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

IDAHO

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

IDAHO: 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.

Bonners Ferry — MEDIUM

Boundary County · 48.73 N, 116.33 W

Water and food: Kootenai River; farms cleared on the benches above town
Watch out for: Spring floods, now reduced by Libby Dam; cold, snowy winters

Challis — LOW

Custer County · 44.50 N, 114.19 W

Water and food: Along the Salmon River; ranching not confirmed
Watch out for: The 1983 Borah Peak earthquake (magnitude 6.9) damaged the town and killed two people there

Driggs — LOW

Teton County · 43.73 N, 111.12 W

Water and food: Teton Valley at the headwaters of the Teton River; farm base not confirmed
Watch out for: Population nearly doubled from 2000 to 2020

Fairfield — LOW

Camas County · 43.37 N, 114.79 W

Water and food: Magic Reservoir and Silver Creek within 10 to 30 miles; farm base not confirmed
Watch out for: Snowy winters and hot, dry summers

Grangeville — LOW

Idaho County · 45.93 N, 116.11 W

Water and food: On the Camas Prairie near Nez Perce National Forest; water and farm base not confirmed
Watch out for: Record low -25 degrees Fahrenheit

Moscow — MEDIUM

Latah County · 46.73 N, 116.99 W

Water and food: Paradise Creek; an agricultural hub where the Palouse grasslands meet wheat fields
Watch out for: A 1996 flood

Rexburg — MEDIUM

Madison County · 43.81 N, 111.79 W

Water and food: Teton River; famous for large potatoes grown in volcanic soil
Watch out for: The 1976 Teton Dam failure put most of the city underwater for days

Salmon — MEDIUM

Lemhi County · 45.16 N, 113.88 W

Water and food: Salmon and Lemhi rivers meet here; fishing and hunting
Watch out for: Cold, dry winters

Sandpoint — MEDIUM

Bonner County · 48.31 N, 116.53 W

Water and food: Lake Pend Oreille, Idaho's largest lake; ranching grew on cleared "stump ranches"
Watch out for: About 63 inches of snow a year; growing population

Weiser — MEDIUM

Washington County · 44.25 N, 116.97 W

Water and food: Where the Weiser River joins the Snake; farming, orchards and livestock
Watch out for: Chilly winters and very hot summers

State hazards: Wildfire, drought, winter storms, earthquakes and flooding. Eastern Idaho is closest to Yellowstone, and the Idaho National Laboratory sits on the Snake River Plain.

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