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

NEVADA

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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NEVADA: 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.

Carson Valley (Minden, Gardnerville, Genoa) — MEDIUM

Douglas County · 39.02 N, 119.73 W

Water and food: The East and West Forks of the Carson River are diverted across the valley floor through canals and ditches to flood-irrigate pasture and crops. Pasture and alfalfa dominate the valley floor, and the valley has a long ranching history
Watch out for: Earthquakes: the Genoa fault is one of the most active in Nevada

Lamoille Valley (Lamoille) — MEDIUM

Elko County · 40.72 N, 115.48 W

Water and food: Lamoille Creek and other streams come off the Ruby Mountains, one of the best-watered ranges in the Great Basin. Irrigated pasture and hay throughout the community, with cattle the main food base
Watch out for: All water depends on one mountain snowpack, which warming is expected to shrink

Meadow Valley (Panaca) — LOW

Lincoln County · 37.79 N, 114.39 W

Water and food: Panaca was founded around the Meadow Valley oasis, and early settlers dug irrigation ditches from it. Farming is still the town's main economy
Watch out for: Water details unconfirmed

Moapa Valley (Overton, Logandale, Moapa) — LOW

Clark County · 36.64 N, 114.38 W

Water and food: The Muddy River begins at the Warm Springs Natural Area and flows through the valley to Lake Mead. At about 1,265 feet, the valley has the longest growing season on this list
Watch out for: Extreme heat, which is increasing in southern Nevada

Pahranagat Valley (Alamo, Ash Springs, Hiko) — MEDIUM

Lincoln County · 37.33 N, 115.31 W

Water and food: Three large natural springs, Hiko, Crystal and Ash, plus many smaller ones, water a long green strip of farmland. Mainly an agricultural community since the late 1800s
Watch out for: It is about 100 miles north of Las Vegas on US 93, the main road north out of the metro area

Paradise Valley — MEDIUM

Humboldt County · 41.49 N, 117.53 W

Water and food: Martin Creek and the Little Humboldt River enter the valley from the northeast and recharge the alluvial aquifer. A small, historic ranching town of about 110 people
Watch out for: USGS documented groundwater declines from 1968 to 1982, and one real estate listing describes the basin as closed to new groundwater pumping

Ruby Valley — LOW

Elko and White Pine counties · 40.40 N, 115.23 W

Water and food: Spring-fed marshes and ponds make up Ruby Lake National Wildlife Refuge on the valley floor, at about 6,000 feet, east of the Ruby Mountains. Farm and ranch use on private land around the refuge was not confirmed for this edition
Watch out for: Very remote from medical care and supplies

Smith Valley (Smith, Wellington) — LOW

Lyon County · 38.92 N, 119.39 W

Water and food: Walker River irrigation, backed up by groundwater pumping. An established farming valley at a lower elevation than the eastern picks
Watch out for: USGS estimated that groundwater storage in Smith Valley fell by about 287,600 acre-feet from 1970 to 2020, because pumping outpaces recharge

Snake Valley (Baker) — LOW

White Pine County · 39.07 N, 114.25 W

Water and food: Snowpack on the Snake Range recharges the regional carbonate aquifer, which feeds the valley's springs and wetlands. Farming and ranching, especially sheep, are the main industries
Watch out for: The Southern Nevada Water Authority has proposed pumping up to 137,000 acre-feet a year from Snake and Spring valleys, which local ranchers say could dry up springs

White River Valley (Lund, Preston) — MEDIUM

White Pine County · 38.86 N, 115.01 W

Water and food: Large year-round springs at Preston and Lund are fed by the regional carbonate-rock aquifer, and the water reaches fields by gravity through ditches. Farmed and ranched since Latter-day Saint settlers arrived in 1897 and 1898
Watch out for: Cold winters and a short season

State hazards: Nevada is the driest state in the nation and the third most seismically active, behind Alaska and California. Drought, earthquakes and wildfire are the main natural hazards, and about half of the state's groundwater basins are already fully or over-committed. The places that work here are almost all old farming valleys built around reliable springs or mountain streams. Most share one weakness: short, cold growing seasons at elevation, or extreme heat at low elevation.

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