

**Check sheet: emergency items to take with you**

※These are the first things you should take when evacuating. Put them in an emergency bag and leave the bag at your doorway, or wherever else you can easily fetch it.

<b>Valuables</b>		
Keep 10-yen coins for a public phone. Write out the numbers for your bank book, credit card, health insurance certificate, and driving license on a piece of paper, or make copies.	10-yen coins	
	Bank book	
	Seals	
	Health insurance certificate	
	Driving license	
<b>Evacuation goods</b>		
Prepare a flashlight for each member of the family, if possible.	Flashlight	
	Mobile radio	
	Spare batteries	
	Helmet, disaster preparedness hood	
<b>Living goods</b>		
Bare necessities for life at the evacuation site. Carefully consider whether there are babies, elderly relatives, etc. in your family.	Gloves	
	Blankets	
	Tin opener	
	Lighter/Matches	
	Knife	
	Portable toilet	
<b>First aid items</b>		
Prepare adhesive plaster, antiseptic, etc. in a first aid box. You can also include supplements you usually take, such as vitamin tablets.	First aid box	
	Copies of prescriptions	
	Gastrointestinal drugs, laxatives, medicine for chronic diseases	
	Feminine protection products	
<b>Emergency food</b>		
Prepare enough emergency food to sustain your family for at least 3 days. Foods that you can easily eat are convenient.	Dried bread	
	Canned food	
	Nutritional supplements	
	Candies/Chocolate	
	Drinking water	
<b>Clothes</b>		
Choose clothes that are easy to move around in. Warm clothes such as sweaters are helpful in cold seasons.	Underwear, Socks	
	Long-sleeved shirt, Long trousers	
	Thermal jacket, Rain goods	
<b>Others</b>		
Pocket warmer		