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

CALIFORNIA

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

CALIFORNIA: 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.

Alturas — MEDIUM

Modoc County · 41.48 N, 120.55 W

Water and food: Where the north and south forks of the Pit River meet; beef, sheep, potatoes and alfalfa
Watch out for: Freezing temperatures recorded in every month; remote northeast corner of the state

Bishop — MEDIUM

Inyo County · 37.39 N, 118.44 W

Water and food: Bishop Creek from the Sierra and the Owens River; ranching since 1861
Watch out for: Los Angeles owned about 90 percent of Owens Valley land and water rights by 1928

Ferndale — MEDIUM

Humboldt County · 40.57 N, 124.25 W

Water and food: Eel River delta dairies; about 40 inches of rain a year
Watch out for: Near the Mendocino triple junction: strong quakes in 1923, 1992, 2010, 2022 and 2024; the 1923 quake caused a tsunami

Fort Jones — MEDIUM

Siskiyou County · 41.62 N, 122.88 W

Water and food: Scott River (Wild and Scenic) drains Scott Valley; cattle and dairy ranches
Watch out for: Wildfire, drought and heat statewide (NOAA)

Loyalton — MEDIUM

Sierra County · 39.66 N, 120.23 W

Water and food: Sierra Valley agriculture and livestock; drains to the Middle Fork Feather River
Watch out for: High valley at about 4,850 feet; most precipitation falls as snow

Orland — MEDIUM

Glenn County · 39.74 N, 122.16 W

Water and food: Orland Project irrigation from 1908; Stony Creek; rural farm town
Watch out for: Record high 120 degrees Fahrenheit

Quincy — LOW

Plumas County · 39.94 N, 120.93 W

Water and food: American Valley in Feather River country; farm base not confirmed
Watch out for: Heavy snow and frequent frost

Susanville — MEDIUM

Lassen County · 40.42 N, 120.65 W

Water and food: Susan River at the head of Honey Lake Valley; historic farming center
Watch out for: Dry (about 13 inches a year); state and federal prisons are the main employers

Weaverville — LOW

Trinity County · 40.73 N, 122.94 W

Water and food: Trinity Lake nearby; farm base not confirmed
Watch out for: At the foot of the Trinity Alps Wilderness

Willits — LOW

Mendocino County · 39.41 N, 123.35 W

Water and food: Little Lake Valley; about 49 inches of rain a year; farm base not confirmed
Watch out for: Groundwater was contaminated by a chrome plating plant and has been under cleanup

State hazards: Earthquakes, wildfire, drought, floods, heat, landslides and coastal tsunami. Large metros and most of the coast were avoided; the north and east of the state hold most of the options.

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