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

IOWA

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

IOWA: 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.

Bloomfield — LOW

Davis County · 40.73 N, 92.40 W

Water and food: Water and farm base not confirmed
Watch out for: Tornadoes

Cresco — LOW

Howard County · 43.36 N, 92.13 W

Water and food: Rural town; farm base and water source not confirmed
Watch out for: Long, cold winters; record lows near -36 degrees Fahrenheit

Decorah — MEDIUM

Winneshiek County · 43.32 N, 91.79 W

Water and food: Upper Iowa River, Dunning's and Siewers springs, and a trout hatchery; farming drives the county economy
Watch out for: Flooding, tornadoes, derechos and blizzards statewide (NOAA)

Elkader — LOW

Clayton County · 42.85 N, 91.41 W

Water and food: Turkey River; farm base not confirmed
Watch out for: River flooding

Harlan — MEDIUM

Shelby County · 41.64 N, 95.31 W

Water and food: West Nishnabotna River; farmsteads across Shelby County
Watch out for: An EF3 tornado damaged rural farmsteads in the county in 2024

Kalona — LOW

Washington County · 41.48 N, 91.71 W

Water and food: Large Amish settlement that farms with tractors; water source not confirmed
Watch out for: Near Iowa City

McGregor — LOW

Clayton County · 43.02 N, 91.19 W

Water and food: Mississippi River, across from Prairie du Chien; farm base not confirmed
Watch out for: A July 2017 storm damaged the city

Orange City — LOW

Sioux County · 43.02 N, 96.06 W

Water and food: Water and farm base not confirmed
Watch out for: Farm runoff affects local water

Red Oak — LOW

Montgomery County · 41.01 N, 95.23 W

Water and food: East Nishnabotna River; farm base not confirmed
Watch out for: Flooding

Waukon — LOW

Allamakee County · 43.26 N, 91.48 W

Water and food: Headwaters of Paint Creek and Village Creek; farm base not confirmed
Watch out for: Many sinkholes on the limestone plain south of town

State hazards: Tornadoes, river flooding, derechos, drought and extreme cold. Farmland is the best in the country, but farm runoff affects much of the water, so springs in the northeast Driftless area stand out.

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