Disaster Supplies Kit（2days）

Items	Contents
General Preparation Instruction (For the General Public, including Women)	【General Public】 ☐ **Emergency Food and Water：** ☐ Drinking water(minimum daily intake: 15 ml per kg of body weight) ☐ Biscuits, chocolate, emergency food, vacuum-packed instant meals, etc. (24 servings of whole grains, 12 servings of fish/meat/eggs/beans, 8 servings of vegetables, 6 servings of fruits, 3 servings of dairy, 12 servings of oils/fats, 2 servings of nuts/seeds) ☐ **Medical and Sanitary Supplies：** ☐ Iodine, cotton swabs, gauze, and other first-aid items ☐ Pain relief patches or ointment ☐ Personal medications(daily prescriptions, regular-use, standby medications; note storage method and expiration dates) ☐ Thermometer ☐ Sanitary pads, panty liners ☐ Masks, hand sanitizer, wet wipes, tissues ☐ **Clothing and Cold-Weather Protection：** ☐ Gloves (cut-resistant, durable) ☐ Raincoat ☐ Blanket (or thermal blanket), heat packs ☐ Personal lightweight jacket, underwear, socks, towel ☐ Compact sleeping bag (if portable) ☐ **Important Documents：** ☐ Copies (or digital copies stored on mobile phone) of ID card, National Health Insurance card, bankbook ☐ Copies (or digital copies) of other legal documents ☐ Small amount of cash, preferably coins (for public phones or vending machines) ☐ **Shoes：** ☐ Wear shoes suitable for long walking distances during evacuation, to avoid injuries from debris or glass ☐ **Other Items：** ☐ Whistle ☐ Paper and pen ☐ Disaster map (download Fire Safety & Disaster Prevention e-Point APP offline map or prepare your own)

	☐ Portable radio, flashlight, batteries ☐ Lighter, Swiss army knife ☐ Power bank, charging cables ☐ Heatstroke prevention items for summer: hat, umbrella, sunscreen
Special Notes for Infants and Young Children	☐ **Emergency Food and Water：** ☐ Families with infants should prepare baby bottles, formula, vacuum-packed or canned baby food ☐ **Medical and Sanitary Supplies：** ☐ Diapers, baby carriers ☐ **Other：** ☐ Pacifiers, small toys
Special Notes for Elderly Adults	**【Elderly】** ☐ **Emergency Food and Water：** ☐ Easy-to-eat foods or items that help with hydration in emergencies (e.g., nutrition jelly, senior-friendly foods) ☐ **Medical and Sanitary Supplies：** ☐ Disposable underwear, adult diapers ☐ **Other：** ☐ cane, dentures, hearing aids, reading glasses
Special Notes for Pets	**【Pets】** ☐ **Emergency Food and Water：** ☐ Pet food ☐ **Medical and Sanitary Supplies：** ☐ Regular medications ☐ **Clothing and Cold-Weather Protection：** ☐ Warm blanket ☐ **Other：** ☐ Carrier, pet leash

1. In addition to daily supplies, prepare an emergency evacuation kit to take immediately when heading to a shelter. After an earthquake, if a building is severely damaged and requires evacuation, the kit allows quick departure and safety.
2. Selection, Quantity, and Update Frequency：
   (1) Use a lightweight, easy-to-carry backpack. Each person should have one kit.
   (2) Label the pack with a check/update date. Inspect every six months to ensure items are intact and not expired.
3. You can log into the National Disaster Prevention e-APP website (https://bear.emic.gov.tw) or download the Fire Safety & Disaster Prevention e-Point app. From the menu — *Home → Personal Toolbox → Emergency Evacuation Kit* — you can check the status of your go bag. The system will remind you every six months to review and update your emergency preparedness kit.
4. Placement：Store near the front door or entryway for quick access.
5. Weight Limit：Keep it simple. Suggested maximum: approx. 15 kg for men, 10 kg for women.