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

TENNESSEE

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

TENNESSEE: 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.

Crossville
LOW

Cumberland County · 35.94 N, 85.02 W

Water and food: Headwaters of the Obed River; Lake Tansi, Lake Holiday and Byrd Lake; current farm base not confirmed
Watch out for: Ice storms, tornadoes and severe storms statewide (NOAA)

Greeneville
LOW

Greene County · 36.16 N, 82.83 W

Water and food: Nolichucky River a few miles south; current farm base not confirmed
Watch out for: EF3 tornadoes in the April 27, 2011 outbreak killed several people in the county

Jamestown
LOW

Fentress County · 36.42 N, 84.94 W

Water and food: Streams drain to the Big South Fork Cumberland and Obey rivers; farm base not confirmed
Watch out for: Remote

Lawrenceburg
LOW

Lawrence County · 35.25 N, 87.35 W

Water and food: Built on Shoal Creek; farm base not confirmed
Watch out for: A July 1998 Shoal Creek flood killed two people; long history of flooding

Lewisburg
LOW

Marshall County · 35.46 N, 86.78 W

Water and food: Water source not confirmed; Tennessee Walking Horse breeding
Watch out for: Tornadoes

Livingston
LOW

Overton County · 36.39 N, 85.32 W

Water and food: Water source and farm base not confirmed
Watch out for: Record high 108 degrees Fahrenheit

McMinnville
LOW

Warren County · 35.70 N, 85.79 W

Water and food: Barren Fork of the Collins River; over 450 plant nurseries, but a food base is not confirmed
Watch out for: Tornadoes and flooding statewide (NOAA)

Rogersville
LOW

Hawkins County · 36.42 N, 83.01 W

Water and food: Crockett Creek, a Holston River tributary; farm base not confirmed
Watch out for: Flooding

Sparta
LOW

White County · 35.95 N, 85.48 W

Water and food: Calfkiller River runs through town; farm base not confirmed
Watch out for: Hilly

Tellico Plains
LOW

Monroe County · 35.36 N, 84.31 W

Water and food: Tellico River; farm base not confirmed
Watch out for: A farm near town has been reported as linked to a white nationalist group

State hazards: Tornadoes, flooding, severe storms and winter storms, plus New Madrid earthquake risk in the west. Oak Ridge and Arnold Air Force Base were avoided. The Cumberland Plateau and middle Tennessee hold strong farm towns.

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