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

ARIZONA

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

ARIZONA: 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.

Camp Verde — MEDIUM

Yavapai County · 34.57 N, 111.86 W

Water and food: Verde River; local farms such as the growers behind the Corn Fest
Watch out for: Record high 118 degrees Fahrenheit; population grew from 285 in 1960 to over 12,000

Cottonwood — LOW

Yavapai County · 34.71 N, 112.01 W

Water and food: Verde River and Dead Horse Ranch State Park; farm base not confirmed
Watch out for: Growth; summer heat

Duncan — MEDIUM

Greenlee County · 32.79 N, 109.13 W

Water and food: Gila River valley; farming, ranching and mining
Watch out for: Destroyed twice by flood and once by fire

Eagar — LOW

Apache County · 33.95 N, 109.25 W

Water and food: Foot of the White Mountains next to Apache National Forest; ranching history; water source not confirmed
Watch out for: January lows average about 17 degrees Fahrenheit; evacuated during the 2011 Wallow Fire

Payson — LOW

Gila County · 34.22 N, 111.29 W

Water and food: Tonto Creek and cold-water lakes on the Mogollon Rim; farm base not confirmed
Watch out for: Early-summer wildfire risk; a 2017 flash flood killed 10 people nearby

Safford — MEDIUM

Graham County · 32.83 N, 109.63 W

Water and food: Gila River; cotton and cattle
Watch out for: Much hotter than most of eastern Arizona; record high 114 degrees Fahrenheit

Show Low — LOW

Navajo County · 34.06 N, 110.05 W

Water and food: On the Mogollon Rim at about 6,345 feet, near large forests; water source not confirmed
Watch out for: The 2002 Rodeo-Chediski Fire stopped less than half a mile from town

Snowflake — LOW

Navajo County · 34.50 N, 110.08 W

Water and food: Hog production and greenhouses; water source not confirmed
Watch out for: About 12.7 inches of precipitation a year

St. Johns — MEDIUM

Apache County · 34.50 N, 109.38 W

Water and food: Historic crossing of the Little Colorado River; farming and ranching since the 1870s
Watch out for: About 11.5 inches of precipitation a year; freezing nights

Willcox — MEDIUM

Cochise County · 32.37 N, 109.86 W

Water and food: Sulphur Springs Valley farms; grows 74 percent of Arizona's wine grapes
Watch out for: Heavy farm pumping has dropped the ground up to 12 feet since the 1950s; now an Active Management Area

State hazards: Extreme heat, drought, wildfire, flash floods and dust storms. Water decides everything here, so most places are on rivers or the high plateaus. Phoenix and Tucson were avoided.

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