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

LOUISIANA

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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LOUISIANA: 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.

Arcadia — LOW

Bienville Parish · 32.56 N, 92.92 W

Water and food: Poultry center with up to 300 growers supplying a feed mill; water source not confirmed
Watch out for: Heat; tornadoes

Columbia — LOW

Caldwell Parish · 32.11 N, 92.10 W

Water and food: Southwest bank of the Ouachita River; historic cotton plantations; current farm base not confirmed
Watch out for: River flooding

Farmerville — LOW

Union Parish · 32.75 N, 92.32 W

Water and food: Lake D'Arbonne for fishing and boating; farm base not confirmed
Watch out for: An EF3 tornado injured 14 people in December 2022

Homer — LOW

Claiborne Parish · 32.77 N, 93.03 W

Water and food: Water and farm base not confirmed
Watch out for: Muggy summers

Jena — LOW

LaSalle Parish · 31.67 N, 92.11 W

Water and food: Water and farm base not confirmed
Watch out for: Heavy winter rain; hot, rainy summers

Many — LOW

Sabine Parish · 31.59 N, 93.46 W

Water and food: Near Toledo Bend; water and farm base not confirmed
Watch out for: Hurricane remnants

Marksville — LOW

Avoyelles Parish · 31.14 N, 92.08 W

Water and food: Trading center for former cotton plantation country; water source not confirmed
Watch out for: Flooding

Natchitoches — LOW

Natchitoches Parish · 31.76 N, 93.09 W

Water and food: Cane River Lake, an old channel of the Red River; farming reduced by mechanization
Watch out for: Severe storms, hail and tornadoes

Ruston — LOW

Lincoln Parish · 32.53 N, 92.64 W

Water and food: A small campus lake; historic peach farming and an annual Peach Festival; water source not confirmed
Watch out for: Tornadoes

Winnfield — LOW

Winn Parish · 31.92 N, 92.64 W

Water and food: Saline Bayou; a lumber mill is a major employer; farm base not confirmed
Watch out for: Heat

State hazards: Hurricanes, storm surge, flooding, heat and coastal land loss. The south and the coast were avoided; the north and center of the state sit higher.

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