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

ARKANSAS

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/

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ARKANSAS: 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.

Batesville — LOW

Independence County · 35.78 N, 91.64 W

Water and food: White River; farm base not confirmed
Watch out for: Regional manufacturing hub

Berryville — LOW

Carroll County · 36.35 N, 93.56 W

Water and food: Carroll County; water and farm base not confirmed
Watch out for: Poultry depends on shipped feed

Booneville — LOW

Logan County · 35.14 N, 93.93 W

Water and food: Arkansas River valley between the Ouachitas and Ozarks; Petit Jean River; farm base not confirmed
Watch out for: Tornado exposure

Clinton — LOW

Van Buren County · 35.60 N, 92.48 W

Water and food: Archey Fork of the Little Red River, which feeds Greers Ferry Lake; farm base not confirmed
Watch out for: An EF4 tornado killed three people here in 2008

Harrison — LOW

Boone County · 36.24 N, 93.11 W

Water and food: Crooked Creek; Buffalo National River headquarters; farm base not confirmed
Watch out for: A 1961 flood destroyed about 80 percent of downtown

Jasper — LOW

Newton County · 36.00 N, 93.20 W

Water and food: Newton County seat; water and farm base not confirmed
Watch out for: Small and poor; 547 people in 2020

Mena — LOW

Polk County · 34.58 N, 94.22 W

Water and food: Surrounded by Ouachita National Forest; timber and farming history; water source not confirmed
Watch out for: A 2009 tornado killed three people and did $25 million in damage

Mountain Home — LOW

Baxter County · 36.33 N, 92.38 W

Water and food: Between Norfork and Bull Shoals lakes; little current farming
Watch out for: Older population: about a third are 65 or older

Mountain View — MEDIUM

Stone County · 35.87 N, 92.11 W

Water and food: White River trout fishing; agriculture is mainly cattle and chickens
Watch out for: Small valley economy built on tourism

Stuttgart — MEDIUM

Arkansas County · 34.49 N, 91.55 W

Water and food: Grand Prairie rice, soybeans, cotton, corn and wheat; home of Riceland Foods
Watch out for: Pumping threatens the alluvial and Sparta aquifers; a White River irrigation project was built to cut groundwater use

State hazards: Tornadoes, river flooding and severe storms statewide, and earthquake risk in the northeast from the New Madrid zone. The Ozarks and Ouachitas offer springs and rivers.

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