

Check your emergency supplies and stockpile supplies!

Emergency supplies are the first items that you take when evacuating from a disaster. They support you for the few days until you can return home. Prepare them ahead of time according to your needs.

| Emergency Supply Checklist   |  |            |  |  |            |  |  |
|--|--|------------|--|--|------------|--|--|
| Item   |  | Check date | Item   |  | Check date | Item   |  |
| <input type="checkbox"/> Emergency food                              |  |            | <input type="checkbox"/> Hand sanitizer                |  |            | <input type="checkbox"/> Knife, can opener, corkscrew  |  |
| <input type="checkbox"/> Drinking water                              |  |            | <input type="checkbox"/> Thermometer                   |  |            | <input type="checkbox"/> Tissues (including wet wipes) |  |
| <input type="checkbox"/> Portable radio (with extra batteries)       |  |            | <input type="checkbox"/> Slippers                      |  |            | <input type="checkbox"/> Towels                        |  |
| <input type="checkbox"/> Flashlight (with extra batteries and bulbs) |  |            | <input type="checkbox"/> Valuables                     |  |            | <input type="checkbox"/> Plastic bags                  |  |
| <input type="checkbox"/> Helmet or disaster prevention hood          |  |            | <input type="checkbox"/> Cash                          |  |            | <input type="checkbox"/> Jacket                        |  |
| <input type="checkbox"/> First aid kit and medicines                 |  |            | <input type="checkbox"/> Copy of health insurance card |  |            | <input type="checkbox"/> Underwear                     |  |
| <input type="checkbox"/> Standard medicines and medication notebook  |  |            | <input type="checkbox"/> Candles and/or lantern        |  |            | <input type="checkbox"/> Work gloves                   |  |
| <input type="checkbox"/> Masks                                       |  |            | <input type="checkbox"/> Lighter (matches)             |  |            | <input type="checkbox"/> Sheet                         |  |

| Stockpile Supply Checklist  |  |            |   |  |            |   |  |
|---|--|------------|---|--|------------|---|--|
| Item  |  | Check date | Item  |  | Check date | Item  |  |
| <input type="checkbox"/> Food (e.g., canned, heat-and-eat, dried)                     |  |            | <input type="checkbox"/> Toiletries   |  |            | <input type="checkbox"/> Portable toilets                   |  |
| <input type="checkbox"/> Food (e.g., condiments, soup, miso soup)                     |  |            | <input type="checkbox"/> Pot, kettle  |  |            | <input type="checkbox"/> Hearing aids, etc.                 |  |
| <input type="checkbox"/> Food (e.g. chocolate, candies)                               |  |            | <input type="checkbox"/> Simple cutlery (e.g., disposable chopsticks, paper plates, paper cups) |  |            | <input type="checkbox"/> Tools (e.g., rope, crowbar, spade) |  |
| <input type="checkbox"/> Water (3 liters per day per person)                          |  |            | <input type="checkbox"/> Plastic wrap, aluminum foil, etc.                                      |  |            | <input type="checkbox"/>                                    |  |
| <input type="checkbox"/> Fuel (e.g., tabletop stove, solid fuel, extra gas cylinders) |  |            | <input type="checkbox"/> Wet wipes, toilet paper, etc.  |  |            | <input type="checkbox"/>                                    |  |
| <input type="checkbox"/> Blankets, towel blankets, Sleeping Bag, etc.                 |  |            | <input type="checkbox"/> Masks, disposable heating pads, etc.                                   |  |            | <input type="checkbox"/>                                    |  |

### Prepare items based on your family composition and situation!

Rather than simply preparing the emergency supplies and stockpile supplies written in manuals, it is important to prepare items based on your family composition and situation. Similarly, it is important to revise your supplies on occasion.

#### Families with babies or toddlers

Milk, bottles, diapers, baby food, spoons, wipes, baby carrier, bath towel or baby blanket, cloths, etc.

#### Families with an expectant mother

Absorbent cotton, cloths, baby carrier, T-bandages, wipes, newborn baby supplies, plastic wrapping cloth, newspaper, soap, maternal and child health handbook, etc.

#### Families with someone who is older or has a disability

Diapers, wheelchair, white cane, hearing aids, extra assistance devices like oxygen cylinders, medicines for chronic diseases, disability certificate, etc.

### Rolling stock is the best method!

Stockpiling does not mean just preparing non-perishable foods for emergencies that last a long time (3-5 years). If you first buy a lot of canned foods, heat-and-eat foods, and other foods that you normally eat and replenish your stocks as you use them, you can maintain a constant supply of a certain amount of food. This method is called rolling stock. You can also use this method for daily commodities like plastic bags and plastic wrap. If you always buy a little extra, it will really come in handy in an emergency.

Supplies Model

### Stockpiling at home

**References :** Home Food Stockpiling Guide for Emergencies (Ministry of Agriculture, Forestry and Fisheries), Stockpiling at Home to Prepare for Natural Disasters: Project to Promote Stockpiling by Tokyo Residents (Tokyo Metropolitan Government), other

#### Example of stockpiling for a family of six: father, mother, two children (baby and toddler), grandfather, and grandmother

This shows the food and supplies stockpiling example for a six-person family. Foods should be stocked as combinations of staple food (carbohydrate) and main dish (protein), and you should aim for at least 3 days' worth or around 1 week' s worth if you can. Also, anticipate stoppages in lifeline utilities like power, gas, or water and prepare around a week' s worth of water and heat source (e.g., gas cartridge stove).

#### Water and fuel

● You need around 3 liters of water per person per day for drinking and cooking combined.

6 people x 3 liters x 7 days  
Around 126 liters

● Stock around 6 gas cartridges per person per week.

6 people x 6 cartridges =  
About 36 cartridges

#### Example for 6-person family

##### Water and fuel

- Water: Ten cases of six 2-liter bottles
- Gas cartridge stove: 1
- Gas cartridges: 36



#### Main dishes

● Mostly canned foods that can be eaten without cooking, but also foods like heat-and-eat foods that keep a long time.

##### Examples of main dishes

Canned meat, fish, beans / heat-and-eat foods / dried foods (dried bonito flakes, sakura shrimp, dried boiled sardines) / tofu (packaged) / long life milk, etc.

5 people x 3 meals x 7 days = 105 meals  
※For 5 people, excluding the baby

#### Example for 6-person family

##### Main dishes

- Canned food (meat): 20 cans
- Canned food (fish): 20 cans
- Canned food (beans): 10 cans
- Heat-and-eat (hamburger): 5 packs
- Heat-and-eat (beef bowl, chicken and egg bowl): 15 packs
- Heat-and-eat (curry): 15 packs
- Heat-and-eat (pasta sauce): 10 packs
- Heat-and-eat (mapo tofu seasoning): 10 packs
- Tofu (packaged): 5 meals
- Long life milk: 5 bottles

Total: 115 meals

#### Staple foods

● Mostly rice, but also foods like dried noodles. You can save water by using pre-washed rice.

##### Examples of staple foods

Polished rice, pre-washed rice / dried noodles (udon, pasta) / instant noodles / bread / heat-and-eat rice, processed quick-cooking rice / cereal, etc.

● Rice should be around 75 g per meal and dried noodles around 100 g per meal. A 5 kg bag of rice can provide about 67 meals.

5 people x 3 meals x 7 days = 105 meals ※For 5 people, excluding the baby

#### Example for 6-person family

##### Staple foods

- Pre-washed rice: 5 kg, 67 meals
- Heat-and-eat rice: 10 packs
- Cup noodles: 5 packs
- Dried pasta: 1 kg (10 meals)
- Dried udon: 500 g (5 meals)
- Bread: 5 meals
- Cereal: 5 meals

Total: 107 meals

#### Side dishes and condiments

● People often do not eat enough fruit and vegetables in disasters. Buy extra fruits and vegetables that last longer like potatoes, onions, and bananas in your regular grocery shopping.

##### Examples of side dishes and other foods

- Vegetables, mountain vegetables, seaweed, etc.
- Umeboshi / nori, dried wakame, hijiki / long-lasting vegetables, dried vegetables, pickled vegetables / canned vegetables / vegetable juice, etc.
- Fruit: Long-lasting fruit / canned fruit / fruit juice, etc.
- Soups: Instant miso soup / instant soup
- Condiments, etc.: Condiments / non-essential foods (green tea, black tea, coffee) / confectionery (chocolates / candies / cookies)

#### Example for 6-person family

##### Side dishes and condiments

- Canned food (5 cans of corn, 5 cans of potato salad, 5 cans of stewed tomatoes)
- Vegetable juice: 2 cases of twelve 200 mm bottles
- 10 onions / 1 bag carrots
- 1 cabbage / 5 potatoes
- 1 stick burdock root / 1 daikon radish
- 1 leek / 1 bag of green peppers
- 2 dried radish strips / 2 dried hijiki
- 20 packs of instant soup and miso soup
- Canned food (2 cans of pickles, 2 cans of tanghais, 2 cans of pickles)
- 5 bananas / 3 apples
- 3 chocolate bars / 2 bags of candy
- Salt
- Miso
- Soy Sauce
- Vinegar
- Sugar
- Mayonnaise

○ if in stock, × if not

#### Necessities for your family

● In families with a baby, some mothers experience a decrease in breastmilk supply due to the different environment after a disaster. You should also prepare formula and baby food.

● If anyone has a food allergy, buy extra substitute milk and foods in your regular grocery shopping.

● If there is an older person or someone else who cannot eat hard foods, keep stock of soft foods that are easy to eat.

##### Example of necessities for your family

- Baby: Formula / baby food / baby wipes / diapers / maternal and child health record book / bottles (sterilization set) / baby carrier, etc.
- Older person: Rice porridge or other soft foods (foods for seniors) / standard medicines (prescription medicines) / hearing aid batteries / denture cleaner / adult diapers / long-term care insurance card / disability certificate / medication notebook, etc.
- Women (expectant mothers): Sanitary products / childbirth supplies / maternal and child health handbook / cosmetics, etc.

#### Example for 6-person family

##### Baby

- Formula: 4 boxes with 10 sticks each
- Baby food: At least 1 week's worth
- Baby wipes: 5 packs
- Diapers: 2 packs of 74
- Maternal and child health handbook
- Bottles
- Baby carrier

##### Women

- Sanitary products: 2 packs (2 x 30)
- Basic cosmetics: 1 bottle of lotion
- Pantyliners: 5 to 7 days' worth
- Tops with a bra: 3 to 7 days' worth
- Paper underwear: 1 week's worth

##### Seniors

- Rice porridge or other soft foods (foods for seniors): At least 1 week's worth
- Standard medicines (prescription medicines): At least 1 week's worth
- Hearing aid batteries: At least 1 week's worth
- Denture cleaner: 1 box (30 tablets)
- Adult diapers: At least 1 week's worth
- Long-term care insurance card
- Medication notebook
- Disability certificate

Use the Yawatashi Bousai App (Yawata City disaster prevention app) to prepare for a disaster!

## 八幡市防災アプリ

yawatashi bousai app

When it flashes, that's a warning that the danger has reached evacuation level!

level 1  
Early Attention

level 2  
Caution

level 3  
Alarm

level 4  
Evacuation

level 5  
Disaster

The color tells you the disaster danger level!

Get disaster information by push notification!

Tap to see the specifics of the information you want to know!

Scan the QR code

iOS Android

Multilingual support  
English · 简体中文 · 繁体中文 · 한국어

Compatible with text-to-speech functions  
※Not available with some mobile phone models

Download for free now!  
※ User is responsible for all data transfer costs.

Download on the App Store GET IT ON Google Play

See to the right for details about functions.

## What You can do with 八幡市防災アプリ

### 01 Weather and river information at anytime!

Get weather information and rain cloud approach information with push notifications. Can see the river camera and water level gauge.

Check the state of rain clouds and typhoons with the weather radar. Also check the river conditions with a camera.

Check the rainfall and water level.

### 02 Check the risk on the disaster prevention map!

Check the flood area prediction map, sediment disaster caution area, damage situation, etc. on the disaster prevention map.

Off-line Also supports!

### 03 You can see shelters that are open!

You can know the evacuation shelters near your current location and the congestion status of each of them.

Route finding is also available!

### 04 Share safety information with family and friends!

Create a group with other app users, and you can send and receive SOS messages to and from everyone.

Up to 10 people can be registered.

### 05 Change the mode to suit the way you use it!

For foreigners and those who are not good at operating smartphones You can switch the mode.

Plain Japanese Mode Easy Mode

### Get the prepared information you want, when you want it!

This is a Yawata City official app. There are various other functions. Please download the app and use it to get the information you need in the event of an emergency.

Inquires Yawata City Risk Management

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