

Check items to bring when evacuating

Stock up emergency food and other supplies

Stock up at enough food for at least three days and three liters of drinking water per person per day!

When a major disaster occurs, critical infrastructure is cut off and it takes several days for assistance to arrive from outside the disaster area. This situation is evident from conditions after the Great Hanshin-Awaji Earthquake, the Great East Japan Earthquake, and the Noto Peninsula Earthquake. In order to protect yourself and your family during the next few days following a disaster, use the "Emergency Takeaway Items and Stockpiling Checklist" to prepare for emergencies.



Emergency Takeaway Items and Stockpiling Checklist

Important points for stockpiling

- Put your emergency takeaway items in a backpack or other bag that can be carried while allowing you to freely use both hands.
- Make sure your bag is light and compact so that it does not interfere with evacuation. (Guideline: 15 kg for men, 10 kg for women)
- Select what items you need based on your family composition and situation.
- Prioritize what you need and prepare accordingly. (Prioritize necessities over convenient items)
- Periodically inspect the contents of your takeaway bag and replace items according to the season.

Valuables	<input type="checkbox"/> Cash (including coins) <input type="checkbox"/> Spare keys for car and house <input type="checkbox"/> Spare glasses, contact lenses <input type="checkbox"/> Credit card/My Number Card <input type="checkbox"/> Health insurance card <input type="checkbox"/> ID (driver's license, etc.) <input type="checkbox"/> Seal/bank passbook <input type="checkbox"/> Maternal and Child Health Handbook	Convenient items, etc.	<input type="checkbox"/> Helmet/disaster prevention hood <input type="checkbox"/> Flashlight (including spare batteries) <input type="checkbox"/> Whistle/buzzer (to help people find you) <input type="checkbox"/> Disposable hand warmers <input type="checkbox"/> Plastic bags <input type="checkbox"/> Aluminum heat insulation sheets <input type="checkbox"/> Blankets <input type="checkbox"/> Slippers <input type="checkbox"/> Work gloves/leather gloves <input type="checkbox"/> Matches/lighters <input type="checkbox"/> Water bags <input type="checkbox"/> Rain gear (raincoats, boots, etc.) <input type="checkbox"/> Picnic sheets <input type="checkbox"/> Portable toilet sets
Supplies for gathering information	<input type="checkbox"/> Mobile phone/smartphone (including spare battery/charger) <input type="checkbox"/> Portable radio (including spare battery) <input type="checkbox"/> Family photos (for confirmation in case of separation) <input type="checkbox"/> Contact information for family, relatives, and friends in case of emergency <input type="checkbox"/> Writing utensils	Other	<input type="checkbox"/> Paper diapers (for infants and adults) <input type="checkbox"/> Feminine sanitary products (disposable napkins) <input type="checkbox"/> Powdered milk/nursing bottles (for babies), baby food <input type="checkbox"/> Pet cages, pet foods, toilet supplies (pet sheets, etc.), other pet-related items (things necessary for pets) <input type="checkbox"/> Dentures/cleaning agents <input type="checkbox"/> Other items essential for daily life
Food	<input type="checkbox"/> Emergency food <input type="checkbox"/> Drinking water	Hygiene supplies	<input type="checkbox"/> First aid kit <input type="checkbox"/> Household medications/medications for chronic illnesses <input type="checkbox"/> Towels/wet wipes <input type="checkbox"/> Toilet paper <input type="checkbox"/> Change of clothes (including underwear) <input type="checkbox"/> Medication Notebook <input type="checkbox"/> Medical masks <input type="checkbox"/> Thermometer

Rolling Stock Method

When stockpiling food, do you only think of preserved foods such as instant rice? You should stockpile the canned foods, retort pouches, and instant foods that you regularly eat. Always have a stockpile of food for at least three days. (To prepare for a Nankai Trough earthquake, aim to have enough food for at least one week.)

- Buy canned goods, etc., in an amount slightly more than you need →
- Regularly consume the stockpiled food in your daily life →
- Buy more to replenish what you have consumed → Repeat ② and ③



※The public stockpile of Kizugawa City is listed on the city website.

Disaster Prevention Notes for My Family

Evacuation center for my family

Meeting place for my family

Disaster risk for my home

- Swaying risk
- Sediment disaster warning zones
- Expected inundation depth (meters)
- Liquefaction risk
- Structural collapse/flood inundation prone area

Evacuation action plan for my family

Check the timing of evacuation by referring to the "Flow of Determining Evacuation Action" on page 6.

When? _____

Where to? _____

With whom? _____

How? _____

Family contact details

Name	Date of birth	Telephone number (mobile/work/school)	Address	Notes

Family emergency information/first aid notes

Name	Blood type	Chronic illness/allergies	Household medications	Regular medical institution

Notes _____

Emergency contact information in case of disaster

Name	Telephone number (mobile/work/school)	Address	Notes

Notes _____