

災害・被害・想定外
さいがい ひがい そうていがい
備える人はナイスガイ

Earthquake
地震

Typhoon
台風



Tsunami
津波

Be prepared for emergency
at any time

もしも、の為に
普段から備えましょう

Secure goods furniture



転倒・落下防止

Emergency kit



防災グッズ

Communication method



連絡方法

Evacuation area



避難場所

CHECK LIST for Emergency Kit

This is a list of goods to take with you.

At a time of disaster, these are necessary emergency goods for 3 days before relief supplies arrive.

Please use this list as a guidance and prepare your own necessary goods after considering their weights and importance.

Food • Clothes etc.		Daily Commodity	
☐	Drinking water (about 3 liters / person a day)	☐	First aid bag (incl. home medicine, medicine for chronic diseases) Scissors, sterilize gauze, adhesive bandage, antiseptic, bandage, etc.
☐	Emergency food Instant rice, biscuits, retort food, canned food, candies, baby food, milk, etc.	☐	Matches, lighters, candles
☐	Helmet, disaster prevention hood	☐	Toilet paper, wet wipes
☐	Leather gloves or cotton work gloves	☐	Sanitizing wipes or spray
☐	Clothing (depending on a season) Jacket, underwear, thick socks, paper diapers, gauze, sanitary goods, etc.	☐	Masks (enough amount)
☐	Rain gear (rain coat, etc.)	☐	Flash light, head lamp (with battery)
☐	Towel (bath towel, towel for sports, etc.)	☐	Aluminium thermal sheet, heat pad or disposal body warmer
		☐	Sleeping bag
		☐	Groundsheet
		☐	Rope
Valuables etc.		☐	Plastic bags (enough amount in each size)
☐	Cash (including coins)	☐	Whistle (to call for help)
☐	ID (Driver's license, passport, residence card, etc.)	☐	Multi-purpose knife
☐	Seal	☐	Eating utensils Dishes, cups (paper or stainless, etc.), chopsticks spoon, plastic wrap, aluminium foil
☐	Spare keys (car, house)	☐	Soap, waterless shampoo, toothbrush, etc.
☐	Bank book (copy of book or account number)	☐	Curing tape, duct tape
☐	Health insurance card (copy of card or account number)	☐	Writing material (pen, marker, notebook)
☐	Maternal handbook, handbook issued by local government for elderly, etc.	☐	Multi-functional radio
☐	Mobile phone (with battery charger•battery)		
Others (Useful items)			
☐	Portable toilet	☐	Pictures of family member (for searching missing person)
☐	Sleeping mask • earplug	☐	Toys
☐	Portable stove (gas cylinder), cookpot		

Osaka Prefectural Police

大阪府警察

Osaka Prefectural Police Website

大阪府警察本部ホームページ <https://www.police.pref.osaka.lg.jp>

