

Sept. 1st is Disaster Preparedness Day

Prepare Your Own Emergency Kit

9月1日は防災の日です 「非常持ち出し袋」を準備しておきましょう

In the case of a natural disaster or other emergency, it is a good idea to prepare an emergency kit. Kits are recommended to be in the form of a backpack, and should be placed in areas of the home where they are always easily accessible (like under one's bed.)



「Emergency Kit」

Emergency kits are recommended to be in the form of a backpack so one can use both hands when evacuating.

※Take caution not to overstuff the backpack, making it heavier than needed.

★★ Emergency Kit Check List ★★

※ Essential items vary by person. This is a generalized list so feel free to personalize.

Food & Water

- Clean water (roughly 2-3 500ml bottles)
- Non-perishable food (canned goods, crackers, etc.)



Medications

- Medication booklet Medications
- First Aid Kit



Clothing

- Change of clothes Towels
- Work gloves Rain gear



Electrical devices

- Flashlight Radio
- Phone charger Batteries



Sanitary items

- Wet wipes Masks
- Toiletries Disposable toilets
- Toilet paper One-time use heating pads
- Plastic bags



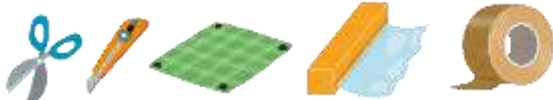
Valuables/ ID

- Money Passport Residence card
- Duplicate copies of one's health insurance card, driver's license, bankbook, etc.



Other

- Scissors, Utility knife Tarp
- Saran wrap Duct tape



Be sure to wear clothes and shoes that are easy to move in. If you have a helmet, it's recommended to bring it too.