








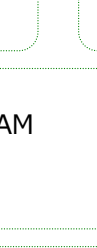


Prepare for a disaster!

準備しよう! **非常持出品** 災害が発生し避難するときには持ち出すものです。避難しやすいようできるだけコンパクトにまとめましょう。

非常食 保存期間が長く、火を通さずに食べられるもの 	飲み水 薬を飲むときにも欠かせません 	懐中電灯 予備の電池 
携帯ラジオ FMとAM両方が聞けるもの 予備の電池 	救急薬品・常備薬 応急手当ができる薬や常備薬など 	貴重品 現金(硬貨も)、預金通帳、健康保険証、免許証、クレジットカード、印鑑など 
その他 衣類(防寒着も)、ビニールシート、食器類、生理用品、携帯電話の充電器など 		

備蓄品 災害復旧までの数日間の生活に必要なものです。最低でも3日間分、できれば5日間分を準備しましょう。

非常食 そのまま食べられるか簡単な調理で済むもの 	飲み水 1人1日3リットルが目安 	生活用品 アウトドア用品などが便利 燃料やコンロなども 
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Evacuation materials

These are things you should carry with you when evacuating after a disaster occurs. Pack them as compactly as possible for easier evacuation.

Emergency food

Food which can be stored for a long period of time and can be eaten without being cooked.

Drinking water

Drinking water is also necessary for taking medicine.

Flashlight

Extra batteries

Portable radio

- Portable radio for both FM and AM broadcasting
- Extra batteries

First-aid medicine & household medicine

Medicine for on-the-spot medical attention and household medicine, etc.

Valuables

Cash (incl. coins), bankbooks, health insurance cards, driver's licenses, credit cards, seals, etc.

Others

Clothing (incl. winter clothes), vinyl sheets, tableware, sanitary goods, chargers for mobile phones, etc.

Stockpile

Stockpiles include things necessary to live for a few days before recovery from a disaster. Prepare a stockpile for 3 days at minimum, if possible for 5 days.

Emergency food

Food which can be eaten as it is or cooked readily.

Drinking water

3 liters of drinking water are necessary per person per day.

Daily commodities

Outdoor goods, such as fuel and portable cookers, are convenient!