

Household Stockpile List to Prepare for an Emergency



Start stockpiling preparing for an earthquake directly hitting Tokyo and other disasters. You don't need to buy something special for an emergency to prepare **“daily stockpiles”**. Just by buying a little more of the food and essentials that you normally use on a daily basis, you can remain in homes that were spared collapse or serious damage for a period of time. It is important for everyone to prepare the items necessary to continue living at home ahead of time.



Emergency stockpile list

Model family: A family of four-husband, wife, infant and elderly woman

	Supplies for everyday use (to always be stocked)	Supplies for a disaster
Items that disaster survivors have found valuable	<input type="checkbox"/> Water (for drinking, cooking and other use): 12 2-liter bottles <input type="checkbox"/> Portable gas cooking stove: 1; canisters: 6 <input type="checkbox"/> Medicine, non-prescription drugs: 1 box each	<input type="checkbox"/> Emergency toilet : about 30 times worth <input type="checkbox"/> Flashlight: 2, Batteries <input type="checkbox"/> Hand-rechargeable or other type of radio
Food	<input type="checkbox"/> Staples, Pre-washed rice: 5 kg; heat-and-eat rice: 6; dried noodles: 1; instant noodles: 3 <input type="checkbox"/> Main dish, Canned food (e.g. miso-stewed mackerel, vegetables): 6 each <input type="checkbox"/> Heat-and-eat food: 9, Canned food (fruit, etc.): 1 <input type="checkbox"/> Vegetable juice: 9, Drinks: 6 500-ml bottles <input type="checkbox"/> Cheese, “kamaboko” steamed fish paste, etc.: 1 pack each <input type="checkbox"/> Snacks: 3 <input type="checkbox"/> Nutrition bars, etc.: 3 boxes; powdered health drink: 1 bag <input type="checkbox"/> Seasonings: 1 set	
Daily items	<input type="checkbox"/> Large plastic bag, garbage bag: 30 each <input type="checkbox"/> Plastic bag, First-aid kit, Plastic wrap: 1 <input type="checkbox"/> Tissue paper: 5 boxes, Toilet paper: 12 rolls <input type="checkbox"/> Disinfecting wet wipes: 1 box (about 100) <input type="checkbox"/> Disposable contact lenses: 1-month supply <input type="checkbox"/> Disposable body warmer: 10 <input type="checkbox"/> Ignition stick: 1	<input type="checkbox"/> Spare battery for mobile phone : 3 (the number of mobile phones) <input type="checkbox"/> Latex gloves: 1 box (about 100)
For women	<input type="checkbox"/> Sanitary napkins: about 60	
For infants	<input type="checkbox"/> Powdered infant formula: about 20 single packets(allergen-free) <input type="checkbox"/> Baby food: at least 1-week supply (allergen-free) <input type="checkbox"/> Baby wipes: 1 pack; Diapers: about 70	
For the elderly	<input type="checkbox"/> Rice gruel or other soft food, food for the elderly: at least 1 week supply <input type="checkbox"/> Medicine (prescription drugs): 1-month supply <input type="checkbox"/> Battery for hearing aid: 6 <input type="checkbox"/> Denture cleaner: about 30	