

Emergency Items to Take

Items to take when evacuating. Do not pack too much, and carry only what you really need. Pack weight should be around 15 kg for men and 10 kg for women. Keep the items at the entrance, etc. Please refer to the following list and prepare individual packs.

Valuables	Evacuation goods / first aid kits / infection control products	Food / clothing / etc.
<input type="checkbox"/> Cash / 10 yen coins <input type="checkbox"/> Bankbook (photocopy) <input type="checkbox"/> Cards (photocopy) <input type="checkbox"/> Health insurance card (photocopy) <input type="checkbox"/> Driver's license (photocopy) <input type="checkbox"/> Certificates (photocopy) <input type="checkbox"/> Inkan seal <input type="checkbox"/> Spare keys of your home, car, etc.	<input type="checkbox"/> Portable radio <input type="checkbox"/> Smartphone <input type="checkbox"/> Portable battery <input type="checkbox"/> Helmet <input type="checkbox"/> Spare batteries <input type="checkbox"/> Flashlight / candle <input type="checkbox"/> Disinfectant <input type="checkbox"/> Wound care medication <input type="checkbox"/> Pain relief patch <input type="checkbox"/> Triangular bandage / elastic bandages <input type="checkbox"/> Cotton pads <input type="checkbox"/> Band-aids <input type="checkbox"/> Medicines / personal medications <input type="checkbox"/> Medicine notebook <input type="checkbox"/> Face mask <input type="checkbox"/> Alcohol sanitizer <input type="checkbox"/> Thermometer <input type="checkbox"/> Paper towel <input type="checkbox"/> Soap <input type="checkbox"/> Disposable gloves <input type="checkbox"/> Kitchen bleach (such as Haitei) <input type="checkbox"/> Indoor shoes	<input type="checkbox"/> Hard biscuits <input type="checkbox"/> Canned food <input type="checkbox"/> Water <input type="checkbox"/> Dishes / can opener / etc. <input type="checkbox"/> Underwear <input type="checkbox"/> Cold weather gear <input type="checkbox"/> Raincoat <input type="checkbox"/> Items to cope with the cold and the heat <input type="checkbox"/> Towel / handkerchief <input type="checkbox"/> All-purpose knife <input type="checkbox"/> Matches / lighter <input type="checkbox"/> Tissue paper, etc. <input type="checkbox"/> Non-slip work gloves <input type="checkbox"/> Plastic tarp <input type="checkbox"/> String / cloth packing tape <input type="checkbox"/> Toiletry goods <input type="checkbox"/> Writing utensils <input type="checkbox"/> Copy of address book
Feminine care products	Baby products	Elderly care products
<input type="checkbox"/> Feminine hygiene products <input type="checkbox"/> Portable feminine wash <input type="checkbox"/> All-in-one cream <input type="checkbox"/> Mirror <input type="checkbox"/> Face mask / hat <input type="checkbox"/> Personal safety alarm	<input type="checkbox"/> Powdered milk <input type="checkbox"/> Feeding bottle <input type="checkbox"/> Baby food <input type="checkbox"/> Spoon <input type="checkbox"/> Diapers <input type="checkbox"/> Baby wipes <input type="checkbox"/> Gauze <input type="checkbox"/> Cleaning cotton <input type="checkbox"/> Maternal and child health handbook	<input type="checkbox"/> Change of clothes <input type="checkbox"/> Diapers <input type="checkbox"/> Tissue paper <input type="checkbox"/> Spare assistive device <input type="checkbox"/> Medicines <input type="checkbox"/> Glasses <input type="checkbox"/> Dentures <input type="checkbox"/> Hearing aids <input type="checkbox"/> Disability certificate, etc.

Emergency Storage Items

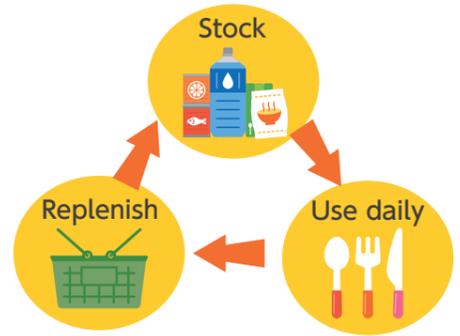
These are basic supplies for survival that you can stock in your home. When it is safe to return to your home after evacuation, you can go back and retrieve some of the items to take with you to your emergency shelter. Or, if you choose to stay and use your home as your emergency shelter, you can use them at home. Prepare items to last for at least three days to one week, if possible. Please refer to the following list and prepare items for individual persons.

Food	Water	Fuels / others
<input type="checkbox"/> Pregelatinized rice, ready-to-eat food <input type="checkbox"/> Instant noodles <input type="checkbox"/> Canned food <input type="checkbox"/> Nutritional supplements	<input type="checkbox"/> Drinking water (3L per day, per person) <input type="checkbox"/> Water storage bag <input type="checkbox"/> Water for daily use (For cooking / laundry / toilet / etc. 7L per day, per person)	<input type="checkbox"/> Portable cooking stove <input type="checkbox"/> Gas cylinders <input type="checkbox"/> Solid fuel <input type="checkbox"/> Rechargeable battery <input type="checkbox"/> Pot <input type="checkbox"/> Kettle <input type="checkbox"/> Disposable dishes and cutlery <input type="checkbox"/> Food wrap film <input type="checkbox"/> Aluminum foil

The "Rolling stock" method is useful for stockpiling emergency food and other supplies.

This is a method of purchasing a little extra food and processed foods on a regular basis, and after consuming the items close to their expiration dates, replenishing what has been used. This is effective in keeping a certain amount of stockpiled food at all times while living a normal life.

*It can also be applied to daily commodities.



My Timeline

In order to protect yourself from heavy rain and typhoons, it is important to know the disaster risks in your area and evacuate quickly and appropriately based on disaster prevention weather information. Create My Timeline in advance and decide when to turn on the "evacuation switch."

How to Create My Timeline

- 1 Know your family's disaster risk** Use the Flood and Landslide Disaster Prevention Map on P.22 to P.49 to find out if your area is at risk of "flooding" or "landslide disaster." Also, check the nearest evacuation shelter and evacuation routes.
- 2 Decide which emergency items to take** Refer to the list of emergency items on P.4, and discuss in advance what you and your family will need during evacuation and be prepared. An ideal pack weight for men is 15 kg and 10 kg for women. Don't forget to take infection control measures.
- 3 Find out how to gather information and be prepared** In order to take appropriate evacuation actions, information such as weather warnings, evacuation information issued by municipalities, river water levels, and road regulations is essential. Prepare multiple ways to gather information in case of power outages or system failures. In addition to the communication methods listed in P.20, information can also be obtained from the websites of Oita Prefecture and the Oita Meteorological Office.
- 4 Understand Alert Levels and Alert Level Equivalent Information** Learn about Alert Levels, etc., by referring to the evacuation information on P.10.
- 5 Decide what you and your family will do.** With various factors that you've learned in previous steps in mind, discuss and decide with your family what evacuation actions to take and when.



How to create My Timeline (sample)

Alert Levels and Alert Level Equivalent Information (Disaster Prevention Weather Information)				
Alert Level 1 Probability of Warnings (Issued by Japan Meteorological Agency) Risk of weather worsening	Alert Level 2 Heavy Rain, Flood, or Storm Surge Advisories (Issued by Japan Meteorological Agency) Weather worsening	Alert Level 3 Evacuation of the Elderly, etc. (Issued by the municipality) Risk of disaster	Alert Level 4 Evacuation Instruction (Issued by the municipality) Risk of disaster increasing	Alert Level 5 Emergency Safety Measures (Issued by the municipality) Disaster has occurred or is imminent
-	Flood Advisory Information	Alert Level 3 Equivalent Information Heavy Rain Warning, Flood Warning, Flood Alert Information	Alert Level 4 Equivalent Information Landslide Disaster Alert Information, Flood Danger Information, Storm Surge Warning	Alert Level 5 Equivalent Information Heavy Rain Emergency Warning, Flood Occurrence Information, Storm Surge Occurrence Information
What our family will do for each Alert Level				
Prepare for a disaster	Check your own and your family's evacuation actions.	The elderly and people with special needs should evacuate from hazardous locations.	Everyone must evacuate from hazardous locations.	Life in danger. Take immediate life-saving actions.
○Check weather information. ○Check the typhoon route and when it will approach. ○Pick up medications, etc., in advance.	○Check evacuation sites on the hazard map. ○Prepare emergency items to take. ○Frequently check weather information on TV and radio.	Evacuation to begin soon! Our family's "evacuation switch"! Always evacuate when Alert Level 3 is issued!! ○Start moving to the aunt's house on higher ground, the evacuation site we decided on as a family!	Everyone has been evacuated! ○Evacuation completed. ○Continue to check weather information.	Evacuate to a safer place inside the house. Evacuate to the second floor or higher.
What to check and what to prepare on a daily basis				
Our family's disaster risk and evacuation destination	Emergency items to take	Tools to gather information		
<input type="checkbox"/> Estimated flood depth (3)m <input type="checkbox"/> Distance to rivers nearby (250)m <input type="checkbox"/> Located in a Landslide Disaster Hazard Area (yes / no) <input type="checkbox"/> Primary Evacuation Location (10) minutes on foot (by car to (XX) community center) Secondary Evacuation Location (7) minutes (on foot) by car to (XX) community center *If your house is located outside the hazardous area or if you live in a sturdy building such as an apartment building, stay indoors or evacuate vertically (go up to the second floor or higher in the building). <input type="checkbox"/> Hazardous locations / characteristics on the way to the evacuation location (Primary Evacuation Location: Roads are narrow. Secondary Evacuation Location: Long stairs, few street lights.)	<input checked="" type="checkbox"/> Food <input checked="" type="checkbox"/> Water <input checked="" type="checkbox"/> Valuables <input checked="" type="checkbox"/> Change of clothes <input checked="" type="checkbox"/> Flashlight <input checked="" type="checkbox"/> Blanket <input checked="" type="checkbox"/> Charger for mobile phone <input type="checkbox"/> Batteries <input checked="" type="checkbox"/> Face mask <input checked="" type="checkbox"/> Alcohol sanitizer <input checked="" type="checkbox"/> Thermometer <input type="checkbox"/> Disaster prevention map *Double check <input checked="" type="checkbox"/> Medicines <input checked="" type="checkbox"/> Medicine notebook ↓ Write down other items to prepare! Disposable diapers <input type="checkbox"/> Feminine hygiene products <input type="checkbox"/> Dog food Plastic gloves <input type="checkbox"/> Towels <input type="checkbox"/> Wet wipes	<input checked="" type="checkbox"/> Oita Disaster Prevention App <input checked="" type="checkbox"/> Safety and Security Email for Prefectural Residents / Municipal Disaster Prevention Email <input checked="" type="checkbox"/> TV <input checked="" type="checkbox"/> Portable radio <input checked="" type="checkbox"/> Oita Meteorological Office Website <input checked="" type="checkbox"/> Oita Disaster Prevention Information Portal		

You can download the form and check detailed instructions on how to create My Timeline from the Oita Prefecture website. →

