



Disaster Preparedness Checklist

Supervised by: Director General for Disaster Management;

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Source: Official website of the Prime Minister's Office of Japan, 'Disaster Preparedness' Checklist

<https://www.kantei.go.jp/jp/content/000182715.pdf>

Translated and compiled by Wakayama International Exchange Association
based on the checklist

Emergency Bag Checklist (What to take when evacuating!)

- Water

- Food

(Rice such as Alpha rice, ready-to-eat meals, biscuits, chocolate, hardtack, etc.: Prepare at least a 3-day supply!)

- Emergency helmets, protective hoods

- Clothing, underwear

- Rainwear

- Lace-free canvas shoes

- Flashlight (*a hand-crank model is useful.)

- Portable radio(*a hand-crank model is useful.)

- Spare batteries and portable chargers

- Matches, candles

- First-aid supplies

(Plasters, bandages, antiseptic, essential medicines, etc.)

- Disposable hand warmers

- Blanket

- Work glove

- Toiletries

- Toothbrush, toothpaste

- Towel

- Pen, notebook

These items are also useful for preventing infection diseases!

- Alcohol-based hand sanitizer

- Soap, hand soap

- Wet wipes

Be sure to take these with you when evacuating!

- Valuables

(Bankbooks, cash, passports, driver's licenses, patient ID card, My Number cards, etc.)

Preparations for Children

- Baby formula, including hypoallergenic formula, or ready-to-feed formula
- Disposable baby bottles
- Portable cutlery
- Baby wipes
- Neck light
- Children's shoes
- Baby food
- Disposable diapers for children
- Portable bidet
- Baby carrier

Preparations for Women

- Sanitary products
- Sanitary underwear
- Personal alarm / Whistle
- Panty liners
- Opaque garbage bags

Preparations for the Elderly

- Adult diapers
- Hearing aids
- Dentures and denture cleaning solution
- Intimate hygiene wash
- A copy of your medication record
- Walking stick, cane
- Special dietary foods for the elderly
- Absorbent pads
- Medications for chronic conditions

Emergency Supplies

Things to keep stocked at home!



- Food and water (*At least a 3-day supply for each family member, ideally a 1-week supply.)

If you make a habit of buying extra long-life foods and replenishing them as you use them, you can always have an emergency food supply on hand.

Household goods

For example, tissues, toilet paper, plastic wrap, garbage bags, water containers, portable toilets, etc.

Make sure you always have other essential household supplies on hand.