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

NEBRASKA

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

NEBRASKA: 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.

Albion — LOW

Boone County · 41.70 N, 98.00 W

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

Broken Bow — LOW

Custer County · 41.41 N, 99.64 W

Water and food: Nebraska's biggest feedlot (85,000 head) is 2 miles south; water source not confirmed
Watch out for: Drought

Burwell — LOW

Garfield County · 41.81 N, 99.10 W

Water and food: Water and farm base not confirmed; home of Nebraska's Big Rodeo
Watch out for: Remote

Falls City — LOW

Richardson County · 40.07 N, 95.59 W

Water and food: North of the Big Nemaha River; farm base not confirmed
Watch out for: Flooding

Ord — LOW

Valley County · 41.60 N, 98.94 W

Water and food: Valley County farm produce ships by rail; water source not confirmed
Watch out for: Tornadoes

Pawnee City — LOW

Pawnee County · 40.11 N, 96.15 W

Water and food: Water and farm base not confirmed
Watch out for: An 1881 fire destroyed two-thirds of downtown

Tekamah — LOW

Burt County · 41.78 N, 96.23 W

Water and food: Water and farm base not confirmed
Watch out for: Flooding, including 2019

Valentine — MEDIUM

Cherry County · 42.81 N, 100.62 W

Water and food: Just north of the Niobrara River on the edge of the Sandhills; cattle ranching nearby
Watch out for: Severe winter cold, record low -39 degrees Fahrenheit; blizzards statewide (NOAA)

Wayne — LOW

Wayne County · 42.23 N, 97.02 W

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

West Point — LOW

Cuming County · 41.85 N, 96.73 W

Water and food: East bank of the Elkhorn River; current farm base not confirmed
Watch out for: Elkhorn River flooding damaged the railroad in 1982

State hazards: Tornadoes, drought, flooding, heat and blizzards. The southwest Panhandle holds part of the F.E. Warren missile silo field, and fallout modeling shows high average doses across much of the state. The list leans east and toward the Sandhills' large aquifer.

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