

Give top priority to returning home safely.

Even if you are confident of your physical strength, it is important to never overreach yourself. Give top priority to returning home safely, and be mindful of maintaining appropriate pacing, giving yourself space. First, get information on the direction you will go and make sure it is a route that you can walk home. You should plan a leisurely journey to ensure that your physical and mental strengths are maintained until you reach home, by periodically taking a break.

Also, it can be dangerous to move around after sunset, when the town is plunged into darkness by power failure. Do not move around during nighttime but spend the night at a safe place. Then begin walking home again after the sun comes up the next morning.

Take time and periodically take a break.

Never be in too much of a hurry. Especially when first starting your walk home, you should start slowly while watching your physical condition. On the way home, take a break periodically according to your pace. It is generally recommended to take a break of 10 minutes every hour. Whenever you feel any pain or discomfort, provide early care. If foot blisters form, you will have difficulty walking. We recommend that you prepare high-calorie, pocket-size food and drinks, so that you can eat food and stay hydrated while walking.

During the hot season, drink more water. When it rains, wear a rain cape, raincoat or poncho to keep both hands free. Since you can become easily exhausted in these weather conditions, it is better not to walk too much.

Walk along arterial roads or roads you are familiar with. It is also important to set a short distance as a goal for each leg of your journey. If you have a traveling companion who walks at a pace similar to yours, you can mutually encourage and enjoy conversation with him/her to make the walk go easier.

Gas stations and convenience stores with the following stickers have agreed to serve as support stations to help people walking home due to failure of the transport system in a disaster. Specifically, these stations offer water and toilet facilities, as well as provide traffic information based on maps, information on accessible roads obtained from radio or other media, and information on evacuation areas in the vicinity.



災害時サポートステーション
SOS 00
http://www.sos00.or.jp

Emergency support station
(Gas stations in Tokyo)



災害時徒歩帰宅
支援ステーション

Station that supports
people walking home
in disaster situations
(Gas stations in Kanagawa Prefecture)



災害時に「徒歩帰宅」を助ける駅
災害時帰宅
ステーション

Station that helps people
get home in disaster situations
(convenience stores, etc.)

Disaster message board services (message registration/replay)

NTT docomo
<http://dengon.docomo.ne.jp/Etop.cgi>

au by KDDI
<http://dengon.ezweb.ne.jp/>

SoftBank
<http://dengon.softbank.ne.jp/E>

Legend

-  Station providing support for those walking home (Tokyo only)
-  Wide-area evacuation site
-  Major designated emergency hospital or disaster-response headquarter hospital
-  Tokyo-designated road with support for those walking home
-  Police station
-  Fire station

