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

UTAH

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

UTAH: 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.

Ephraim — LOW

Sanpete County · 39.36 N, 111.58 W

Water and food: East side of the San Pitch River; current farm base not confirmed
Watch out for: Drought and wildfire statewide (NOAA)

Escalante — MEDIUM

Garfield County · 37.77 N, 111.60 W

Water and food: Escalante River runs past the north side of town; farming and ranching still drive the economy
Watch out for: Record high 106 and low -22 degrees Fahrenheit; drought and wildfire statewide (NOAA)

Fillmore — LOW

Millard County · 38.98 N, 112.33 W

Water and food: Water source and current farm base not confirmed
Watch out for: Drought and wildfire statewide (NOAA)

Kamas — LOW

Summit County · 40.64 N, 111.26 W

Water and food: Water source not confirmed; cattle ranching is a main industry
Watch out for: Heavy snowfall

Loa — LOW

Wayne County · 38.42 N, 111.63 W

Water and food: Spring Creek and a spring supply drinking water; state fish hatchery nearby; farm base not confirmed
Watch out for: Cold; remote

Monticello — MEDIUM

San Juan County · 37.92 N, 109.32 W

Water and food: Streams and springs from the Abajo Mountains; dry farming remains vital
Watch out for: Uranium mill tailings from a federal mill (1948 to 1960); residents link them to cancer

Panguitch — LOW

Garfield County · 37.81 N, 112.44 W

Water and food: Sevier River valley; Panguitch Lake 17 miles southwest; current farm base not confirmed
Watch out for: Early frost and heavy snow

Richfield — LOW

Sevier County · 38.76 N, 112.06 W

Water and food: Sevier River valley; agriculture part of the local economy but not detailed
Watch out for: Record low -33 degrees Fahrenheit (1989)

Richmond — LOW

Cache County · 41.93 N, 111.81 W

Water and food: Water described as abundant but not named; historic Holstein dairy center with an annual cattle show
Watch out for: The 1962 Cache Valley earthquake destroyed many old buildings

Vernal — LOW

Uintah County · 40.44 N, 109.55 W

Water and food: Ashley Creek; farm base not confirmed; economy built on oil, gas and phosphate
Watch out for: The Hard Winter of 1879 nearly killed many settlers

State hazards: Drought, earthquakes along the Wasatch Front, wildfire and winter storms. The Wasatch Front metros, Hill Air Force Base and Dugway Proving Ground were avoided. Utah's farm towns sit on irrigation from mountain streams.

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