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

SOUTH 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/

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SOUTH 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.

Belle Fourche — MEDIUM
Butte County · 44.67 N, 103.84 W
Water and food: Where the Belle Fourche and Redwater rivers meet; cattle and wool ranching
Watch out for: Blizzards, extreme cold, drought and tornadoes statewide (NOAA)

Chamberlain — LOW
Brule County · 43.80 N, 99.31 W
Water and food: Missouri River and Lake Francis Case; farm base not confirmed
Watch out for: Blizzards, drought and severe storms statewide (NOAA)

Custer — LOW
Custer County · 43.74 N, 103.62 W
Water and food: Water source and farm base not confirmed; economy runs on tourism
Watch out for: Record low -43 degrees Fahrenheit (1963); heavy snow

Hot Springs — LOW
Fall River County · 43.42 N, 103.48 W
Water and food: Fall River and natural hot springs; farm base not confirmed
Watch out for: Extreme winter cold and chinook wind swings

Milbank — LOW
Grant County · 45.21 N, 96.63 W
Water and food: South Fork of the Whetstone River; farm base not confirmed
Watch out for: Cold

Sisseton — LOW
Roberts County · 45.66 N, 97.02 W
Water and food: Water source and farm base not confirmed; Lake Traverse Reservation area
Watch out for: Cold winters and hot summers

Spearfish — MEDIUM
Lawrence County · 44.49 N, 103.86 W
Water and food: Spearfish Creek runs through town; truck farming and market gardening nearby
Watch out for: Creek ice can flood the north side; sudden chinook temperature swings

Vermillion — MEDIUM
Clay County · 42.80 N, 96.93 W
Water and food: Missouri and Vermillion rivers; corn, soybeans and alfalfa
Watch out for: Snowmelt flooding washed away the original town in 1881

Webster — LOW
Day County · 45.32 N, 97.52 W
Water and food: Water source and farm base not confirmed
Watch out for: Cold

Yankton — LOW
Yankton County · 42.88 N, 97.40 W
Water and food: Missouri River below Gavins Point Dam; Lewis and Clark Lake 4 miles west; farm base not confirmed
Watch out for: An 1881 ice-dam break flooded downtown

State hazards: Blizzards, drought, flooding, tornadoes and extreme cold. Ellsworth Air Force Base is near Rapid City, and fallout modeling of an attack on the Plains missile fields shows high average doses across the state.

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