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

MISSISSIPPI

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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MISSISSIPPI: 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.

Brookhaven — LOW

Lincoln County · 31.59 N, 90.45 W

Water and food: Water and farm base not confirmed
Watch out for: Long, hot summers; about 61.6 inches of rain a year

Houston — LOW

Chickasaw County · 33.90 N, 88.97 W

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

Kosciusko — MEDIUM

Attala County · 33.04 N, 89.57 W

Water and food: Yockanookany River; cotton is still an important local crop
Watch out for: Tornadoes, flooding and extreme heat statewide (NOAA)

Louisville — LOW

Winston County · 33.11 N, 89.03 W

Water and food: Water and farm base not confirmed
Watch out for: An EF4 tornado killed ten people on April 28, 2014

Magee — LOW

Simpson County · 31.85 N, 89.75 W

Water and food: Little Goodwater Creek; farm base not confirmed
Watch out for: An EF3 tornado destroyed 60 homes in 2009

New Albany — MEDIUM

Union County · 34.49 N, 89.00 W

Water and food: Founded beside the Tallahatchie River as a hub for regional farming and trade
Watch out for: Tornadoes and severe storms statewide (NOAA)

Philadelphia — LOW

Neshoba County · 32.76 N, 89.12 W

Water and food: City water and sewer; farm base not confirmed
Watch out for: A 2011 EF5 tornado killed three people in the north part of town

Pontotoc — LOW

Pontotoc County · 34.22 N, 88.99 W

Water and food: Water and farm base not confirmed
Watch out for: A major tornado struck in 2001

Ripley — LOW

Tippah County · 34.75 N, 88.92 W

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

Tylertown — LOW

Walthall County · 31.15 N, 90.12 W

Water and food: Walthall County farms raised hay and eggs; water source not confirmed
Watch out for: An EF4 tornado killed five people on March 15, 2025

State hazards: Hurricanes, tornadoes, flooding and heat. The coast and the Delta floodplain were avoided; north and central hill country holds the options.

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