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

OREGON

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

OREGON: 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.

Baker City
LOW

Baker County · 44.78 N, 117.83 W

Water and food: Powder River runs through downtown; ranching history; current farm base not confirmed
Watch out for: December averages about 29 degrees Fahrenheit; record low -34

Burns
MEDIUM

Harney County · 43.51 N, 119.05 W

Water and food: Silvies River; cattle ranching was about 65 percent of county farm revenue in 2011
Watch out for: The Silvies River flooded parts of the city in spring 2025; vast, sparsely settled county

Enterprise
LOW

Wallowa County · 45.44 N, 117.29 W

Water and food: Water source not confirmed; cattle ranching dominates, with over 24,000 mother cows
Watch out for: About 41 inches of snow a year; record lows near -36 degrees Fahrenheit

Hood River
LOW

Hood River County · 45.67 N, 121.54 W

Water and food: Apples, pears and cherries in the Hood River Valley; water source not confirmed
Watch out for: About 30 miles north of Mount Hood

Independence
LOW

Polk County · 44.85 N, 123.19 W

Water and food: West bank of the Willamette River; historic hop growing; current farm base not confirmed
Watch out for: A December 1861 flood wiped out the commercial district and farms

John Day
LOW

Grant County · 44.41 N, 119.11 W

Water and food: John Day River; historic sheep and cattle ranching; current farm base not confirmed
Watch out for: Wildfire; remote

Joseph
LOW

Wallowa County · 45.35 N, 117.21 W

Water and food: Near Wallowa Lake; grain and livestock ranching history; current farm base not confirmed
Watch out for: Very cold winters; record low -34 degrees Fahrenheit

La Grande
LOW

Union County · 45.33 N, 118.09 W

Water and food: Grande Ronde River and valley; began as a farming town; current farm base not confirmed
Watch out for: Cold winters

Lakeview
MEDIUM

Lake County · 42.19 N, 120.38 W

Water and food: Goose Lake Valley at the foot of the Warner Mountains; cattle ranching and hay
Watch out for: Remote: 96 miles from Klamath Falls; needed state money for a new water treatment plant

Prineville
LOW

Crook County · 44.30 N, 120.83 W

Water and food: Crooked River at the mouth of Ochoco Creek; farm base not confirmed
Watch out for: Large data centers within city limits

State hazards: A Cascadia Subduction Zone earthquake and tsunami is the state's biggest hazard west of the Cascades. Wildfire, drought and volcanoes follow. Most picks are east of the Cascades; one is in the Willamette Valley for its farmland.

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