

Check sheet: things to stockpile

*Stockpiles are provisions to keep you self-sufficient for a few days until order returns.

*It's convenient to divide provisions up and stow them in several places where you can fetch them after a disaster strikes, such as in a shed or car trunk.

Food		
Retort food (cooked rice, rice porridge, etc.), pre-gelatinized rice		
Instant ramen noodles, cup miso soup		
Drinking water	3 liters of mineral water [a] per day] [b] per person per day] is the guideline. Store 3 days' worth	
Living ware		
Poly-tank for water supply	If you save tap water in a poly-tank on a daily basis, you can use it as water for daily life when the water supply is no longer available	
Cassette type compact cooker		
Tissue paper, wet tissues	Wet tissue paper is very handy. You can use it to wipe your body when bathing is impossible.	
Plastic wrap	You won't need to wash plates if you cover them with plastic wrap before using them.	
Paper plates, paper cups, disposable chopsticks		
Portable toilet		
Waterless shampoo		
Vinyl bags	You can use them as rain goods, ground sheets, or portable toilets. Use non-transparent bags to protect your privacy.	
Rope		
Tool sets	You can use these for rescue activities.	
Broom and dustpan	These are helpful for removing glass or collapsed items.	
Lantern		
Rain boots	to protect your feet from rubble, etc.	