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

MONTANA

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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MONTANA: 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.

Deer Lodge — LOW

Powell County · 46.39 N, 112.75 W

Water and food: Clark Fork River; the Grant-Kohrs Ranch preserves the cattle era; current farm base not confirmed
Watch out for: Montana State Prison is a major employer; cold winters

Dillon — MEDIUM

Beaverhead County · 45.23 N, 112.64 W

Water and food: Beaverhead River; cattle ranching since 1865 and sheep since 1869
Watch out for: Cold, dry winters; record low -42 degrees Fahrenheit in 2024

Eureka — LOW

Lincoln County · 48.84 N, 115.00 W

Water and food: Tobacco River and Lake Koocanusa; farm base not confirmed
Watch out for: About 66 miles from Kalispell

Hamilton — LOW

Ravalli County · 46.24 N, 114.17 W

Water and food: Historic Bitterroot Stock Farm; water source not confirmed
Watch out for: The 2000 Bitterroot Valley wildfires forced evacuations; growing population

Philipsburg — LOW

Granite County · 46.32 N, 113.31 W

Water and food: Water and farm base not confirmed
Watch out for: Long, dry winters

Plains — LOW

Sanders County · 47.47 N, 114.89 W

Water and food: Straddles the Clark Fork River; farm base not confirmed
Watch out for: Wildfire

Polson — LOW

Lake County · 47.69 N, 114.14 W

Water and food: Southern shore of Flathead Lake, which moderates the climate; farm base not confirmed
Watch out for: Population grew from about 1,100 in 1920 to over 5,100 in 2020

Ronan — LOW

Lake County · 47.55 N, 114.11 W

Water and food: On the Flathead Indian Reservation; water and farm base not confirmed
Watch out for: Water rights settled under the Flathead Reservation compact

Thompson Falls — LOW

Sanders County · 47.60 N, 115.36 W

Water and food: Clark Fork River near the Cabinet Mountains; farm base not confirmed
Watch out for: Wildfire; limited flat land

Twin Bridges — LOW

Madison County · 45.53 N, 112.35 W

Water and food: Where the Beaverhead, Big Hole and Ruby rivers form the Jefferson; farm base not confirmed
Watch out for: Cold winters

State hazards: Wildfire, drought, winter storms, flooding and earthquakes. Malmstrom Air Force Base and its missile silo field cover much of central Montana, and fallout modeling of an attack on the silo fields shows high average doses there, so the list stays west of the Continental Divide.

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