

Advance Preparations

Checking Around in Your Home

Regularly check around your home to identify any items that are damaged in order to protect your home from wind and flood disasters.

Cleaning Gutters and Drains



Home repairs (misplaced roof tiles, blocked rain gutters)



Secure items that may be blown about by wind



Preparing the Items to Take with You and the Items to Leave a Home During Disasters

Necessary Items During Disasters

Natural disasters occur suddenly. Sort out the items that are necessary during disasters, and prepare them in advance

Items to Take with You During Disasters

Prepare two days-worth of water, food and other items required during daily life. Place them together in a rucksack, and place this in a location that is immediately accessible if you need to leave the home.

Items to Leave at Home

Prepare sufficient water and food, etc., to last three days at the least or one full week if possible. Of this, a three-day supply of food that does not require cooking should be prepared.

Checklist

Items to Place in a Rucksack

Item	✓
Rucksack	
Drinking Water	
Food (that does not require cooking)	
Radio, flashlight	
Dry batteries	
Cell phone (recharger, batteries)	
Rainwear	

Item	✓
Clothes, undergarments	
Sleeping bag, blankets	
Cotton work gloves, towels, wet tissues	
Valuables (cash, bank account books, Health Insurance cards)	
Prescription medicine, first-aid kits	
Face masks, alcohol-based sterilizer, thermometer	
All other items required by the family	

Standard for One Week (Per Person)

Drinks

3L/day x 7 days = 21L



Food

3 meals/day x 7 days = 21 meals



Gas cartridge stove, cassette cylinders

This enables food to be heated



One cassette cylinder is capable of boiling 1.5L of water ten times.

Water and Food

Use the oldest items first, and then purchase new items to replace them

Afterconsumption

Purchase more

