



EMERGENCY CLOTHING CHECKLIST

Use this checklist to ensure that your emergency kit has sufficient clothes for several days after a disaster until supplies arrive. Make sure you have enough clothes for the whole family.

Category	Description	Key relevant UNIQLO products	Number of items required	Check!
 Long Sleeve	Warm and stretchy and useful as outerwear	Heattech Crew Neck T-Shirt	3	
 Short Sleeve	We recommend fabrics that wick away sweat or dry fast after washing	MEN: Airism Crew Neck T-Shirt WOMEN: Airism Bra Sleeveless Top KIDS: Airism Cotton Blend Scoop Neck T	3	
 Underwear	Include enough to ensure hygiene	MEN: Trunks WOMEN: Airism Ultra Seamless Shorts KIDS: Boxer Briefs	3	
 Socks	Have enough for several days to protect the feet from the wet and cold	Regular Socks	3	
 Mask	To safeguard from infectious diseases in crowded evacuation centers	AIRism mask	3	
 Lounge wear	Stretchy sweatshirt and sweatpants for sleeping and working in	Ultra Stretch Sweat Set	1	
 Room Shoes	To protect from broken glass and prevent sore feet in evacuation centers	Room Shoes	1	
 Outerwear	Waterproof clothing to keep out the wind, rain, and cold, choosing light and compact items	Pocketable UV Protection Parka Ultra Light Down Jacket Light Warm Padded Parka	1	
 Bag	Ideally, a large-capacity backpack so you can keep both hands free	Backpack	1	

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