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

NORTH DAKOTA

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

NORTH DAKOTA: 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.

Bowman — LOW

Bowman County · 46.17 N, 103.40 W

Water and food: Water and farm base not confirmed
Watch out for: Remote; chinook winds make winters milder than most of the state

Carrington — LOW

Foster County · 47.45 N, 99.11 W

Water and food: Water and farm base not confirmed
Watch out for: Cold, sometimes severely cold, winters

Dickinson — LOW

Stark County · 46.89 N, 102.79 W

Water and food: Water and farm base not confirmed
Watch out for: Oil boom growth in the 2010s with rising crime and homelessness

Hettinger — LOW

Adams County · 46.03 N, 102.58 W

Water and food: NDSU livestock and sheep research station nearby; water source not confirmed
Watch out for: Semi-arid

Jamestown — MEDIUM

Stutsman County · 46.91 N, 98.71 W

Water and food: Where the James River meets Pipestem Creek; reservoir lakes; agriculture and food processing
Watch out for: Very cold, snowy winters

Lisbon — LOW

Ransom County · 46.42 N, 97.66 W

Water and food: Sheyenne River valley; farm base not confirmed
Watch out for: Flooding

Mott — MEDIUM

Hettinger County · 46.40 N, 102.31 W

Water and food: Cannonball River; long a farming and ranching area
Watch out for: A 1997 flood destroyed the river bridge; an F4 tornado struck in 1975

Oakes — MEDIUM

Dickey County · 46.13 N, 98.10 W

Water and food: About a mile from the James River; grain elevators handle large volumes of corn
Watch out for: Cold, sometimes severe winters

Valley City — LOW

Barnes County · 46.93 N, 98.00 W

Water and food: Sheyenne River valley, the "City of Bridges"; farm base not confirmed
Watch out for: Flooding

Wahpeton — MEDIUM

Richland County · 46.27 N, 96.61 W

Water and food: Where the Bois de Sioux and Otter Tail rivers form the Red River; fertile valley farmland
Watch out for: Voters set aside sales tax for flood protection in 2009

State hazards: Blizzards, extreme cold, flooding, drought and tornadoes. Minot Air Force Base and its missile silo field sit in the north-central part of the state, and fallout modeling shows high average doses statewide. The list stays as far from Minot as the state allows, but every place here rates poorly for nuclear conflict.

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