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

KENTUCKY

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/

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KENTUCKY: 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.

Bardstown — LOW

Nelson County · 37.81 N, 85.46 W

Water and food: Water source and farm base not confirmed; bourbon distilling is a major industry
Watch out for: Record low -26 degrees Fahrenheit; hot summers

Berea — LOW

Madison County · 37.58 N, 84.27 W

Water and food: Water and farm base not confirmed
Watch out for: An April 1996 tornado damaged 800 to 1,000 homes

Campbellsville — MEDIUM

Taylor County · 37.35 N, 85.35 W

Water and food: Green River Lake and its state park; agriculture among the town's industries
Watch out for: Flooding, tornadoes and ice storms statewide (NOAA)

Glasgow — LOW

Barren County · 36.99 N, 85.92 W

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

Hodgenville — LOW

LaRue County · 37.57 N, 85.72 W

Water and food: North Fork of the Nolin River; farm base not confirmed
Watch out for: Tornadoes

Liberty — LOW

Casey County · 37.31 N, 84.97 W

Water and food: Green River valley; farm base not confirmed
Watch out for: Hilly

Russellville — MEDIUM

Logan County · 36.85 N, 86.89 W

Water and food: Town Branch valley in the Green River watershed; the surrounding region is largely farmland
Watch out for: Flooding, tornadoes and drought statewide (NOAA)

Somerset — LOW

Pulaski County · 37.07 N, 84.60 W

Water and food: Lake Cumberland; farm base not confirmed
Watch out for: An EF4 tornado struck in 2025; low lake levels during dam work

Springfield — LOW

Washington County · 37.70 N, 85.24 W

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

Tompkinsville — LOW

Monroe County · 36.71 N, 85.70 W

Water and food: Town Creek and Mill Creek; farm base not confirmed
Watch out for: Small town; hilly

State hazards: Flooding, tornadoes, landslides, winter storms and severe storms, plus New Madrid earthquake risk in the far west. The deadly 2022 eastern Kentucky floods hit narrow hollows, so the list favors wider valleys in the central part of the state.

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