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

ALASKA

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

ALASKA: 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.

Copper Center — LOW

Copper River Census Area · 61.92 N, 144.98 W

Water and food: Where the Klutina River meets the Copper River; fish and game not confirmed
Watch out for: January highs average about -5 degrees Fahrenheit; record low -60

Delta Junction — MEDIUM

Southeast Fairbanks Census Area · 64.01 N, 145.61 W

Water and food: Delta and Tanana rivers; barley, potatoes, hay, cattle and Alaska's only dairy
Watch out for: Fort Greely sits about 5 miles south; record low -63 degrees Fahrenheit

Haines — LOW

Haines Borough · 59.25 N, 135.54 W

Water and food: Chilkat River; fish and farm base not confirmed
Watch out for: Record snow seasons of 309 and 360 inches; reached by one highway and the ferry

Homer — MEDIUM

Kenai Peninsula Borough · 59.67 N, 151.46 W

Water and food: Mild maritime climate (USDA zone 6B); "Halibut Fishing Capital of the World"; commercial and sport fishing
Watch out for: The 1964 earthquake dropped the coastline and Homer Spit

Kodiak — MEDIUM

Kodiak Island Borough · 57.78 N, 152.50 W

Water and food: About 78 inches of precipitation a year; fishing is the mainstay of the economy
Watch out for: The 1964 tsunami killed 15 and destroyed much of the fishing fleet; major Coast Guard base

Nenana — MEDIUM

Yukon-Koyukuk Census Area · 64.56 N, 149.09 W

Water and food: Where the Nenana River meets the Tanana; subsistence salmon, moose, caribou and berries
Watch out for: Major floods in 1967 and 2008; record low -69 degrees Fahrenheit

Palmer — MEDIUM

Matanuska-Susitna Borough · 61.61 N, 149.07 W

Water and food: Matanuska River; 1935 Matanuska Colony farms, some still operating
Watch out for: 42 miles from Anchorage; many residents commute there

Soldotna — MEDIUM

Kenai Peninsula Borough · 60.48 N, 151.14 W

Water and food: Kenai River with all five Pacific salmon species
Watch out for: Summer fishing and tourism crowds

Talkeetna — MEDIUM

Matanuska-Susitna Borough · 62.26 N, 150.11 W

Water and food: Where the Susitna, Chulitna and Talkeetna rivers meet; fishing and hunting
Watch out for: Base for Denali expeditions; summer tourism

Willow — MEDIUM

Matanuska-Susitna Borough · 61.77 N, 150.19 W

Water and food: Willow Creek, Willow Lake and nearby salmon fishing areas
Watch out for: The 2015 Sockeye Fire burned structures and closed the Parks Highway

State hazards: Earthquakes, tsunamis, volcanic ash, wildfire, flooding and extreme cold. Growing seasons are short almost everywhere, so fish, game and stored food carry more weight than in other states.

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