

To know more about the contents of an emergency kit

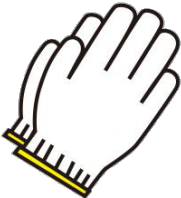
Please run away with the items in the picture below.

Place it where you can find it immediately.

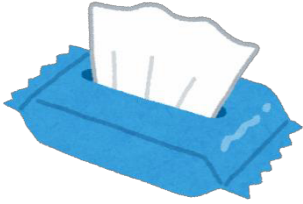
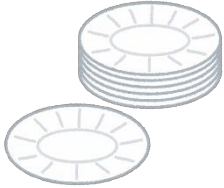
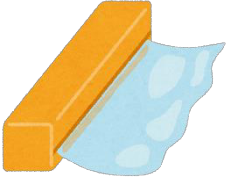
Things necessary

Water (3 days stock)  Please prepare 3Liter a day for one person	Food (3 days stock) 
Smartphone 	Money 
Copy of passport 	Copy of residence card 
Medicines (including medicines for chronic diseases) 	

What to protect your body and what you need to escape

Helmets and hats 	Mask 
Gloves 	Flashlight 

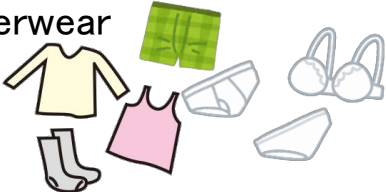
What you need when you eat

Wet tissue 	Paper plates 
Paper cups 	Food wrap [Use it over A plate] 

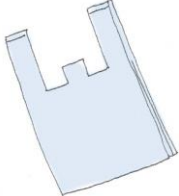
What you need when you get injured

Disinfectant 	Bandage / Triangle / Gauze 
Band-Aid 	

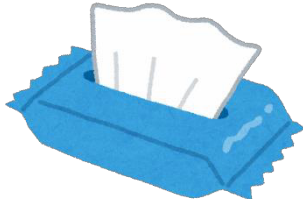
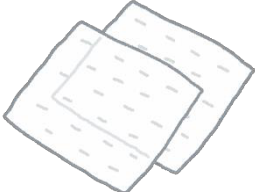
Clothes

Clothes, underwear 	Towels (large and small) 
Rain gear (rain cloak) 	

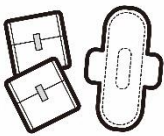
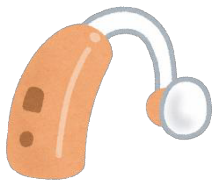
Useful things to have

Mobile battery	Portable toilet, toilet paper 
Garbage bag 	

When you have baby

Powdered milk and baby bottle 	Baby food 
Paper diapers 	Towel wipe 
Baby clothes 	Gauze 
Maternal and child health handbook (A notebook that records the health of mother and children) 	

Other

Glasses 	Contact lens and cleaning solution 
Sanitary items 	Hearing aid 
Denture 	

To live in your own home after the earthquake

If you can return to your home after an earthquake or tsunami, then please do so. Although, you might not get supplies such as water, electricity, and gas.

Make sure you will be able to survive for one week even if you cannot not buy from a shop. Buy food, drink and necessary items in advance. 	
Cassette cooker/gas cylinder  	

Most of the items in above pictures can be purchased at home centers.