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

MISSOURI

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

MISSOURI: 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.

Ava
LOW

Douglas County · 36.94 N, 92.68 W

Water and food: Militia Springs and Prairie Creek; agriculture and lumbering drew a railroad in 1910; current farm base not confirmed
Watch out for: Hilly

Eminence
LOW

Shannon County · 37.16 N, 91.45 W

Water and food: Inside the Ozark National Scenic Riverways, popular for hunting and fishing; farm base not confirmed
Watch out for: Little farmland; flash floods

Houston
LOW

Texas County · 37.32 N, 91.95 W

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

Jamesport
LOW

Daviess County · 39.98 N, 93.78 W

Water and food: Missouri's largest Amish community; water source not confirmed
Watch out for: Tornadoes

Kirksville
LOW

Adair County · 40.19 N, 92.59 W

Water and food: Hazel Creek Lake and Forrest Lake supply the city; farm base not confirmed
Watch out for: Cold, snowy winters; deadly tornadoes in 1899 and 2009

Macon
LOW

Macon County · 39.75 N, 92.46 W

Water and food: Macon Lake; farm base not confirmed
Watch out for: Temperatures from -28 to 116 degrees Fahrenheit

Mountain Grove
MEDIUM

Wright County · 37.16 N, 92.28 W

Water and food: Streams flow north and south from the town's drainage divide; Missouri State University's 190-acre Fruit Experiment Station
Watch out for: Heat, drought, flooding, tornadoes and ice storms statewide (NOAA)

Salem
LOW

Dent County · 37.62 N, 91.53 W

Water and food: Near Montauk State Park and the headwaters of the Current River; farm base not confirmed
Watch out for: Hilly

Seymour
LOW

Webster County · 37.17 N, 92.79 W

Water and food: Headwater streams of the Gasconade and James rivers; Old Order Amish community and an apple festival; farm base not confirmed
Watch out for: Hilly

West Plains
LOW

Howell County · 36.73 N, 91.87 W

Water and food: Water and farm base not confirmed
Watch out for: An F4 tornado killed three people in 1982

State hazards: Tornadoes, flooding, severe storms and heat, plus New Madrid earthquake risk in the southeast. Whiteman Air Force Base, home of the B-2 bombers, is in Johnson County. The Ozarks have the state's best springs.

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