

# Let's Prepare Disaster Mitigation Goods!

- ① Carry At All Times
- ① Emergency Items
- ② Safety Stocks

## Checklists

For Practical Use



Latest check date:  /  /   
(MM/DD/YY)

Next scheduled check date:  /  /   
(MM/DD/YY)

family   
 name

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 The Great Hanshin-Awaji Earthquake Memorial,  
 Disaster Reduction and Human Renovation Institution

This list, which is intended as a guide to allow anyone to begin making disaster preparations, is a revised edition of the "Emergency Item List," which was prepared by incorporating the opinions of persons who experienced the Great Hanshin-Awaji Earthquake that occurred on January 17, 1995. It reflects the changes in social conditions and advances in disaster prevention and mitigation that have taken place over the ensuing 17 years. Please make good use of it to carry out preparations against the possibility of a major earthquake or other natural disaster that may strike someday. [Please download and copy this form, and use it for disaster mitigation education purposes.] (If possible, please email us at [kikaku@dri.ne.jp](mailto:kikaku@dri.ne.jp) about the results you have achieved using this form.)



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### 3 Steps for disaster preparation. Start with Step 1, then also do Step 0 and Step 2.

#### Preparation Step 0 Carry At All Times!

Among the items to be prepared as "emergency items," take with you those items that are easily portable, in a bag you usually use or a pocket! Carry around a sense of security against disasters nobody can predict but that can strike at any time and any place.



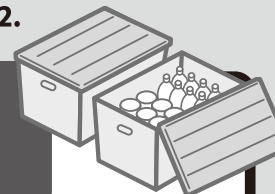
#### Preparation Step 1 Emergency Items

Home or work ..... Prepare "emergency items" at the location where you spend most of your day! Place them in a compact bag that you can quickly take with you as you evacuate when the time comes.  
 • Prepare the minimum necessities that you want to have with you when you evacuate to a safe location on the first day of the disaster.  
 • Prepare also items to protect your head and feet when you evacuate.  
 • Where to keep these items? The entrance, the bedroom...any location allowing easy access.  
 It's also a good idea to keep a spare set in the car trunk.



#### Preparation Step 2 Safety Stocks

Stockpile items that will tide you over for a few days in the event that lifelines are cut off and no help is forthcoming during a disaster!  
 • Place these items in cases that are easy to take out and carry, and keep these cases in your kitchen, closet, garage, storage room, etc.  
 • Keep a supply of at least 3 days of consumable items such as food and drinks.  
 • Devise a peace-of-mind giving set of items that will tide you over at your home during times of disaster when lifelines are cut off.



### Four points to keep in mind when preparing items

#### Run a check twice a year!

- Schedule the next check date.
- Check the best-before date of food and beverages and the expiration date of medicines and batteries, among other things, and replace items with new ones as necessary. Check that there are no old or degraded items.
- Consume preserved food when replacing it.
- Check seasonal necessities such as clothing twice a year, in the spring and fall, to rotate them.

#### Learn and master how to use your items!

- It is only by learning how to use your items that they will come in handy during emergencies. Create opportunities to familiarize yourself with your items and learn how to use them with your body.
  - How to tie ropes
  - How to use portable toilets
  - Contents of first aid kit, how to tend to injuries
  - How to use a sling
  - Basic protective gear against the cold (survival blanket) ... etc.

#### The versatility of everyday items: Learn resourcefulness and acquire know-how!

- Items we use on a daily basis can be put to various uses during emergencies. Learn the potential uses of each item and actually try them out.
- Newspaper, plastic wrap, plastic bags...
- Find out about the knowledge and ideas available from those who have been through disasters.
- Obtain and check out information from websites, etc.

#### Prepare for mutual assistance in addition to "self-help."

- In emergencies, anybody might be called upon to help or be in need of help. Besides the measures at your own home, check where preparations for mutual assistance are being made, for example at neighborhood associations or residents' associations, and what they consist of.
- Check for hazard maps, emergency action guidelines, and preparedness information from your municipality.
- Participate in local disaster drills.

## Disaster Mitigation Checklist (Things to Prepare)

The 0 marked in the [0] Carry, [1] Emergency Items, and [2] Safety Stocks columns indicate supplementary information on which items to prepare for steps 0, 1, and 2.

Using the 0 marks as reference, consider which preparations to make for home, work, and/or school.

Plan and implement all 3 steps regarding the items and quantities/amounts you will need.

Category	Item	0 Carry	1 Emergency Items	2 Safety Stocks	MEMO	
Basic Items	Bag		○			
	Emergency bag		○			
	Water		○	○	○	Step 0: 500 ml, Step 1: about 1.5 l per person
	Drinking water		○	○	○	
	Food		○	○	○	Chocolate, candy, nutritional supplements, formulated foods, etc.
	Carry-around food		○	○	○	
	Emergency food		○	○	○	Foods that can be consumed as is without the addition of water or cooking, such as hardtack
	Equipment	Helmet, padded head gear, hat, etc.		○		Equipment that protects the head, allowing safe evacuation
	Whistle		○			
	(Work) gloves			○		Made of a sturdy material such as leather
Sports shoes			○			
Flashlight (with spare batteries/power supply)		○	○	○	Step 0: Carry-around type, such as minilight. Check out also self-powered flashlights and rechargeable flashlights.	
Tools	Utility knife		○		A multi-function tool that includes scissors, a knife, can opener, etc., is useful.	
	Rope (10 m long)		○		For use for rescue activities or as an escape ladder. Must be thick enough to support the weight of a person.	
Information	Portable radio (with spare batteries)	○	○		Some models offer multiple functions (flashlight, mobile phone charger, etc.). For Step 0, favor portability, and for Steps 1 and 2, a radio with a speaker is recommended.	
	Mobile phone (with charger and battery)	○				
	Contact list and emergency items list	○	○			
	ID (copy)	○	○		Health insurance certificate, driver's license, passport, alien registration certificate	
	Writing tools (memo pad and pens)	○	○			
	Permanent marker (thick type)		○		For writing messages	
	Cash (including 10-yen coins)	○	○	○	10-yen coins and 100-yen coins are needed for public phones, for when mobile phone or home's fixed-line phone does not connect.	

Category	Item	0 Carry	1 Emergency Items	2 Safety Stocks	MEMO
Basic Items	First aid		○	○	Disinfectant, absorbent cotton, gauze, adhesive plasters, bandages, slings etc., a set of supplies to dress injuries, placed in an emergency supply bag.
	First-aid kit		○	○	
	Tweezers			○	Can be used to remove splinters, etc.
	Essential prescription medications / household medicines		○	○	Together with a copy of the prescriptions
Hygiene	Masks		○	○	Can be used also for cold weather protection.
	Portable toilet		○	○	Not being able to use a toilet during an emergency can be a serious problem.
	Tissue paper, toilet paper		○	○	Toilet paper can be used for many purposes.
	Wet tissue			○	Useful if water is unavailable.
Cold protection	Disposable pocket warmers		○	○	
	Survival blanket			○	Lightweight blanket for protection against the cold during emergencies
General-Purpose	Handkerchief (large)/washcloth		○		
	Towels		○	○	Towels can be used for many purposes, such as wiping stains, treating injuries, and substitute underwear.
	Safety pins		○	○	Safety pins can be used to fasten towels used as substitute underwear.
	Plastic bags		○	○	About 10 bags each of large and small. These can be used for many purposes.
	Vinyl sheet (picnic sheet, blue sheet)		○	○	
	Lighter (or matches)			○	For lighting up heaters. Easier to use than matches.
	Adhesive tape (fabric type)			○	Can be used for many purposes. For example, useful for sticking messages outdoors.

Category	Item	0 Carry	1 Emergency Items	2 Safety Stocks	MEMO	
Items to Be Considered According to Individual Situation	Valuables	Spare key (home, car, etc.)				
		Spare glasses, contact lenses				
		Bankbooks, copies of certificates and other documents				
		Seals				
	Women	Feminine hygiene goods (panty liners)				Also usable as a gauze substitute when treating injuries.
		Crime prevention buzzer				
		Comb, brush, mirror				
		Cosmetics				
	Elderly	Rubber hair bands				Can reduce discomfort when used to secure one's hair when unable to take a bath or shower.
		Senior citizen certificate				
Disposable diapers						
Nursing care products						
Babies	Dentures					
	Hearing aid					
	Baby formula, baby bottles, baby food					
	Disinfecting cotton					
Handicapped / Foreigners, etc.	Bath towels					
	Disposable diapers					
	Baby carrier					
	Maternal and child health handbook					
Pets	Physical disability certificate					
	Means to ask for help				Whistle, siren, etc.	
	Means to assist travel				Cane, white tape, carrier, etc.	
	Means to obtain information				Radio, One Seg, magnifying glass, etc.	
	Means to assist communication				Writing tools, recorder, communication board, etc.	
	Pacifying/reassuring items				Cherished goods, etc.	

Category	Item	0 Carry	1 Emergency Items	2 Safety Stocks	MEMO	
Household Goods to Stockpile	Clothing	Clothes			○	Determine the necessary items and quantities depending on the season/situation.
		Blankets			○	
		Rain gear (poncho, raincoat, etc.)		○	○	○
	Food	Non-perishable foods			○	○
Salt and seasoning					○	
Tableware (plates, cups, chopsticks, forks, spoons)					○	Paper, stainless steel, etc.
Plastic wrap					○	Wrap plates and such with cellophane to eliminate need to wash them and thus save precious water resources. General purpose.
Aluminum foil					○	
Can opener					○	
Portable butane stove and gas canisters					○	
Daily Necessities	Pots				○	
	Toothbrush kit and mouthwash				○	
	Soap				○	
	Dry shampoo				○	
Convenient to Have Items / General Purpose Items	Baking soda				○	Can be used for many purposes, such as a deodorant spray, cleaning, etc.
	Cloth wrappers		○	○		Can be used in many ways, for example to wrap things, and also for cold weather protection.
	Spare batteries			○	○	
	Tools				○	Jack, crowbar, etc.
	Maps (for evacuation, return home, etc.)				○	
	Newspaper and cardboard				○	
	Candles				○	For lasting illumination when electricity is not available or cannot be used. Please take full precautions against fire.
General Purpose Items	Emergency water bags/tanks				○	To carry and store water.
	Paper towels				○	
	Whiteboard				○	Useful for posting notes, relaying information, etc. when paper or supplies are in short supply.
	Bleached cotton				○	Can be used for many purposes, including as a carrier rope.
	Slippers				○	For indoor use at the shelter
	Mosquito coil				○	In case of outdoor refuge life in the summer