



2 In case of natural disasters

2-5 Preparing for disasters before they occur

(1) Emergency personal cards (please refer to [1-2 Preparation for emergencies](#))

(2) List of survival kit items

You should put prepare and put in at easy-to-reach place a "survival kit" containing a minimal number of essential items which you can take when you have to evacuate after a disaster has occurred. After evacuating, if it is confirmed as safe you can return and get any other items.

●List of survival kit items

Valuables

- Cards
- Cash
- Copy of driver's license
- Copy of health insurance card

Emergency food

- Dry biscuits
- Canned food
- Nutritional supplements
- Dried foods
- Mineral water
- Disposable eating implements
- Can opener

Radio equipment

- Portable radio
- Standby battery

Light

- Flashlight
- Standby battery

Medical items

- Sticking plaster
- Medicine for scratches
- Bandages
- Disinfectant

Other everyday items

- Underwear
- Thick cotton gloves
- Towels
- Tissues
- Rainwear
- Lighter
- Plastic bags

NB: You should always keep your passport and alien registration card near you, and take them with you at the time of evacuation. You should also prepare disposable diapers and sanitary items if these are necessary.

(3) Stockpiles

Distinct from the survival kit, this consists of the items which you should prepare which will allow you to live self-sufficiently for the period until the affected area has recovered from the disaster (three days).

●Stockpile list

- Drinking water
- Food
- Disposable eating implements
- Blankets
- Plastic sheet
- Plastic container
- Table-top cooking stove
- Disposable heat pads
- Rope
- Cloth-backed plastic tap



NB: Approximately 3 liters of drinking water should be allowed per person. For food, allow for three days' worth of boil-in-the-bag food and canned food.

(4) Disaster preparedness drill

1 September is Disaster Preparedness Day, and the period from 30 August to 5 September is Disaster Preparedness Week. You should proactively take part in disaster preparedness drills in your region on a day to day basis, and improve your disaster preparedness capabilities.

Disaster preparedness centers in each area propagate knowledge about disaster preparedness and teach about how to prepare for disasters on a day to day basis. There are video tapes and films.