

Emergency Supply Checklist (keep for reference)

Emergency supplies to be carried in the event of an emergency

Store enough emergency supplies for you and your family and keep them in an easily retrievable place. It is important to put them in a backpack or similar to enable immediate pick-up.

Check emergency supplies regularly.

Check emergency supplies regularly to make sure everything is ready to use. It is particularly important to check the best-before dates of food and drinking water and the expiry dates of medicine and to replace them as needed.

If a disaster strikes, you may have to stay in an emergency shelter. In preparation for such situations, keep emergency supplies to be taken with you when you evacuate and emergency stockpiles for post-disaster daily life.

Valuables

Cash (incl. 10-yen coins for public phones), bankbooks, personal seal, health insurance card, copy of Certificate of Residence, driver's license, title deeds, etc.



Portable radio

Small light radio with AM and FM station access and plenty of spare batteries



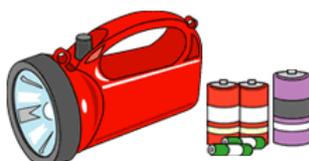
Emergency food, water

Food requiring no cooking, such as hardtack (biscuit-type bread), canned food and processed quick-cooking rice
Water in PET bottles
Powdered milk for any infants



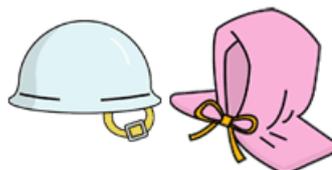
Flashlights

One flashlight per person if possible
Spare batteries and light bulbs



Helmets, padded hoods

Appropriate sizes



First-aid medicine

Plaster, salve, bandages, stomach medicine, pain reliever, medicine for fever, cold medicine, eye drops, etc.

Regularly taken medication



Other daily commodities

Clothes (e.g., underwear, jackets and socks), cotton work gloves, towels, tissue paper, wet wipes, rainwear, lighter (matches), plastic bags, sanitary napkins, paper plates/cups, chopsticks, can opener, bottle opener, candles, knives, whistle, notebook for emergency communication, etc.



Emergency stockpiles

Food

Easy-to-cook food, such as processed quick-cooking rice, retort food, canned food, dried food, instant noodles, rice cake, pickled plums, chocolate, candies, etc.



Water

3 liters of water per person per day
Water for domestic use in plastic tanks or similar
Water in the bathtub for use in emergencies



Fuel

Camping stove, fuel, etc.
Spare gas cylinders



Daily commodities

Blankets, sleeping bags, clothes, toiletries, toilet roll, portable toilet, disposable body warmers, dry shampoo, plastic bags, plastic wrap, pots, bucket, plastic sheets, etc.



Tools

Shovels, bars, saw, jack, ropes and other equipment for rescue operations



Keep emergency supplies for your family's needs.

Emergency supply requirements depend on the family. Discuss with your family what to store.

Families with infants

Powdered milk, baby bottle, diapers, baby food, spoons, baby wipes, back baby sling, bath towels or baby blankets, gauze or handkerchiefs, bucket, plastic bags, soap, etc.



Families with pregnant women

Absorbent cotton, gauze, bleached cotton cloth, T bandage, cotton wipes, items for a new baby, maternity handbook, tissue paper, large plastic wrapping cloth, newspapers, soap, etc.



Families with individuals requiring nursing care

Diapers, tissue paper, spare aid supplies, household medicine and regularly taken medication, certificate of disability, extra clothes, etc.



At emergency shelters

Precautions for staying at emergency shelters

It is inconvenient to live in an emergency shelter away from your home.

Some people become sick due to the stress or strain of living with others in an unfamiliar environment.

In times of disaster, pay attention to elderly people, children and other vulnerable individuals. People should try to help one another so that everybody can live in comfort.



Precautions for staying overnight in cars

Seeking refuge in a car provides more privacy and warmth than an emergency shelter. However, it also involves risks such as economy-class syndrome (caused by sitting immobile in a small space for many hours) and carbon monoxide poisoning from a lack of ventilation. Caution is therefore required for overnight stays in a car.

To prevent economy-class syndrome:

- Move and stretch as much as possible.
- Perform foot exercises such as toe wiggling while sitting.
- Drink plenty of water.
- Wear loose clothes.

To prevent carbon monoxide poisoning:

- Open windows regularly for fresh air even if it is cold.
- Park far enough away from other cars.
- Use air conditioning with fresh-air intake.

*It is also important to have enough gasoline in the tank during Hokkaido's cold winter.



How to contact family members or check their safety

In times of disaster, telephone, Internet and other media may be unavailable for extended periods. Families are advised to discuss in advance where to meet after a disaster, how to contact one another and how to check one another's safety.

Remember the NTT Disaster Emergency Message Dial (171) voice messaging service in case normal telephone communication becomes impossible after a disaster.

NTT Disaster Emergency Message Dial (171)

- To record a message

171 + 1 + your home telephone number, etc.

- To replay a message

171 + 2 + your home telephone number, etc.

In addition, the Disaster Broadband Message Board and mobile phone carriers' disaster message services are also available.



The NTT Disaster Emergency Message Dial service (171) allows people to leave messages for family members and friends to confirm safety. The service is available for practice usage on the first day of each month as well as during Disaster Prevention and Volunteer Week (January 15 – 21) and Disaster Reduction Week (August 30 – September 5). The service is easy to use – just dial 171 and follow the voice prompts.

The Disaster Broadband Message Board (Web 171) and mobile phone carriers' disaster message services are also available. Please check how to record and play back messages in advance.

[\(Links to relevant sites\)](#)

[Websites for information on disaster management and emergency medical services]

- **Hokkaido Disaster Prevention Information**
(English, traditional/simplified Chinese, Korean and Russian)
URL: <http://www.bousai-hokkaido.jp/>
- **Hokkaido Emergency Care/Regional Disaster Information System**
(English only)
URL: <http://www.qq.pref.hokkaido.jp/qq/qq01fnlgsp.asp>

[Multilingual information website]

- **NHK World** Arabic, Bengali, Burmese, Chinese, French, Hindi, Indonesian, (17 languages) Japanese, Korean, Persian, Portuguese, Russian, Spanish, Swahili, Thai, Urdu and Vietnamese
URL: <http://www3.nhk.or.jp/nhkworld/>