

EMERGENCY PROVISION CHECK LIST :

... Prepare Enough For 3 Days ...

It is said that rescue will arrive if you are able to survive on your own for the first 3 days after the disaster. Use the following checklist as a reference for preparing emergency provisions for your family. You should put these things in a water and fire resistant backpack. The amount of provisions one can carry is 15 kg for men, and 10 kg for women. Check to see if it is not too heavy to carry on your back.

Canned and packaged food and drinking water

- Drinking water :
Store 3 liters of water per person per day. Canned mineral water can be stored for 3 to 5 years.
- Food :
Store enough food for at least 3 days. Store foods that you can eat without cooking such as dry biscuits, canned food, and chocolate. Biscuits type nutrition supplements are effective for elderly and sick persons. Do not forget to prepare milk bottles and formula milk if you have a baby.

Emergency Provisions

- Portable radio :
Essential to obtain accurate information. Prepare spare batteries as well!
- Flashlights :
Prepare spare batteries as well!
- First Aid Kit :
Prepare band aid, sterile gauze, bandages, triangular bandage, disinfectant, antipyretic, painkiller, and digestive medicine. Do not forget any prescription medicine for persons with chronic illness.
- Lighter, matches, candles :
Put them in a plastic bag, so they will not get wet.

