MEDICINES AND HEALTH

- Every daily prescription in its original labeled container, in a waterproof bag, on you or in your go-bag.
- A written list: each medicine, strength, how often, prescribing doctor, pharmacy phone, allergies and conditions.
- Never stop or change a prescription to make it last. Some are dangerous to stop suddenly. Ask a doctor or pharmacist.
- Top priority for an extra supply: heart, blood pressure, thyroid, seizure and mental health medicines.

Special handling

- **Insulin:** FDA says vials and cartridges can stay unrefrigerated at 59 to 86 degrees F for up to 28 days. Keep cool and out of sun; never use insulin that froze. Bring needles, meter, strips and fast sugar.
- **Inhalers:** at least one spare.
- **Epinephrine auto-injectors:** two per person who needs them.
- **Glasses:** a spare pair, even an old prescription.
- **Hearing aids:** spare batteries or a way to charge.
- **CPAP and powered devices:** battery pack or vehicle power adapter.

Also in the bag

- Pain reliever, anti-diarrhea medicine, antacid, motion sickness medicine.
- Children's versions measured for their weight, with the dosing cup or syringe.
- First aid kit, phone and radio power, cash, copies of IDs and papers.

On the road

- Leave early and know a second route.
- Pick a destination not exposed to the hazard you are leaving.
- Start with a full tank, a spare tire and traction devices in winter.

ONE PERSON, ONE DAY

	Driving	Hiking
Water	1 gallon (8.3 lb)	2 gallons in heat or hard effort (16.7 lb)
Food, adult	2,200 calories (about 1.4 lb no-cook food)	3,000 calories (about 1.5 lb trail food)
Food, school-age child	1,600 calories (about 1 lb)	2,000 calories (about 1 lb)
Medicines	1 day of each, plus your full reserve	
Socks	1 clean pair	1 pair, plus a dry pair for sleeping

Driving: carry 7 days of water and food per person, even for a 1-day drive. **Hiking:** carry enough to reach the next safe water, not the whole trip.

Scale it up

Water (gallons) = people x gallons per day x days
Food (calories) = people x calories per day x days

Example: 4 people driving, 7-day buffer = 4 × 1 × 7 = 28 gallons (about 234 lb).

Make water safe

- Boil at a rolling boil for 1 full minute, then let it cool.
- Or add 1/8 teaspoon plain, unscented bleach (5.25 to 6.0 percent) per gallon, stir, wait 30 minutes.
- Never assume creek, spring, canal or lake water is safe because it looks clean.

The 1-gallon figure is the Ready.gov minimum; Ready.gov notes needs can double in very hot weather. Calorie and weight figures are planning figures.

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GLOVE BOX CARD

GETTING THERE

ALABAMA

10 places in this state, water and food for one person per day, and a medicine checklist

If someone is hurt, trapped or in danger, call 911 first. Follow your local officials.

These are areas to study, not promises of safety, and not permission to enter or use anyone's property. Respect private land, closures and local rules.

Print tip: both sides, flip on short edge. Fold on the dashed lines so this panel is on the front.

trinfinityenterprises.com/books/getting-there/

TRINFINITY Enterprises

ALABAMA: THE PLACES

Listed A to Z, not ranked. **Medium** means water, a current food base and a hazard were each confirmed in a published source; **Low** means at least one was not. Checked November 2026. Coordinates are approximate.

Albertville — MEDIUM

Marshall County · 34.27 N, 86.21 W

Water and food: On Sand Mountain; drains to Short Creek and Slab Creek; Wayne Farms, Pilgrim's Pride and Tyson poultry plants

Watch out for: University of Alabama in Huntsville found 32 of 49 tornadoes in the area over a decade formed atop Sand Mountain; the 1908 "Great Cyclone" killed 15 here

Clanton — MEDIUM

Chilton County · 32.84 N, 86.64 W

Water and food: Chilton County grows over 80 percent of Alabama's peaches; Lay Dam is nearby

Watch out for: Interstate 65 corridor between Birmingham and Montgomery

Cullman — MEDIUM

Cullman County · 34.18 N, 86.83 W

Water and food: Lake Catoma supplies city water; county agriculture is mainly poultry and farming; Lewis Smith Lake

Watch out for: An EF4 tornado badly damaged downtown in the April 27, 2011 outbreak

Demopolis — MEDIUM

Marengo County · 32.49 N, 87.84 W

Water and food: Where the Black Warrior and Tombigbee rivers meet; beef cattle and catfish farming in the Black Belt

Watch out for: River port and waterway traffic

Eufaula — MEDIUM

Barbour County · 31.91 N, 85.17 W

Water and food: Walter F. George Lake (Lake Eufaula) on the Chattahoochee; county agriculture includes peanuts, cattle and timber

Watch out for: Tornadoes struck the city in 2019 and 2020

Florence — LOW

Lauderdale County · 34.83 N, 87.66 W

Water and food: Tennessee River and Pickwick Lake; Wilson Dam; current farm base not confirmed

Watch out for: Browns Ferry nuclear plant sits on Wheeler Lake near Athens and Decatur

Heflin — LOW

Cleburne County · 33.61 N, 85.59 W

Water and food: Talladega National Forest borders the county; Cheaha Mountain, the state's highest point, is here; farm base not confirmed

Watch out for: Rugged terrain

Monroeville — LOW

Monroe County · 31.52 N, 87.34 W

Water and food: Alabama River in the county; current farm base not confirmed

Watch out for: Declared a federal disaster area after Hurricane Frederic (1979) and Hurricane Ivan (2004)

Oneonta — LOW

Blount County · 33.93 N, 86.47 W

Water and food: Murphree Valley; the county is drained by the Locust and Mulberry Forks of the Black Warrior River; farm base not confirmed

Watch out for: Borders Jefferson County (Birmingham)

Valley Head — LOW

DeKalb County · 34.57 N, 85.63 W

Water and food: Lookout Mountain region; water and farm base not confirmed

Watch out for: Called the coolest place in the state in winter; small town

State hazards: Tornadoes are the deadliest hazard, followed by inland flooding, hurricanes near the Gulf, and summer heat. The Gulf Coast and the Birmingham and Huntsville metros were avoided.

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