

Be Prepared

Items to Have on a Daily Basis

Basic Items	
Mini LED Flashlight	<input type="checkbox"/>
Mini Whistle	<input type="checkbox"/>
Extra Mobile Phone Battery	<input type="checkbox"/>

Sanitary	
Tissues	<input type="checkbox"/>
Wet Tissues	<input type="checkbox"/>
Big Handkerchief	<input type="checkbox"/>

Food	
Candy / Gum	<input type="checkbox"/>
Energy Bar	<input type="checkbox"/>
Water	<input type="checkbox"/>

Walking Home

Basic Items	
LED Flashlight	<input type="checkbox"/>
Helmet	<input type="checkbox"/>
Mask	<input type="checkbox"/>
Whistle	<input type="checkbox"/>
Rain Poncho	<input type="checkbox"/>
Gloves	<input type="checkbox"/>

Sanitary	
Wet Tissues	<input type="checkbox"/>
Towel	<input type="checkbox"/>
Toilet Bag	<input type="checkbox"/>

Food	
Biscuits	<input type="checkbox"/>
Water	<input type="checkbox"/>

Other	
Emergency Handbook	<input type="checkbox"/>
Blanket	<input type="checkbox"/>

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

Basic Items	
LED Flashlight	<input type="checkbox"/>
Lanterns	<input type="checkbox"/>
Radio	<input type="checkbox"/>
Work Gloves	<input type="checkbox"/>
Saran Wrap	<input type="checkbox"/>
Paper Plates, Cutlery	<input type="checkbox"/>
Portable Stove	<input type="checkbox"/>
Gas Canisters	<input type="checkbox"/>
Candles	<input type="checkbox"/>
Head Light	<input type="checkbox"/>
Matches/Lighters	<input type="checkbox"/>
Packing Tape	<input type="checkbox"/>
Bucket	<input type="checkbox"/>
Wagon cart	<input type="checkbox"/>
Helmet	<input type="checkbox"/>
Can Opener	<input type="checkbox"/>

Sanitary	
Band Aids	<input type="checkbox"/>
Bandages	<input type="checkbox"/>
Sanitizer	<input type="checkbox"/>
Tissues	<input type="checkbox"/>
Surgical Masks	<input type="checkbox"/>
Sanitary Napkins	<input type="checkbox"/>
Waterless Shampoo	<input type="checkbox"/>
Toiletries	<input type="checkbox"/>
Toilet Paper	<input type="checkbox"/>
Paper Towels	<input type="checkbox"/>
Portable/Emergency Toilets	<input type="checkbox"/>
Garbage Bags	<input type="checkbox"/>

Food	
Emergency Food	<input type="checkbox"/>
Water	<input type="checkbox"/>
Vitamins	<input type="checkbox"/>
Snacks (Chocolate, etc.)	<input type="checkbox"/>
Tea Bags, Instant Coffee	<input type="checkbox"/>
Canned Food	<input type="checkbox"/>
Alpha Rice	<input type="checkbox"/>
Rice	<input type="checkbox"/>

Baby Goods	
Diapers	<input type="checkbox"/>
Wipes	<input type="checkbox"/>
Baby Blanket	<input type="checkbox"/>
Baby Bottle	<input type="checkbox"/>
Milk Powder	<input type="checkbox"/>
Baby Food	<input type="checkbox"/>
Baby Snacks	<input type="checkbox"/>
Paper Cups	<input type="checkbox"/>

In case of Fire/ Rescue	
Fire Extinguisher	<input type="checkbox"/>
Hammer	<input type="checkbox"/>
Ax	<input type="checkbox"/>
Shovel	<input type="checkbox"/>
Crowbar	<input type="checkbox"/>
Saw	<input type="checkbox"/>

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

Basic Items	
Slippers	<input type="checkbox"/>
Wrap Towel	<input type="checkbox"/>
Air Mats	<input type="checkbox"/>

Sanitary	
Underwear, Socks	<input type="checkbox"/>
Wet Towels	<input type="checkbox"/>
Deodorant Towels	<input type="checkbox"/>
Toothbrush/Dental Floss	<input type="checkbox"/>
Mouthwash	<input type="checkbox"/>
Mirror	<input type="checkbox"/>
Hairbrush	<input type="checkbox"/>
Sanitary Napkins	<input type="checkbox"/>

Nice to Have (Stress Control)	
Emergency food you like	<input type="checkbox"/>
Snacks	<input type="checkbox"/>
Tea Bags, Instant Coffee	<input type="checkbox"/>
Books, iPad/iPod, etc.	<input type="checkbox"/>
Essential Aroma Oil	<input type="checkbox"/>

Baby Goods	
Sling	<input type="checkbox"/>
Toys/Books	<input type="checkbox"/>
Nursing Cover	<input type="checkbox"/>

Valuables	
Money Belt	<input type="checkbox"/>
Cash (Especially 100 & 10 yen coins)	<input type="checkbox"/>
Health Insurance Card	<input type="checkbox"/>
Passport	<input type="checkbox"/>
Alien Registration Card	<input type="checkbox"/>

Special Needs	
Medicine	<input type="checkbox"/>
Prescriptions	<input type="checkbox"/>
Medical Device	<input type="checkbox"/>
Certificates	<input type="checkbox"/>

If You Are Going to be Outside for a Few Days

Basic Items	
LED Flashlight	<input type="checkbox"/>
Lanterns	<input type="checkbox"/>
Radio	<input type="checkbox"/>
Work Gloves	<input type="checkbox"/>
Saran Wrap	<input type="checkbox"/>
Paper Plates, Cutlery	<input type="checkbox"/>
Blanket	<input type="checkbox"/>
Rain Poncho	<input type="checkbox"/>
Battery Charger	<input type="checkbox"/>
Wagon	<input type="checkbox"/>
Portable Stove	<input type="checkbox"/>
Gas Canisters	<input type="checkbox"/>
Scissors	<input type="checkbox"/>
Packing Tape	<input type="checkbox"/>
Air Mats	<input type="checkbox"/>
Tent	<input type="checkbox"/>

Sanitary	
Band Aids	<input type="checkbox"/>
Bandages	<input type="checkbox"/>
Sanitizer	<input type="checkbox"/>
Tissues	<input type="checkbox"/>
Surgical Masks	<input type="checkbox"/>
Sanitary Napkins	<input type="checkbox"/>
Waterless Shampoo	<input type="checkbox"/>
Toiletries	<input type="checkbox"/>
Toilet Paper	<input type="checkbox"/>
Paper Towels	<input type="checkbox"/>
Portable/Emergency Toilets	<input type="checkbox"/>
Garbage Bags	<input type="checkbox"/>
Bath Towels	<input type="checkbox"/>

Food	
Emergency Food	<input type="checkbox"/>
Water	<input type="checkbox"/>
Water Filtrage	<input type="checkbox"/>

Valuables	
Money Belt	<input type="checkbox"/>
Cash (Especially coins)	<input type="checkbox"/>
Health Insurance Card	<input type="checkbox"/>
Passport	<input type="checkbox"/>
Alien Registration Card	<input type="checkbox"/>
Maternity Passbook	<input type="checkbox"/>

Baby Goods	
Diapers	<input type="checkbox"/>
Wipes	<input type="checkbox"/>
Baby Blanket	<input type="checkbox"/>
Baby Bottle	<input type="checkbox"/>
Milk Powder	<input type="checkbox"/>
Baby Food	<input type="checkbox"/>
Baby Snacks	<input type="checkbox"/>
Paper Cups	<input type="checkbox"/>
Sling	<input type="checkbox"/>
Toys/Books	<input type="checkbox"/>

Special Needs	
Medicine	<input type="checkbox"/>
Prescriptions	<input type="checkbox"/>
Medical Device	<input type="checkbox"/>
Certificates	<input type="checkbox"/>