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TOM TOM ENGLISH



Do you have an emergency kit? What's in it?

VOCABULARY

Assemble =

To make or put
together

Designate =

To appoint, assign, or
give a special meaning
to something or
someone

For ages =

For a long time

Keep =

Stay fresh, not go bad

Go Down =

Stop working or go
offline

Discussion questions

1. Do you have an emergency kit at home?
Why? Why not?
2. If you have a kit, what's in it? Do you
think you should add any items to it?
3. If you have a kit, did you assemble it
yourself, or did you buy it as a package?
4. What do you think about the emergency
items on this list? Are they good? Why?
Why not? What items do you think should
be added?
5. Have you ever had to use your emergency
items? What happened?
6. What do you think are the most
important items to have in an
emergency? Why? Do you have them in
your home?
7. How did you experience the

VOCABULARY

Insulate =

To prevent heat loss

Dispense =

To distribute or to give
out

Dispatch =

To send

Mugger =

A person who attacks
and robs another person
in a public place

Potable

Safe to drink

In 1923, the Great Kanto Earthquake struck the Tokyo area, resulting in the death or disappearance of 140,000 people. In 1960 the Japanese government **designated** September 1 as Disaster Prevention Day, and this year we made a disaster kit **assembled** from items you can easily procure at the 100-yen store.

Some of the items you may wish to pack in a disaster kit don't come cheap. With that in mind, in putting together our survival pack, we visited branches of three large 100-yen chains: Daiso, Can Do, and 100-Yen Lawson. Below are our top six picks, some of which are officially **designated** disaster preparedness items, and others our own recommendations.

6. Sugar cubes (100-Yen Lawson)

Having a fridge full of food won't do you much good if an earthquake knocks the power out and everything spoils. While a couple of sugar cubes is a balanced diet, your body can quickly and easily convert them to caloric energy. They're also easy to transport and will **keep for ages**.

5. Chalk (Daiso)

If telecommunications service or the electricity supply **go down**, you're not going to be able to get in touch with family or loved ones by phone or email. Using chalk means you can turn any flat surface into a message board, leaving instructions about where or how to meet with those you've been separated from.

4. Rescue sheet (Can Do)

This is a 213 x 137-centimeter sheet of thin aluminum. It's large enough to easily use as a ground covering or to wrap yourself in when you need an **insulating** blanket, but

also folds up so its easy to carry if you need to move to a safer location.

3. Emergency water pouch (Can Do)

We talked about using sugar cubes as an emergency food substitute above, but your body also needs water to survive. As part of emergency services, drinking water-**dispensing** trucks are often **dispatched** to disaster areas, but you'll still need a container to store it. Try this collapsible five-liter plastic water pouch.

2. Anti-crime buzzer with light (Daiso)

These are primarily sold to women and children who are concerned about being attacked on their way to or from home. Their usefulness isn't limited to scaring off **muggers**, though, as they'll also help if you find yourself trapped inside your home or under collapsed debris, and unable to call loudly enough for help. The piercing sound of the buzzer can help attract the attention of rescue workers, as will shining the light at night.

1. Long-storage water (100-Yen Lawson)

Water doesn't really go bad, but its mineral content means that after a very long length of time, it's said to become unfit to drink. The water in these two-liter bottles, on the other hand, has had all of its minerals removed, meaning it will remain **potable** for roughly three years, slowing down the cycle with which you need to restock your disaster preparedness kit.

These are just our top picks, and a quick check at the above stores will turn up even more items, such as raincoats and dried foodstuffs. In light of the disasters that regularly hit Japan, a few bags of things from the 100-yen shop is literally a small price to pay to keep yourself safe in the aftermath of a natural disaster.