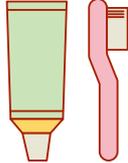
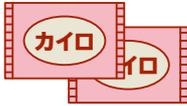
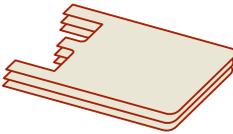
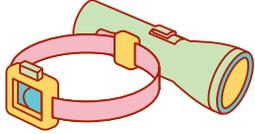
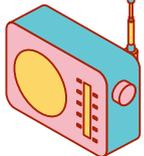
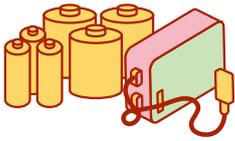
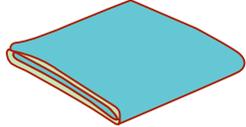
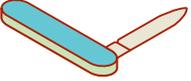


Child friendly disaster preparedness bag **check list**

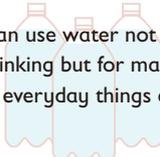
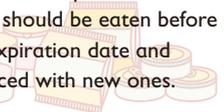
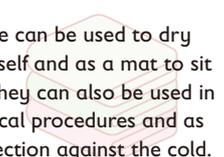
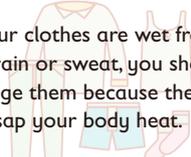
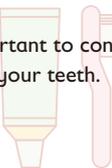
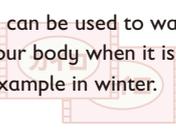
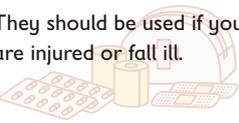
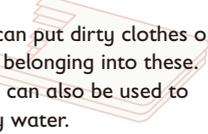
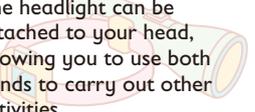
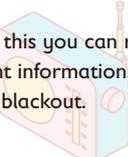
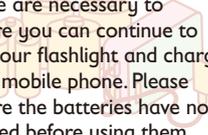
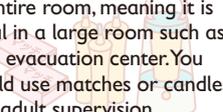
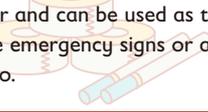
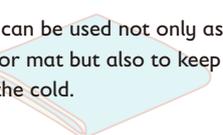
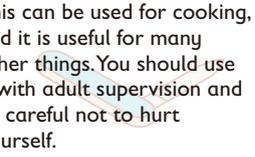
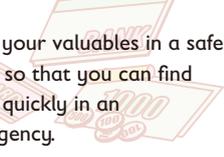
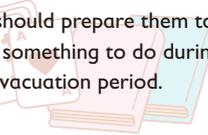
Pack require things in the bag in case you need to immediately evacuate.

This is an example of an emergency bag. You can add anything else depending on the child's specific needs.

1	Water 	2	Food, snacks 	3	Towels 	4	Clothing 
5	Oral hygiene items (e.g. toothbrush) 	6	Raincoat 	7	Disposable heat pads 	8	Face masks 
9	Emergency medical supplies and any prescription medicines 	10	Wet wipes and hand sanitizer 	11	Plastic bags 	12	Emergency water bags 
13	Flashlight or headlight 	14	Portable radio 	15	Batteries and charger 	16	Matches, candles, portable lamp 
17	Work gloves or leather gloves 	18	Newspapers 	19	Packing tape and permanent marker 	20	Ground sheet 
21	Swiss-army knife 	22	Personal valuables 	23	Books, card games 	24	Children's toys and comfort items 

References: Cabinet Office Government of Japan. Disaster preparedness website. <http://www.bousai.go.jp/index.html>
Save the Children Japan (2014).
The report of after school clubs (Gakudos) staff from Great East Japan Tsunami and Earthquake"

The details are on the back

<p>1 Water</p> <p>You can use water not only for drinking but for many other everyday things as well.</p> 	<p>2 Food, snacks</p> <p>Check the expiration date. They should be eaten before the expiration date and replaced with new ones.</p> 	<p>3 Towels</p> <p>These can be used to dry yourself and as a mat to sit on. They can also be used in medical procedures and as protection against the cold.</p> 	<p>4 Clothing</p> <p>If your clothes are wet from the rain or sweat, you should change them because they will sap your body heat.</p> 
<p>5 Oral hygiene items (e.g. toothbrush)</p> <p>It is important to continue cleaning your teeth.</p> 	<p>6 Raincoat</p> <p>This will protect you from the rain.</p> 	<p>7 Disposable heat pads</p> <p>They can be used to warm up your body when it is cold, for example in winter.</p> 	<p>8 Face masks</p> <p>They will protect you from breathing in dust and prevent the spread of viruses.</p> 
<p>9 Emergency medical supplies and any prescription medicines</p> <p>They should be used if you are injured or fall ill.</p> 	<p>10 Wet wipes and hand sanitizer</p> <p>After washing your hands, these can be used to ensure your hand are fully clean.</p> 	<p>11 Plastic bags</p> <p>You can put dirty clothes or your belonging into these. They can also be used to carry water.</p> 	<p>12 Emergency water bags</p> <p>These can be used to carry water.</p> 
<p>13 Flashlight or headlight</p> <p>These are useful in blackouts. The headlight can be attached to your head, allowing you to use both hands to carry out other activities.</p> 	<p>14 Portable radio</p> <p>Through this you can receive important information, even during a blackout.</p> 	<p>15 Batteries and charger</p> <p>These are necessary to ensure you can continue to use your flashlight and charge your mobile phone. Please ensure the batteries have not expired before using them.</p> 	<p>16 Matches, candles, portable lamp</p> <p>A portable lamp can light up an entire room, meaning it is useful in a large room such as in an evacuation center. You should use matches or candles with adult supervision.</p> 
<p>17 Work gloves or leather gloves</p> <p>These will protect your hands from dirt or an injury.</p> 	<p>18 Newspapers</p> <p>You can make dishes, slippers, and many other things using these.</p> 	<p>19 Packing tape and permanent marker</p> <p>This withstands exposure to water and can be used as to make emergency signs or a memo.</p> 	<p>20 Ground sheet</p> <p>This can be used not only as a floor mat but also to keep out the cold.</p> 
<p>21 Swiss-army knife</p> <p>This can be used for cooking, and it is useful for many other things. You should use it with adult supervision and be careful not to hurt yourself.</p> 	<p>22 Personal valuables</p> <p>Keep your valuables in a safe place so that you can find them quickly in an emergency.</p> 	<p>23 Books, card games</p> <p>You should prepare them to have something to do during the evacuation period.</p> 	<p>24 Children's toys and comfort items</p> <p>If you have your favorite things, you will feel more secure during evacuation period.</p> 