

Check List of emergency goods

This is the list of goods to take with you at a time of emergency. They are necessary for you to survive for three days until relief goods arrive at the time of a disaster. Please make up your own list according to this list of emergency goods.

Daily commodity		☐	Writing material
☐	Drinking water (about 3 liters /person)	☐	Eating utensils Dishes, cups, (paper or stainless), disposable chopsticks, spoons, forks, etc.)
☐	Emergency food Canned food, dried rice, instant noodle, retort food, biscuits, candies etc.	☐	Plastic wrap for food
☐	Flash light, backup battery	☐	Aluminum foil
☐	Helmet, disaster prevention hood	☐	Soap
☐	Leather gloves, cotton work gloves	Valuables	
☐	Clothing Jacket, underwear, thick socks (depending on a season), paper diaper, sanitary goods, pantiliner etc.	☐	Cash including 10-yen coin and 100-yen coins
☐	Rain apparel (rain coat etc.)	☐	ID Driving license, passport, residence card etc.
☐	Towel (bath towel, towels for sports)	☐	Seal
☐	Toilet paper, pre-moistured tissue paper	☐	Extra keys for a car or a house
☐	Masks	☐	Bank passbooks (copy of a book or account numbers)
☐	Matches and lighters	☐	Health insurance card (copy of a book or account numbers), maternity passbook, notebook for the elderly
☐	Wax candles	☐	Portable radio (with backup batteries)
☐	All-purpose knife	☐	Mobile phone (with an emergency battery charger)
☐	Aluminum thermal sheet	Others	
☐	Thick vinyl sheet	☐	Portable stove with compressed gas cans
☐	Portable toilet	☐	Pans
☐	Medicine (home medicine, medicine for chronic disease)	☐	Packaging tape
☐	Rope	☐	Permanent marker
☐	Whistle (to call for help)	☐	Pictures of family members (for searching if they are missing)
☐	Relief aid bag scissors, sterile gauze, sticking plaster, antiseptic solution, bandage	☐	Toys
☐	Plastic bags (about 10 in large and small size)	☐	
☐	Mirror	☐	

※ Generally this bag weights around 15 kg for male, 10 kg for female, but the weight should be adjusted for each person.