

▼Who to contact (eg. family members)

Name	Address or telephone number	Other (Blood type or other important info)

▼Where to contact in case of emergency

	Name	Telephone Number	Other
Municipalities			
Police Station			
Police Box			
Fire Station			
Electricity			
G a s			
Tap water			
Telephone			

▼Evacuation place etc.

Evacuation place	
Evacuation route	
What the family should know	



Discuss these things with your family BEFORE natural disasters occur.

Family Checklist

You can never know WHEN or WHERE natural disasters, such as earthquakes, will occur. Daily preparations are important. Please check what you have at home and prepare what you need.

Go over everything with your family.



埼玉県警察シンボลมスコット
ポッポくん

Bug-out bag

Items for babies/infants


Items for women

Items for the elderly

Items to stock at home

Saitama Prefectural Police Headquarters

Website: <https://www.police.pref.saitama.lg.jp>

Bug-out bag				Items for babies/infants			
Water (3L per person is needed)		Medical supplies for emergency (plaster, bandages, antiseptic, thermometer, medicines kept at home)		powder milk, disposable baby bottles		baby food, portable cutlery	
Food (at least 3 days' worth)		Disposable heat packs		paper diapers, baby wipes		baby sling	
Helmet, hats		Blanket(s)		portable bidet		neck light	
Clothing, underwear, towels		Cotton work gloves		Items for women			
Rain gear		Toiletries, toothbrush and toothpaste		Menstrual sanitary products (panty liner, sanitary shorts, opaque sanitary disposal bags, etc.)		Attack alarm, whistle	
Shoes without strings		Pen(s), notebook(s)		Items for the elderly			
Flashlights		Masks		Hearing aids		Disposable underwear for adults, water-absorbing pads	
Portable radio		Rubbing alcohol for hands		Soft or minced food for the elderly		Portable bidet	
Extra batteries and chargers		Wet wipes		False teeth, denture cleaner		Medication(s) for chronic illness	
Boxes of matches, candles		Soap, hand soap		Mobility equipment		A copy of medication notebook	
Bankbook(s), seal(s)		⚠ Valuables taken from your house should be kept in your possession at all times. 		Items to stock at home			
Cash				Food and water (at least 3 days' worth, 1 week if possible) × no. of family members			
IDs (passport, resident card, etc.)				Daily goods (tissue paper, toilet paper, food wrap, garbage bags, poly-tank, portable toilet, etc.)			