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

MINNESOTA

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

MINNESOTA: 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.

Alexandria — LOW

Douglas County · 45.88 N, 95.38 W

Water and food: Chain of lakes popular for fishing; farm base not confirmed
Watch out for: Cold winters with record lows near -38 degrees Fahrenheit; downwind of the Plains silo fields

Caledonia — LOW

Houston County · 43.62 N, 91.48 W

Water and food: Water and farm base not confirmed
Watch out for: Flash flooding

Detroit Lakes — LOW

Becker County · 46.83 N, 95.80 W

Water and food: Detroit Lake and several others; farm base not confirmed; tourism is the main industry
Watch out for: January highs average about 17 degrees Fahrenheit; downwind of the Plains silo fields

Grand Marais — MEDIUM

Cook County · 47.78 N, 90.34 W

Water and food: Lake Superior; a fishing town with a fresh herring tradition
Watch out for: Average yearly minimums near -23 degrees Fahrenheit; 110 miles from Duluth

Lanesboro — LOW

Fillmore County · 43.72 N, 91.99 W

Water and food: South Branch of the Root River; Amish community nearby; farm base not confirmed
Watch out for: Flash flooding

Long Prairie — LOW

Todd County · 45.96 N, 94.90 W

Water and food: Long Prairie River; a food processing center; farm base not confirmed
Watch out for: Temperatures from about -40 to above 90 degrees Fahrenheit

Park Rapids — LOW

Hubbard County · 46.94 N, 95.04 W

Water and food: Over 70 lakes and the Mississippi headwaters at Itasca; farm base not confirmed
Watch out for: Long, cold, snowy winters

Preston — LOW

Fillmore County · 43.66 N, 92.10 W

Water and food: Root River and its South Branch; farm base not confirmed
Watch out for: Flash flooding

Wabasha — LOW

Wabasha County · 44.37 N, 92.04 W

Water and food: Mississippi River at the foot of Lake Pepin, near the Zumbro River; farm base not confirmed
Watch out for: River flooding; Prairie Island nuclear plant upstream

Wadena — LOW

Wadena County · 46.44 N, 95.13 W

Water and food: An agricultural community; water source not confirmed
Watch out for: An EF4 tornado damaged at least 232 homes in June 2010

State hazards: Winter storms, flooding, tornadoes and extreme cold. Water is plentiful. Princeton and Columbia fallout modeling of an attack on Plains missile silos showed most Minnesotans receiving high average doses, which lowers the state on conflict scenarios.

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