

Let's Build “Daily Stockpiles”

- To Allow You to Remain Living at Home After a Disaster -



Bosai the Rhino
Official “Disaster Preparedness Tokyo” Character

Build “daily stockpiles” by having a little more food and daily items ready at home in preparation for a major disaster such as an earthquake directly hitting the capital.

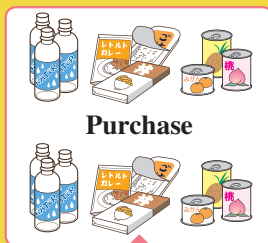
What's daily stockpiling?



Daily stockpiling does not require special preparation. By buying a little extra food and essentials that you normally consume, you can create a stockpile of supplies that can also be used when a disaster occurs.

Image of daily stockpiling at home

STEP 1



STEP 2

Items especially necessary when disaster strikes

- Portable gas cooking stove and canisters
- Flashlight
- Emergency toilet
- Rechargeable radio
- • • Etc

Consume in order of purchase!

STEP 4



STEP 3



- For family with infants/seniors
- Diapers, everyday medication, etc.
- For women
- Sanitary napkins, etc.

Always keep a little more

It's important to **routinely stock** the food and daily essentials needed to live at home in an emergency.

Let's stock up for a disaster.



A disaster can strike at any time

In the event of a large-scale disaster, such as an earthquake directly striking Tokyo...

- Electricity, gas, water supply, sewage, and other lifeline services may be unavailable.

* Days of these lifeline functions are restored

Electricity 4 days,
Communications 4 days
Water supply &
sewerage 21 days
City gas 42 days



- Distribution could be disrupted for several days due to roads obstructed by debris, etc.



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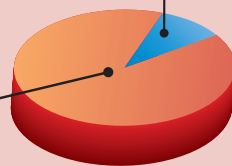
- It is assumed that residents whose homes were not severely damaged will be living at home for some time under these conditions.

Home collapsed or destroyed by fire

Max. 2.2 million residents living at evacuation centers*

Home is safe

10 million residents living at home



* Source: Tokyo Disaster Management Council "Report on Damage Estimates in Tokyo Due to an Earthquake Epicentered in Tokyo", May 2022

Emergency Stockpile Day

(Check your emergency stockpiles once a year)

November 19

Check regularly



The Tokyo Metropolitan Government has designated November 19 of each year as "Stockpile Day" – an opportunity for families to check their stockpiles.

For details including information on events and campaigns, visit

<http://www.bousai.metro.tokyo.jp/1001855/index.html>

The required supplies and amounts differ depending on the family composition and type of residence.

Use Tokyo Stockpile Navi to check the supplies which you should prepare!

<https://www.bichiku.metro.tokyo.lg.jp>





What's
necessary?

Key Items

(Example of a family consisting of father, mother, infant, and elderly woman living in a single-family detached house)

Category	Daily use (permanent stock)	Amount
Food and drink	<input checked="" type="checkbox"/> Water	3 L per person per day
	<input checked="" type="checkbox"/> Pre-washed rice	4 kg
	<input checked="" type="checkbox"/> Pre-packaged cooked rice	27 packages
	<input checked="" type="checkbox"/> Dry noodles, instant noodles	3 packages
	<input checked="" type="checkbox"/> Canned foods (fish, vegetables, etc.)	9 cans
	<input checked="" type="checkbox"/> Canned fruit	3 cans
	<input checked="" type="checkbox"/> Meal pouches (retort meals)	9 packages
	<input checked="" type="checkbox"/> Vegetable juice	9 packages
	<input checked="" type="checkbox"/> Drinks (500 mL)	9 bottles
	<input checked="" type="checkbox"/> Cheese, protein bars, etc.	3 packs
	<input checked="" type="checkbox"/> Sweets, snacks	3 packs
	<input checked="" type="checkbox"/> Nutritional supplement foods	9 packages
	<input checked="" type="checkbox"/> Powdered healthy drinks	9 packets
Daily living supplies	<input checked="" type="checkbox"/> Plastic bags	1 box
	<input checked="" type="checkbox"/> Plastic wrap	1 roll
	<input checked="" type="checkbox"/> Aluminum foil	1 roll
	<input checked="" type="checkbox"/> Tissue paper	4 boxes
	<input checked="" type="checkbox"/> Toilet paper	4 rolls
	<input checked="" type="checkbox"/> Lighter rod	1
	<input checked="" type="checkbox"/> Cloth packing tape	2 rolls
	<input checked="" type="checkbox"/> Work gloves	9 pairs
	<input checked="" type="checkbox"/> Plastic gloves	1 box
Health supplies	<input checked="" type="checkbox"/> First aid kit	1
	<input checked="" type="checkbox"/> Face masks	9
	<input checked="" type="checkbox"/> Household medicines	1 box
	<input checked="" type="checkbox"/> Disinfecting wet wipes	120
	<input checked="" type="checkbox"/> Disposable contact lenses (1 person)	Amount for 1 month
	<input checked="" type="checkbox"/> Alcohol disinfecting spray	2 bottles
	<input checked="" type="checkbox"/> Toothbrushing wipes	Around 90

Category	Daily use (permanent stock)	Amount
Women	<input checked="" type="checkbox"/> Feminine hygiene products	Set of 30
	<input checked="" type="checkbox"/> Basic cosmetics	Suitable amount
Infant	<input checked="" type="checkbox"/> Stick-type powdered milk	18 servings
	<input checked="" type="checkbox"/> Liquid milk	18 servings
	<input checked="" type="checkbox"/> Non-allergenic baby food	9 servings
	<input checked="" type="checkbox"/> Baby wipes	3 packs
	<input checked="" type="checkbox"/> Diapers	30
	<input checked="" type="checkbox"/> Disposable feeding bottles	18
Elderly person	<input checked="" type="checkbox"/> Rice porridge	9 servings
	<input checked="" type="checkbox"/> Batteries for hearing aid	Suitable quantity
	<input checked="" type="checkbox"/> Denture cleanser	12 tablets

Items to prepare in case of disaster (Check periodically that they can be used.)	Quantity
<input checked="" type="checkbox"/> Gas cartridge stoves	2
<input checked="" type="checkbox"/> Gas cartridges	8
<input checked="" type="checkbox"/> Portable toilet devices	Enough for 45 uses
<input checked="" type="checkbox"/> Flashlights	2
<input checked="" type="checkbox"/> LED lantern	At least 3
<input checked="" type="checkbox"/> Wearable head light	4
<input checked="" type="checkbox"/> Dry-cell batteries	Suitable quantity
<input checked="" type="checkbox"/> Hand-cranked rechargeable radio	1
<input checked="" type="checkbox"/> Mobile phone chargers	Suitable quantity
<input checked="" type="checkbox"/> Backpack	1

