkbox"/>	Whistle	For getting attention	
	<input type="checkbox"/>	<input type="checkbox"/>	Swiss army knife	Can be used as scissors, knife, can opener, etc.	

Check	Category	Things to keep stocked at home	Things to take when evacuating	Item	Comments
	Valuables and Items for Identification		<input type="checkbox"/>	Cash	Especially 10 or 100 yen coins for public phones
		<input type="checkbox"/>	<input type="checkbox"/>	Copy of health insurance card	For identification
		<input type="checkbox"/>	<input type="checkbox"/>	Copy of passport	For identification
		<input type="checkbox"/>	<input type="checkbox"/>	Copy of bankbook	
		<input type="checkbox"/>	<input type="checkbox"/>	Contact list of important people	
		<input type="checkbox"/>	<input type="checkbox"/>	Spare keys	For your house and / or car
		<input type="checkbox"/>	<input type="checkbox"/>	Spare glasses / contact lens	
	Food and Water		<input type="checkbox"/>	Personal seal	
		<input type="checkbox"/>	<input type="checkbox"/>	Drinking water	7.5 liters per person (3 days' worth)
		<input type="checkbox"/>	<input type="checkbox"/>	Water for daily life	Leftover water from bathtub etc.
		<input type="checkbox"/>	<input type="checkbox"/>	Emergency food	Instant food, canned food, instant rice, vacuum packed food, soup packets, biscuits, etc. (3 days' worth)
		<input type="checkbox"/>	<input type="checkbox"/>	Food seasoning	Salt, sugar, miso, oil, etc.
	Clothes	<input type="checkbox"/>	<input type="checkbox"/>	Outer wear	Long-sleeved shirts, long trousers
		<input type="checkbox"/>	<input type="checkbox"/>	Inner wear	
		<input type="checkbox"/>	<input type="checkbox"/>	Socks	
		<input type="checkbox"/>	<input type="checkbox"/>	Shoes	Comfortable shoes with thick soles
		<input type="checkbox"/>	<input type="checkbox"/>	Rain gear	
		<input type="checkbox"/>	<input type="checkbox"/>	Personal safety gear	Helmet, etc.
		<input type="checkbox"/>	<input type="checkbox"/>	Gloves	Thick leather type
	<input type="checkbox"/>	<input type="checkbox"/>	Slippers		
Also consider these items for family members					
	For Women	<input type="checkbox"/>	<input type="checkbox"/>	Sanitary items	
		<input type="checkbox"/>	<input type="checkbox"/>	Safety alarm	To set off siren when pressed (to prevent crimes)
		<input type="checkbox"/>	<input type="checkbox"/>	Comb	
	For the Elderly	<input type="checkbox"/>	<input type="checkbox"/>	Mirror / make-up	
		<input type="checkbox"/>	<input type="checkbox"/>	Disposable diaper	
		<input type="checkbox"/>	<input type="checkbox"/>	Nursing care products	
	For Babies / Infants	<input type="checkbox"/>	<input type="checkbox"/>	Denture	
		<input type="checkbox"/>	<input type="checkbox"/>	Hearing aid	
		<input type="checkbox"/>	<input type="checkbox"/>	Maternal health handbook	
		<input type="checkbox"/>	<input type="checkbox"/>	Baby food	Milk powder, milk bottle, easily digestible foods, etc.
	For Pets	<input type="checkbox"/>	<input type="checkbox"/>	Gauze	
		<input type="checkbox"/>	<input type="checkbox"/>	Disposable diaper	With baby wipes
		<input type="checkbox"/>	<input type="checkbox"/>	Baby sling	
	For Pets	<input type="checkbox"/>	<input type="checkbox"/>	Pet food	
		<input type="checkbox"/>	<input type="checkbox"/>	Pet items	Toilet, lead, etc.
	<input type="checkbox"/>	<input type="checkbox"/>	Photos of pets	Useful when searching for lost pets	

Refer to the table above when preparing your emergency supplies, taking into consideration your family members' needs and the area in which you live.

References (in Japanese only)

- Disaster Reduction and Human Renovation Institution <http://www.dri.ne.jp/oyakudachi/knowledge01.html>
- Takehiko Yamamura <http://www.shogakukan.co.jp/pr/shinsai/pdf/122-143.pdf>