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

COLORADO

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

COLORADO: 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.

Cortez — LOW

Montezuma County · 37.35 N, 108.58 W

Water and food: Dolores River water diverted into Montezuma Valley through tunnels and ditches since about 1886; farm base not confirmed
Watch out for: Drought cuts reservoir deliveries

Craig — LOW

Moffat County · 40.52 N, 107.56 W

Water and food: Where the Yampa River meets Fortification Creek; current farm base not confirmed
Watch out for: Cold, snowy winters (about 76 inches of snow a year)

Delta — LOW

Delta County · 38.73 N, 108.06 W

Water and food: Where the Uncompahgre River joins the Gunnison; farm base not confirmed
Watch out for: Drought; water fully allocated

Gunnison — MEDIUM

Gunnison County · 38.55 N, 106.93 W

Water and food: Gunnison River; cattle and irrigated hay since 1880 (about 11 inches of rain a year)
Watch out for: Record low -47 degrees Fahrenheit

Meeker — MEDIUM

Rio Blanco County · 40.04 N, 107.89 W

Water and food: White River in a fertile valley; ranching and hunting
Watch out for: Isolated; record low -43 degrees Fahrenheit and about 65 inches of snow a year

Monte Vista — LOW

Rio Grande County · 37.57 N, 106.14 W

Water and food: San Luis Valley at 7,664 feet; farm base not confirmed
Watch out for: Cold semi-arid climate at high elevation

Montrose — MEDIUM

Montrose County · 38.47 N, 107.88 W

Water and food: Uncompahgre River; the 1909 Gunnison Tunnel brought irrigation and made it a farm hub
Watch out for: Population more than doubled from 1990 to 2020

Pagosa Springs — LOW

Archuleta County · 37.25 N, 107.04 W

Water and food: San Juan River and hot springs; farm base not confirmed
Watch out for: The San Juan River overflowed in October 2025 and damaged bridges

Paonia — MEDIUM

Delta County · 38.86 N, 107.60 W

Water and food: North Fork of the Gunnison River; orchards of peaches, apples, cherries, pears and plums
Watch out for: Proposed oil and gas drilling nearby, which locals have fought in court

Salida — MEDIUM

Chaffee County · 38.53 N, 106.00 W

Water and food: Arkansas River, the main water source for local agriculture
Watch out for: Growing population

State hazards: Wildfire, drought, hail, flash floods, winter storms and avalanches. Northeastern Colorado holds part of the F.E. Warren missile silo field, so the list stays west of the Front Range.

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