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

KANSAS

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

KANSAS: 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.

Cottonwood Falls — MEDIUM

Chase County · 38.36 N, 96.54 W

Water and food: South bank of the Cottonwood River in the Flint Hills; farms and cattle ranches
Watch out for: Repeated floods, including 1951, which led Kansas to build reservoirs and levees

Council Grove — LOW

Morris County · 38.67 N, 96.50 W

Water and food: Council Grove Reservoir and City Lake, with walleye, crappie and white bass; farm base not confirmed
Watch out for: Tornadoes

Eureka — MEDIUM

Greenwood County · 37.83 N, 96.30 W

Water and food: Beside the Fall River; historic cattle trading center
Watch out for: Tornadoes in 2016 and 2018

Fort Scott — MEDIUM

Bourbon County · 37.83 N, 94.70 W

Water and food: South of the Marmaton River; an agricultural center
Watch out for: Temperature extremes from 120 to -24 degrees Fahrenheit

Garnett — LOW

Anderson County · 38.29 N, 95.26 W

Water and food: Water and farm base not confirmed
Watch out for: Record high 116 and record low -23 degrees Fahrenheit

Hiawatha — LOW

Brown County · 39.87 N, 95.53 W

Water and food: Seven-acre city lake a mile south; farm base not confirmed beyond an agricultural museum
Watch out for: Tornadoes

Holton — LOW

Jackson County · 39.44 N, 95.75 W

Water and food: Banner Creek and Elk Creek; farm base not confirmed
Watch out for: Record low -23 and record high 110 degrees Fahrenheit

Marysville — LOW

Marshall County · 39.84 N, 96.64 W

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

Seneca — LOW

Nemaha County · 39.84 N, 96.06 W

Water and food: Water and farm base not confirmed
Watch out for: An F5 tornado struck the town in May 1896

Yates Center — LOW

Woodson County · 37.88 N, 95.73 W

Water and food: Some water area in town; once called the "Hay Capital of the World"; current farm base not confirmed
Watch out for: Wolf Creek nuclear plant is in the region

State hazards: Tornadoes, drought, heat, hail, severe storms and grass fires. The Ogallala aquifer is declining in the west, so the list stays in the wetter east.

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