



FEELING THE EARTH MOVE UNDER YOUR FEET?

Recent events, while tragic for those involved, are also a timely reminder for those of us living here, where earthquakes are always a possibility. Hokkaido is generally 'lucky' in that our share in the natural disaster pot tends to be minimal, earthquakes do happen, and when they do, you'll sure be a much happier camper if you're prepared.

This was printed in the Polestar in September, 2007, but for those of you who didn't catch it there, or who did catch it there and didn't get to and pack your survival kit, here it is again, in checklist form.

Emergency Kits		
Check	Item	Notes
<input type="checkbox"/>	Car kit	In case of winter breakdowns
<input type="checkbox"/>	Home kit (in genkan)	

Supplies - Water & Food		
Check	Item	Notes
<input type="checkbox"/>	Water for three days	
<input type="checkbox"/>	Energy Bars	From any camping store, Homeac. Powerbars and CalorieMate etc.
<input type="checkbox"/>	Tinned veges/beans	High in energy, but heavy. (Choose carefully)
<input type="checkbox"/>	Can opener	In case you don't have ring-pull cans
<input type="checkbox"/>	Canned tuna/salmon	
<input type="checkbox"/>	Dried fruits	
<input type="checkbox"/>	Dried meats/fish	
<input type="checkbox"/>	Chocolate	We all know about Snickers
<input type="checkbox"/>	Water purification tables	Available from camping shops.

Clothing		
Check	Item	Notes
<input type="checkbox"/>	Heavy-duty gloves	
<input type="checkbox"/>	Warm socks	
<input type="checkbox"/>	Woolen hat/beanie/tuuk	
<input type="checkbox"/>	Waterproof jacket	
<input type="checkbox"/>	Warm blanket/sleeping bag	
<input type="checkbox"/>	First-Aid Kit	Gauze, antiseptic, Band-Aids etc.
<input type="checkbox"/>	Portable radio	
<input type="checkbox"/>	Batteries	Appropriate size for torch/radio
<input type="checkbox"/>	Dust masks	Especially good to have in volcano/ earthquake situations
<input type="checkbox"/>	Plastic bags	
<input type="checkbox"/>	Goggles	

Paperwork		
Check	Item	Notes
<input type="checkbox"/>	Toilet paper	
<input type="checkbox"/>	List with important contact numbers	<input type="checkbox"/> Supervisors' details <input type="checkbox"/> PA's details <input type="checkbox"/> Parents'/loved ones' details <input type="checkbox"/> Your OWN details
<input type="checkbox"/>	Copies of your official documents	Passport, Alien Registration Card, Driver's License etc.

I know that most of you are going to read this and think, “My my, good idea” and then not actually do anything about it, but I really can’t recommend it enough and I assure you that should a quake come our way one of the very first thoughts to cross your mind will be, “Yesterday would have been a really good time to get that kit ready”. So please, spend 30 minutes and 5000 yen and get yourself set up and prepared.