

Emergency stockpiles (things that are necessary)

Examples of goods for emergency stockpile

Food items	3 days worth of canned food, retort pouch food, etc., should be stored, but ideally 7 days worth of these goods should be stockpiled. In families with children, elderly people or those with allergies, etc., where food distribution becomes difficult, enough food supplies more suited to them should be prepared in advance.	Flashlight	Prepare one for each person if possible. Do not forget spare batteries (some are power-generation type).
		Portable radio	They are compact, light and can receive AM and FM broadcasts. Recently, some can be conveniently charged manually, and some can even charge mobile phones, etc.
Water	At least 3 days worth of drinking water (3 liters a day per adult person) should be stored, but ideally 7 days worth should be stockpiled. It is convenient to have plastic water containers, etc., for easy water distribution.	Valuables	Cash, copies of health insurance card, etc, as well as coins for calling at public pay phones.
		Emergency medicine	Aside from bandages, medicines for wounds, colds, fever, etc., make sure to prepare medicines and copy of medication booklet.
Fuel	Desktop stoves, solid fuels, spare gas cylinders, etc.	Tools	Rope, crowbar, scissors, saw, etc.
Others	Helmet, gloves, lighter, blanket, sleeping bag, leisure sheets, knife, portable toilet, tissues, eating utensils, wraps, masks, disposable warmers, underwear, writing materials, etc.		

Prepare these items as well

Households with infants

Powdered milk, milk bottle, baby food, spoon, diapers, cleaning cotton, baby sling, bath towel or baby blanket, gauze, etc.

Households with pregnant women

Cotton wool, gauze, sarashi or wrap-around cotton cloth, T-shaped underpants, cleaning cotton and new-born supplies, tissues, vinyl wrapping cloth, Maternal & Child Health Handbook, etc.

Households with members that need special care

Change of clothes, diapers, tissues, Disability Booklet, spare support equipment, household medicine, spare eyeglasses, emergency contact info, etc.

Disaster
Prevention

Checklist



Emergency stock checklist (example)

Name of item	Inspection date entry column	Name of item	Inspection date entry column	Name of item	Inspection date entry column
<input type="checkbox"/> Food items		<input type="checkbox"/> Helmet, disaster prevention hood		<input type="checkbox"/> Toilet paper	
<input type="checkbox"/> Water (3 liters per person, per day)		<input type="checkbox"/> Tools (rope, crowbar, scoop)		<input type="checkbox"/> Tissue (including wet-type)	
<input type="checkbox"/> Fuel (desk stoves, solid fuels, spare gas cylinders)		<input type="checkbox"/> Cotton work gloves		<input type="checkbox"/> Disposable utensils (wooden chopsticks, paper plates, paper cups)	
<input type="checkbox"/> Flashlight (spare batteries, light bulbs)		<input type="checkbox"/> Candle, lantern, lighter (match)		<input type="checkbox"/> Wraps, aluminum foil	
<input type="checkbox"/> Portable radio (spare batteries)		<input type="checkbox"/> Blanket, towel, sleeping bag		<input type="checkbox"/> Plastic bag	
<input type="checkbox"/> Valuables, cash		<input type="checkbox"/> Leisure sheet		<input type="checkbox"/> Toiletries	
<input type="checkbox"/> Copy of health insurance card		<input type="checkbox"/> Knife, can opener, bottle opener		<input type="checkbox"/> Masks, disposable warmers	
<input type="checkbox"/> Medicine, copy of medication booklet		<input type="checkbox"/> Portable toilet		<input type="checkbox"/> Hearing aids, eye glasses	

Write down things that your household cannot do without

Name of item	Inspection date entry column	Name of item	Inspection date entry column	Name of item	Inspection date entry column
<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	
<input type="checkbox"/>		<input type="checkbox"/>		<input type="checkbox"/>	
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