

Disaster Supplies Kit (3days)

Items	Contents
General Preparation Instruction (For the General Public, including Women)	<p>【General Public】</p> <p>☐ Emergency Food and Water :</p> <ul style="list-style-type: none"> ☐ Drinking water(minimum daily intake: 15 ml per kg of body weight) ☐ Biscuits, chocolate, emergency food, vacuum-packed instant meals, etc. (36 servings of whole grains, 18 servings of fish/meat/eggs/beans, 12 servings of vegetables, 9 servings of fruits, 4.5 servings of dairy, 18 servings of oils/fats, 3 servings of nuts/seeds) <p>☐ Medical and Sanitary Supplies :</p> <ul style="list-style-type: none"> ☐ 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 <p>☐ Clothing and Cold-Weather Protection :</p> <ul style="list-style-type: none"> ☐ Gloves (cut-resistant, durable) ☐ Raincoat ☐ Blanket (or thermal blanket), heat packs ☐ Personal lightweight jacket, underwear, socks, towel ☐ Compact sleeping bag (if portable) <p>☐ Important Documents :</p> <ul style="list-style-type: none"> ☐ 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) <p>☐ Shoes :</p> <ul style="list-style-type: none"> ☐ Wear shoes suitable for long walking distances during evacuation, to avoid injuries from debris or glass <p>☐ Other Items :</p> <ul style="list-style-type: none"> ☐ 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
<ol style="list-style-type: none"> 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 — <i>Home</i> → <i>Personal Toolbox</i> → <i>Emergency Evacuation Kit</i> — 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. 	