

Earthquake Preparedness Handbook



**WaNavi
Japan**

STEP 1 Know How to React in an Earthquake

Complete the following True or False questions to test your Earthquake Survival Knowledge!


EARTHQUAKE SURVIVAL QUIZ!

- | | |
|--|--------------|
| 1. Take cover in a place where nothing can topple over, fall onto you or move towards you. | True / False |
| 2. If you are inside a building, rush towards the exit and open the door. | True / False |
| 3. If you are in an elevator, stay calm and wait until it reaches the ground floor then evacuate. | True / False |
| 4. If you are in a large hall, stay away from pillars, doors or staircases. | True / False |
| 5. If there is nothing to hide under, try to remain standing and be ready to run when the shaking stops. | True / False |
| 6. If you are walking on the street, try to stay away from large glass windows/buildings and brick walls. | True / False |
| 7. Avoid sheltering near gas stations. | True / False |
| 8. Trains in Japan stop automatically for any earthquake over Shindo 4. | True / False |
| 9. If the train stops, you must get out immediately. | True / False |
| 10. When you decide to leave your car and evacuate by foot, make sure to lock your car to prevent car theft. | True / False |
| 11. Collect as much information as possible by listening to people around you. | True / False |
| 12. If you are near the ocean, run towards higher ground. | True / False |



/12

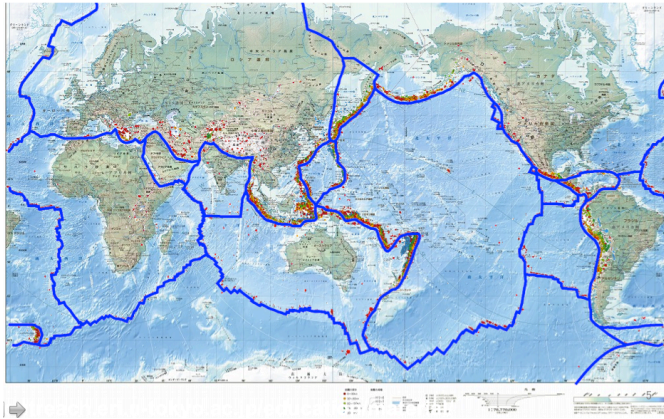
ANSWERS

1. True – It is important to assess the situation instantly and move to the safest place possible to take cover. In a strong quake, even furniture as large and heavy as a piano or a refrigerator can move. Be aware of heavy furniture on wheels too, like copy machines and white boards.
2. False – To avoid stampedes and secondary injuries, take cover first. When the shaking stops, you can check and open the door to secure your exit.
3. False - If you happen to be in an elevator, push all the floor buttons and get out at the nearest floor. If you need to evacuate from the building, take the stairs and never evacuate by elevator or escalator.
4. False – Large halls and theaters with fewer pillars have a higher risk of collapsing ceilings. Drop down into a low position near pillars or walls with a sturdy structure.
5. False – In a strong quake, it is hard to remain standing and you are at risk of injuring yourself by falling over or being hit by falling objects. The most important thing to do is to protect your head. Drop down into a low position and protect your head with your arms in a *Dangomushi* (pill bug, roly poly, wood louse) posture.
6. True – Glass windows and brick walls have proven to be very vulnerable in a quake. A brick weighs about 10kg! Be aware of the buildings around you and avoid these types of structures in your daily life if you can.
7. False – Gas stations are built under very strict construction codes and are designed to deal with hazardous situations. They have proven to be safe in case of earthquakes and fire, and are designated Support Stations for people walking home.
8. True – The train will make an automatic stop. To prevent injury, hold on tightly to handrails and face the direction of travel when standing. Cover your head if seated.
9. False – You may be asked to leave the train but it can be dangerous especially on the subway. Please follow the instructions given by train or station staff.
10. False – You are advised to leave the keys in the ignition (engine off) so your car can be moved to allow emergency vehicles to pass.
11. False – In a panic situation, rumors abound. Please make sure you gather accurate information from local media sources.
12. True – Tsunami can arrive in less than 15 minutes and come in a series of waves. Go as high as you can and stay there until the warning is called off.

STEP 2 Acquire Earthquake Literacy

EARTHQUAKE LITERACY QUIZ!

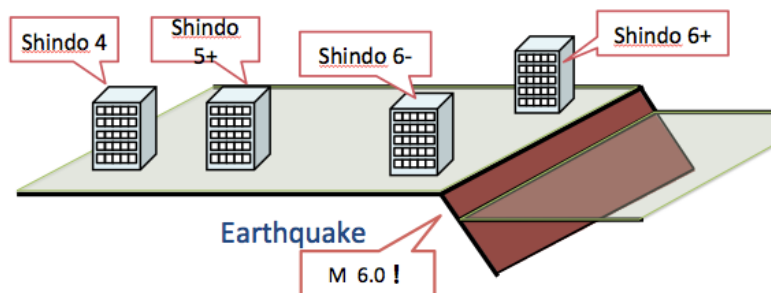
1) Tectonic Plates



Source: Tokyo Research Institute, The University of Tokyo

- ✓ Out of all earthquakes in the world, _____% occur in Japan.
- ✓ There are _____ plates surrounding Japan, namely, _____ Plate, _____ Plate, _____ Plate, and _____ Plate.

2) Magnitude vs. Shindo



Source: Dr. Satoko Oki, Faculty of Environmental Information, Keio University

- ✓ An earthquake is caused by a rupture at a fault line and the amount of energy generated by the rupture is measured by _____.
- ✓ The ground motion is the consequence of the rupture and is measured by _____. This scale describes how strongly you feel the quake at a certain point.

Answers: 1) 10%, 4, Eurasia, Pacific, North American, The Philippines Sea. 2) Magunitude, Shindo

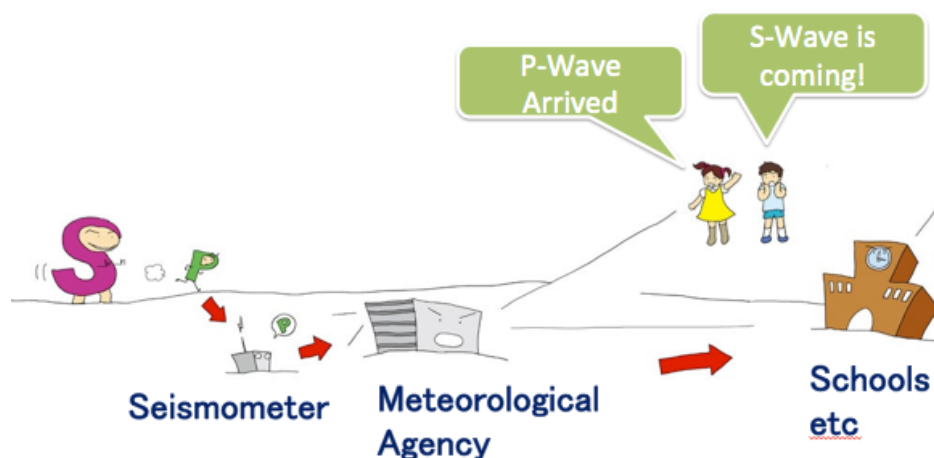
3 Shindo



✓ In Japan, trains stop automatically once they detect an earthquake over Shindo ____.

✓ Elevators stop and gas meters shut down automatically when they detect an earthquake over Shindo ____.

4 Earthquake Early Warning System



Source: Dr. Satoko Oki, Faculty of Environmental Information, Keio University

✓ When there is a _____ wave detection from seismometers installed throughout Japan, the JMA automatically analyzes and predicts the rough area of the earthquake's _____. These rough predictions allow the JMA to warn people in affected prefectures through TV, radio and cell phones if a strong quake caused by _____ wave is expected.

Answers: 3) Shindo 4, Shindo 5. 4) P-wave (Primary wave), epicenter, S-wave (Secondary wave)

5 Tsunami Warning



Source:NHK

- ✓ When an earthquake occurs that could generate a disastrous tsunami in coastal regions of Japan, JMA issues Major Tsunami Warnings, Tsunami Warnings and/or Tsunami Advisories for individual regions based on estimated tsunami heights around _____ minutes after the initial quake.
- ✓ Expected tsunami height:
 Major Tsunami Warning: Over _____ m (Coastline colored red)
 Tsunami Warning: Over _____ m up to _____m (Coastline colored orange)
 Tsunami Advisory: Over _____ m up to _____m (Coastline colored yellow)

6 Tsunami Evacuation



- ✓ If you are near the coast, always check the _____ and the location of the nearest higher ground, and the fastest route to get there.
- ✓ A quake lasting over _____ minutes has a high risk of causing a tsunami. The length of the quake has a direct correlation to the size of the _____.
- ✓ You will be swept away by a tsunami of less than _____m.

Answers: 5) 3m, 1m-3m, 0.2m-1m 6) Above Sea Level (ASL), 1 minute, magnitude, 0.5m

STEP 3 Collect Information

DISASTER INFORMATION QUIZ

What can you understand from these NHK news screenshots?

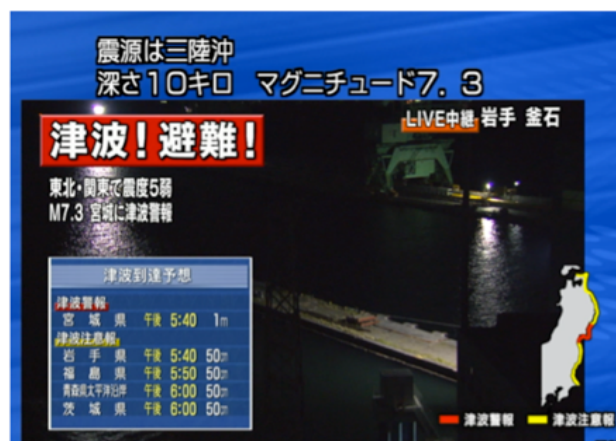
1)



Source: NHK

- ✓ This is an epicentral / ocean-trench type of earthquake.
- ✓ There is / isn't a risk of tsunami.
- ✓ The magnitude of this earthquake was _____.
- ✓ In Tokyo bay area, the shindo was _____.

2)



Source: NHK

- ✓ This is an epicentral / ocean-trench type of earthquake.
- ✓ There is / isn't a risk of tsunami.
- ✓ The magnitude of this earthquake was _____.
- ✓ In the Tokyo bay area, you need to / don't need to evacuate to higher ground.

Answers: 1) epicentral, isn't, M6.0, Shindo 3. 2) Ocean-trench, is, 7.3, don't need to

STEP 4 Get Connected with Your Loved Ones

LAST RESORT COMMUNICATION METHOD



Please practice using 171 NTT Disaster Message Board System with your loved ones.

FAQ

Q1: Can this system be accessed from overseas?

A1: The “dial 171” is domestic use only, however, it is accessible from overseas through internet, from “web171.jp”.

Q2: Can you practice this service before an earthquake occurs?

A2: Yes, you can practice on the 1st and 15th of each month and during the Bosai (disaster prevention) Weeks in September and January.

Q3: Can you use your mobile phone to access this system?

A3: Yes, however, mobile phone lines maybe unavailable due to line congestion. You will most likely have to use a public telephone.

* For more details, see 171 Tutorial (<https://www.ntt-east.co.jp/en/saigai/voice171/index.html>).

STEP 5 Understand Hazards and Evacuation Shelters/Areas in Your Neighborhood

Please take 10 minutes to sit down with your family and create your family emergency plan by filling out the template below. After you are finished, copy the information onto your help cards. Make sure all family members carry one each.

FAMILY EMERGENCY PLAN

Contact Information

Fill out the following information for each family member and keep it up to date

Name	Phone Number	Date of Birth	Passport Number	Important Medical Info Ex. Allergic to wheat, egg, etc. Name of regular medicines, pre-existing diseases.	Blood Type

Write down where your family spends the most time: work, school and other places they frequently visit.

Name	Address	Phone Number	Evacuation Procedures and Meeting /Pickup Place Ex. Parents to pick up at school. If damaged, meet at Arisugawa Park.



Communication Method

List your communication methods: Email, SMS, Skype, Twitter, Line, Facebook and 171. Agree which communication method to use when one is not available.

Priority	Communication Means Ex. 171	Protocol Ex. Leave messages at 03-XXXX-XXXX
1		
2		
3		
4		

Meeting Places

Agree on meeting places and landmarks near your home, when you are not in Tokyo Metropolitan area and when evacuating the city.

Meeting Point (Small parks in your neighbourhood to gather and assess the situation)	
Evacuation Area (Large parks to escape from large scale fire) (Tsunami Evacuation Sites)	
Emergency Shelter (Local schools for shelter if your house becomes unliveable)	
Accommodation outside Tokyo (Homes of friends or family, or hotels outside of Tokyo Metropolitan area)	

Evacuation Map

<p>Attach Map from Tokyo Metropolitan Government Bosai Map</p> <p>http://map.bousai.metro.tokyo.jp/</p> <p>If you live near the sea, also check your ASL</p> <p>http://www.mapion.co.jp</p>

Disaster Related Facilities

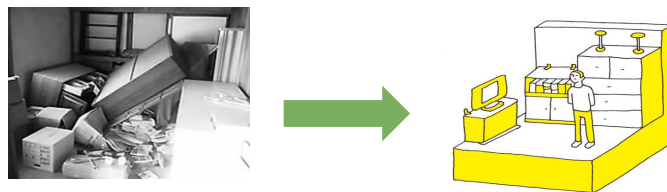
Check the following facilities and mark them on your map.

Support Stations		Temporary shelter for people walking home	
Disaster Hospitals		Water Supply Point	
Designated Roads for Walking Home		Public Toilets	
Gas Stations		Public Telephones NTT Public Phone Search: (http://service.geospace.jp/ptd-ntteast/PublicTelSite/TopPage/)	
Hazards (Tsunami)		Hazards (Landslides)	

STEP 6 Earthquake Proof Your Home

HOME PROOFING CHECKLIST

In the Hanshin-Awaji Earthquake in 1995, 80% of deaths were caused by falling furniture and collapsed houses. It is critical to secure your furniture to minimize the risk of injury and death. Take the time to walk around your home and earthquake proof your home.



	YES	NO
1 Have you secured large furniture such as cupboards, bookshelves, and refrigerators?	<input type="checkbox"/>	<input type="checkbox"/>
2 Have you placed locks/stoppers on your cupboards and bookshelves?	<input type="checkbox"/>	<input type="checkbox"/>
3 Have you attached guards to prevent books from falling out?	<input type="checkbox"/>	<input type="checkbox"/>
4 Have you placed gel mats under your TV, PC, Microwave, etc.?	<input type="checkbox"/>	<input type="checkbox"/>
5 Have you protected your windows/glass doors with shatter-resistant film?	<input type="checkbox"/>	<input type="checkbox"/>
6 Have you placed flashlights/lanterns in all rooms?	<input type="checkbox"/>	<input type="checkbox"/>
7 Have you secured any lights hanging from the ceiling?	<input type="checkbox"/>	<input type="checkbox"/>
8 Have you placed a fire extinguisher in the kitchen?	<input type="checkbox"/>	<input type="checkbox"/>
9 Have you made sure you don't have heavy picture frames/ornaments in high places?	<input type="checkbox"/>	<input type="checkbox"/>
10 Have you made sure the layout of your room will not block the exit if furniture falls over?	<input type="checkbox"/>	<input type="checkbox"/>

TOOLS TO SECURE YOUR FURNITURE

Anti-Toppling Devices



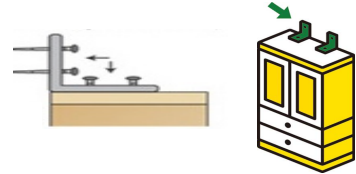
- ✓ Gel mats



- ✓ Space-filling devices



- ✓ L-brackets



- ✓ Stoppers



Note: Combination of gel mats and stoppers will increase their effectiveness

Other Devices

- ✓ Hinged door stoppers



- ✓ Guard to prevent books from falling

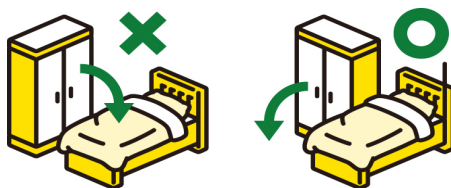


- ✓ Shatter-resistant film

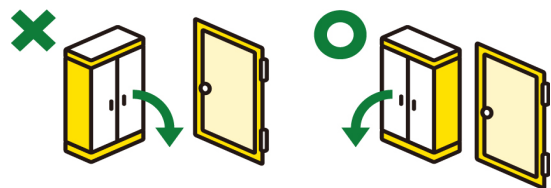


Furniture Alignment

- ✓ Make sure furniture will not fall on to you



- ✓ Make sure furniture will not block exits



STEP 7 Prepare Your Emergency Kit

EMERGENCY SUPPLY CHECKLIST

Items to Have on a Daily Basis

Basic Items	
Mini LED Flashlight 小型LED懐中電灯	<input type="checkbox"/>
Whistle ホイッスル	<input type="checkbox"/>
Mobile Battery Charger 携帯電話用充電器	<input type="checkbox"/>

Sanitary	
Tissues ティッシュ	<input type="checkbox"/>
Wet Tissues ウェットティッシュ	<input type="checkbox"/>
Large Handkerchief 大判ハンカチ	<input type="checkbox"/>

Food	
Candy / Gum 飴・ガム	<input type="checkbox"/>
Energy Bar 栄養補助食	<input type="checkbox"/>
Water 水	<input type="checkbox"/>

Special Needs	
Medicine 薬	<input type="checkbox"/>
Prescriptions お薬手帳	<input type="checkbox"/>

Walking Home

Basic Items	
LED Flashlight LED懐中電灯	<input type="checkbox"/>
Helmet ヘルメット	<input type="checkbox"/>
Mask マスク	<input type="checkbox"/>
Whistle ホイッスル	<input type="checkbox"/>
Rain Poncho 雨合羽・レインコート	<input type="checkbox"/>
Gloves 手袋	<input type="checkbox"/>

Sanitary	
Wet Tissues ウェットティッシュ	<input type="checkbox"/>
Towel タオル	<input type="checkbox"/>
Disposable Toilet Bags 携帯簡易トイレ	<input type="checkbox"/>

Food	
Energy Bar 栄養補助食	<input type="checkbox"/>
Water 水	<input type="checkbox"/>

Special Needs	
Medicine 薬	<input type="checkbox"/>

Other	
Emergency Route Map 帰宅マップ	<input type="checkbox"/>
Blanket ブランケット	<input type="checkbox"/>

Stocking Your Home (If your home is a viable shelter)

Basic Items	
LED Flashlight LED懐中電灯	<input type="checkbox"/>
Lanterns ランタン	<input type="checkbox"/>
Radio ラジオ	<input type="checkbox"/>
Work Gloves 軍手	<input type="checkbox"/>
Food Wrap サランラップ	<input type="checkbox"/>
Paper Plates, Cutlery 紙皿、フォーク等	<input type="checkbox"/>
Portable Stove カセットコンロ	<input type="checkbox"/>
Gas Canisters ガス缶／ガスカセット	<input type="checkbox"/>
Candles ろうそく	<input type="checkbox"/>
Head Light ヘッドトーチ	<input type="checkbox"/>
Matches/Lighters マッチ・ライター	<input type="checkbox"/>
Packing Tape ガムテープ	<input type="checkbox"/>
Bucket バケツ	<input type="checkbox"/>
Trolley / Handcart 台車	<input type="checkbox"/>
Helmet ヘルメット	<input type="checkbox"/>
Can Opener 缶切り	<input type="checkbox"/>

Sanitary	
Band Aids バンドエイド	<input type="checkbox"/>
Bandages 包帯	<input type="checkbox"/>
Sanitizer 消毒液	<input type="checkbox"/>
Tissues ティッシュ	<input type="checkbox"/>
Surgical Masks フェイスマスク	<input type="checkbox"/>
Sanitary Napkins 生理用品	<input type="checkbox"/>
Dry Shampoo 水なしシャンプー	<input type="checkbox"/>
Toiletries 洗面用品	<input type="checkbox"/>
Toilet Paper トイレペーパー	<input type="checkbox"/>
Paper Towels ペーパータオル	<input type="checkbox"/>
Emergency Portable Toilets 簡易トイレ	<input type="checkbox"/>
Garbage Bags ゴミ袋	<input type="checkbox"/>

Food	
Emergency Food 非常食	<input type="checkbox"/>
Water 水	<input type="checkbox"/>
Vitamins ビタミン剤	<input type="checkbox"/>
Snacks (Chocolate, etc.) スナック	<input type="checkbox"/>
Tea Bags, Instant Coffee コーヒー	<input type="checkbox"/>
Canned Food 缶詰食品	<input type="checkbox"/>
Alpha (Precooked) Rice アルファ米	<input type="checkbox"/>
Rice 米	<input type="checkbox"/>

Baby Goods	
Diapers オムツ	<input type="checkbox"/>
Wipes おしりふき	<input type="checkbox"/>
Baby Blanket 毛布	<input type="checkbox"/>
Baby Bottle 哺乳瓶	<input type="checkbox"/>
Infant Formula 粉ミルク	<input type="checkbox"/>
Baby Food ベビーフード	<input type="checkbox"/>
Baby Snacks おやつ	<input type="checkbox"/>
Paper Cups 紙コップ	<input type="checkbox"/>

In case of Fire/ Rescue	
Fire Extinguisher 消火器	<input type="checkbox"/>
Hammer 金づち	<input type="checkbox"/>
Axe 斧	<input type="checkbox"/>
Shovel シャベル	<input type="checkbox"/>
Crowbar バール(鉄挺)	<input type="checkbox"/>
Saw ノコギリ	<input type="checkbox"/>

Special Needs	
Medicine 薬	<input type="checkbox"/>
Medical Device 医療機器	<input type="checkbox"/>

Supplementary Items to Bring to the Shelter (If your home is unlivable)

Basic Items	
Slippers スリッパ	<input type="checkbox"/>
Towel Wraps ラップタオル	<input type="checkbox"/>
Inflatable Camping Mats エアーマット	<input type="checkbox"/>

Valuables	
Money Belt マネーベルト	<input type="checkbox"/>
Cash (Coins) 現金(小銭)	<input type="checkbox"/>
Health Insurance Card 健康保険証	<input type="checkbox"/>
Passport パスポート	<input type="checkbox"/>
Residence Card 在留カード	<input type="checkbox"/>

Sanitary	
Underwear, Socks 下着・靴下	<input type="checkbox"/>
Wet Towels ウェットタオル	<input type="checkbox"/>
Deodorant Towelettes 消臭タオル	<input type="checkbox"/>
Toothbrush/Floss 歯ブラシ・フロス	<input type="checkbox"/>
Mouthwash マウスウォッシュ	<input type="checkbox"/>
Mirror 鏡	<input type="checkbox"/>
Hairbrush ヘアブラシ	<input type="checkbox"/>
Sanitary Napkins 生理用品	<input type="checkbox"/>

Nice to Have (Stress Control)	
Emergency Food 非常食	<input type="checkbox"/>
Snacks おやつ	<input type="checkbox"/>
Tea Bags, Coffee コーヒー等	<input type="checkbox"/>
Books, iPad/iPod, etc. 本、iPhone等	<input type="checkbox"/>
Essential Aroma Oil アロマオイル	<input type="checkbox"/>

Baby Goods	
Baby carrier だっこひも	<input type="checkbox"/>
Toys/Books おもちゃ・本	<input type="checkbox"/>
Nursing Cover 授乳カバー	<input type="checkbox"/>

Special Needs	
Medicine 薬	<input type="checkbox"/>
Prescriptions お薬手帳	<input type="checkbox"/>
Medical Device 医療機器	<input type="checkbox"/>
Medical Certificates 手帳(母子・障害)	<input type="checkbox"/>

If You Are Sheltering On Your Own

Basic Items	
LED Flashlight LED懐中電灯	<input type="checkbox"/>
Lanterns ランタン	<input type="checkbox"/>
Radio ラジオ	<input type="checkbox"/>
Work Gloves 軍手	<input type="checkbox"/>
Plastic Wrap サランラップ	<input type="checkbox"/>
Paper Plates, Cutlery 紙皿、フォーク等	<input type="checkbox"/>
Blanket ブランケット	<input type="checkbox"/>
Rain Poncho 雨合羽・レインコート	<input type="checkbox"/>
Mobile Battery Charger 携帯充電器	<input type="checkbox"/>
Trolley / Handcart 台車	<input type="checkbox"/>
Portable Stove カセットコンロ	<input type="checkbox"/>
Gas Canisters ガスカセット	<input type="checkbox"/>
Scissors キッチンばさみ	<input type="checkbox"/>
Packing Tape ガムテープ	<input type="checkbox"/>
Camping Mats/Sleeping bags エアマット・寝袋	<input type="checkbox"/>
Tent テント	<input type="checkbox"/>

Sanitary	
Band Aids バンドエイド	<input type="checkbox"/>
Bandages 包帯	<input type="checkbox"/>
Sanitizer 消毒液	<input type="checkbox"/>
Tissues ティッシュ	<input type="checkbox"/>
Surgical Masks マスク	<input type="checkbox"/>
Sanitary Napkins 生理用品	<input type="checkbox"/>
Dry Shampoo 水なしシャンプー	<input type="checkbox"/>
Toiletries 洗面用品	<input type="checkbox"/>
Toilet Paper トイレペーパー	<input type="checkbox"/>
Paper Towels ペーパータオル	<input type="checkbox"/>
Emergency Portable Toilets 非常用トイレ	<input type="checkbox"/>
Garbage Bags ゴミ袋	<input type="checkbox"/>
Bath Towels タオル	<input type="checkbox"/>

Food	
Emergency Food 非常食	<input type="checkbox"/>
Water 水	<input type="checkbox"/>
Water Filterage 水フィルター	<input type="checkbox"/>

Valuables	
Money Belt マネーベルト	<input type="checkbox"/>
Cash (Especially coins) 現金(小銭)	<input type="checkbox"/>
Health Insurance Card 健康保険証	<input type="checkbox"/>
Passport パスポート	<input type="checkbox"/>
Residency Card 在留カード	<input type="checkbox"/>
Certificates(i.e. maternity) 母子手帳等	<input type="checkbox"/>

Baby Goods	
Diapers オムツ	<input type="checkbox"/>
Wipes おしりふき	<input type="checkbox"/>
Baby Blanket 毛布	<input type="checkbox"/>
Baby Bottle 哺乳瓶	<input type="checkbox"/>
Infant Formula 粉ミルク	<input type="checkbox"/>
Baby Food ベビーフード	<input type="checkbox"/>
Baby Snacks おやつ	<input type="checkbox"/>
Paper Cups 紙コップ	<input type="checkbox"/>
Baby Carrier だっこひも	<input type="checkbox"/>
Toys/Books おもちゃ・本	<input type="checkbox"/>

Special Needs	
Medicine 薬	<input type="checkbox"/>
Prescriptions お薬手帳	<input type="checkbox"/>
Medical Device 医療機器	<input type="checkbox"/>

TIPS FOR PACKING YOUR EMERGENCY BAG

- Use a backpack to keep your hands free.
- Pack only the amount you can carry (less than 10-15 kg).
- Keep your emergency bag near the door so you can grab and go!

TIPS FOR STOCKING YOUR HOME

- We need ____ liters of water per day per person for hydration.
- We need ____ liters of water per day per person for daily use
i.e. cooking, washing hands, body, rinsing mouth, etc.
- Make sure to check the expiration date of your supplies every 6 months and renew your stock as necessary.

Rolling Stock Method

Specially designed food for disaster situations with life of 3 to 7 years can be quite expensive. But you can utilize packaged food that you normally find in your local supermarket. Apply the “Rolling Stock Method” to make sure your supplies do not expire!

Step 1 Ready 3 days of food

Step 2 Add three more extras

Step 3 Eat one meal, once a month

Step 4 Refill one meal, once a month



The whole
stockpile will be
renewed in 12
months!

	Breakfast	Lunch	Dinner	Refill	Refill	Refill
Day 1						
Day 2						
Day 3						
Extra						

ASSEMBLE YOUR PERSONAL BOSAI KIT

BOSAI is the Japanese word for disaster prevention. A Personal Bosai Kit is a compact and portable set of useful and essential items in the event of an earthquake. It consists of items that will help you survive the first few hours after the disaster. It contains minimal items in terms of size and amount and is small enough to be carried in a bag by an individual on a daily basis.

There may not be enough space for everything, so it is important to customize and prioritize the contents according to your needs.

There are 3 types of items to include: (1) Must Have Items, (2) Useful Items and (3) Comfort Items.

Must Have Items	Useful Items	Comfort Items
 Flashlight (Kaichu-dento) There may be a blackout after a big earthquake.	 Mask (Masuku) To protect against dust and odor.	 Toys (Omocha) Keep a favorite game or a toy to entertain children and comfort them in stressful situations.
 Whistle (Fue/Hoissuru) Calling out for help uses a lot of energy. Use a whistle.	 Wet tissues (Wetto-tisshu) Suitable for hands and face.	 Glasses or Contact Lenses (Megane, Kontakuto Renzu)
 Food (Tabemono) Energy bar type food is compact and long lasting.	 Mobile Battery Charger (Judenki) Trying to contact your family and using gathering info using the internet consumes a lot of battery.	 Portable Toilet (Keitai Toire) The gel inside absorbs the liquid and odor.
 Medication (Kusuri) If you take medication on a regular basis, pack an extra dose! Also include antiseptic cream for wound care.	 Coins (Okane) You will need coins to use public phones for calling or 171. Public phones accept ¥10 and ¥100 coins.	 Aluminium Blanket and Hot Packs (Arumi Buranketto, kairo) You will need extra warmth in the cold season.

BOSAI items are available at Tokyu Hands, home centers, large-scale supermarkets and Amazon. For WaNavi Japan's original prepacked Personal BOSAI Kit (¥2000), please contact us at contact@wanavi.org.



Be Prepared and Discover Japan



<http://www.wanavi.org>

<http://www.facebook.com/wanavi.japan1/>