## Items to Have on a Daily Basis

### Basic Items
- Mini LED Flashlight
- Mini Whistle
- Extra Mobile Phone Battery

### Sanitary
- Tissues
- Wet Tissues
- Big Handkerchief

### Food
- Candy / Gum
- Energy Bar
- Water

## Walking Home

### Basic Items
- LED Flashlight
- Helmet
- Mask
- Whistle
- Rain Poncho
- Gloves

### Sanitary
- Towel
- Toilet Bag

### Food
- Biscuits
- Water

## Stocking Your Home (If your home is a viable shelter)

### Basic Items
- LED Flashlight
- Lanterns
- Radio
- Work Gloves
- Saran Wrap
- Paper Plates, Cutlery
- Portable Stove
- Gas Canisters
- Candles
- Head Light
- Matches/Lighters
- Packing tape
- Bucket
- Wagon cart
- Helmet
- Can Opener

### Sanitary
- Band Aids
- Bandages
- Sanitizer
- Tissues
- Surgical Masks
- Sanitary Napkins
- Toothbrush/Dental Floss
- Mouthwash

### Food
- Emergency Food
- Water
- Snacks (Chocolate, etc.)
- Tea Bags, Instant Coffee
- Canned Food
- Alpha Rice
- Rice

### Baby Goods
- Diapers
- Wipes
- Baby Blanket
- Baby Bottle
- Milk Powder
- Baby Food
- Baby Snacks
- Paper Cups

## Supplementary Items to Bring to the Shelter (If your home is unlivable)

### Basic Items
- Slippers
- Wrap Towel
- Air Mats
- Money Belt
- Cash (Especially 100 & 10 yen coins)
- Health Insurance Card
- Passport
- Alien Registration Card

### Sanitary
- Underwear, Socks
- Wet Towels
- Deodorant Towels
- Toothbrush/Dental Floss
- Mouthwash

### Nice to Have (Stress Control)
- Emergency food you like
- Snacks
- Tea Bags, Instant Coffee
- Books, iPad/iPod, etc.
- Essential Aroma Oil

### Baby Goods
- Sing
- Toys/Books
- Nursing Cover

### Valuables
- Mirror
- Hairbrush
- Sanitary Napkins

### Special Needs
- Medicine
- Prescriptions
- Medical Device
- Certificates

## If You Are Going to be Outside for a Few Days

### Basic Items
- LED Flashlight
- Lanterns
- Radio
- Work Gloves
- Saran Wrap
- Paper Plates, Cutlery
- Blanket
- Rain Poncho
- Battery Charger
- Wagon
- Portable Stove
- Gas Canisters
- Scissors
- Packing tape
- Air Mats
- Tent

### Sanitary
- Band Aids
- Bandages
- Sanitizer
- Tissues
- Surgical Masks
- Sanitary Napkins
- Toilet Paper
- Paper Towels
- Portable/Emergency Toilets
- Garbage Bags
- Bath Towels

### Food
- Emergency Food
- Water
- Water Filterage

### Baby Goods
- Diapers
- Wipes
- Baby Blanket
- Baby Bottle
- Milk Powder
- Baby Food
- Baby Snacks
- Paper Cups

### Valuables
- Money Belt
- Cash (Especially coins)
- Health Insurance Card
- Maternity Passbook

### Special Needs
- Medicine
- Prescriptions
- Medical Device
- Certificates