

It is important to be prepared for a disaster, but you should keep the danger in perspective. If you must live through a killer quake, Japan is probably the best place to do it. Even in Japan, some previous preparation and pro-active thinking will help your family stay comfortable in case a disaster strikes.

*Everyone should keep, and periodically maintain, a 3 day emergency evacuation kit*

**Most importantly, it should include:**

- Water:** 3 gallons / 11 liters of water per person for drinking and sanitation ( 1 gallon / 4 liters per day, per person)
- Food:** 3 days of non-perishable, easy-to-prepare foods (canned, shelf stable)

*Remember! Even non-perishable food and water has an expiry date  
Periodically check and rotate food and water in your kit to ensure freshness*

**Additional Items to Include:**

- Plastic (saran) wrap, paper cups and plates, utensils (wrap to avoid washing)
- Manual can opener
- First aid kit including essential medications, prescriptions
- Flash light with extra batteries
- Portable radio with extra batteries
- Filter mask
- Whistle
- Tool to turn off utilities (wrench, pliers, or multi-purpose tool)
- Sanitation and personal hygiene items
- Garbage bags & plastic ties for personal sanitation, garbage
- Blankets (emergency)
- Warm clothes, change of clothes
- Copies of important documents, ID
- Passport, 30,000 yen in cash
- Family and emergency contact information
- Map of the area (evacuation areas)

**Items to Include as Required:**

- 7-day supply of prescriptions, medications, and medical items (syringes, etc...)
- Baby care necessities (bottles, formula, baby food, diapers)
- Elder care necessities
- Pet care necessities (collar, leash, ID, food, water, carrier, bowl)
- Games and activities for kids