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

WASHINGTON

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

WASHINGTON: 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.

Colville — LOW

Stevens County · 48.58 N, 117.86 W

Water and food: Colville River valley; farming, timber and mining are historic, current farm base not confirmed
Watch out for: Wildfire

Dayton — LOW

Columbia County · 46.31 N, 117.97 W

Water and food: Touchet River runs through town; current farm base not confirmed
Watch out for: High wildfire risk, mainly July to September

Ellensburg — LOW

Kittitas County · 47.00 N, 120.52 W

Water and food: Yakima River; Timothy hay is the main Kittitas Valley crop, but a food base is not confirmed
Watch out for: Fire destroyed much of downtown on July 4, 1889

Goldendale — MEDIUM

Klickitat County · 45.83 N, 120.81 W

Water and food: Little Klickitat River; spring-fed Bloodgood Creek supplies part of the drinking water; ranching and farming remain key industries
Watch out for: Lightning-caused range and forest fires are common in summer

Newport — LOW

Pend Oreille County · 48.17 N, 117.15 W

Water and food: Pend Oreille River at the Idaho line; farm base not confirmed
Watch out for: A 2015 explosion at an aerospace plant injured five

Okanogan — LOW

Okanogan County · 48.35 N, 119.60 W

Water and food: Okanogan River; farm base not confirmed
Watch out for: Wildfire and drought statewide (NOAA)

Pomeroy — LOW

Garfield County · 46.47 N, 117.60 W

Water and food: Water source and current farm base not confirmed
Watch out for: Fire destroyed half of downtown in 1900

Republic — MEDIUM

Ferry County · 48.67 N, 118.70 W

Water and food: Granite and Eureka creeks; Curlew and Swan lakes; surrounding farms and ranches support the town
Watch out for: Wildfires in 1988, 2001 and 2015

Twisp — LOW

Okanogan County · 48.36 N, 120.14 W

Water and food: Where the Methow and Twisp rivers meet; current farm base not confirmed
Watch out for: The August 2015 Okanogan Complex Fire killed three firefighters and forced evacuations; a major flood in 1948

Waitsburg — MEDIUM

Walla Walla County · 46.27 N, 118.14 W

Water and food: The town draws water from the Touchet River; the hills are farmed for wheat and barley
Watch out for: Wildfire and drought statewide (NOAA)

State hazards: A Cascadia Subduction Zone earthquake and tsunami, volcanoes, wildfire and drought. The Puget Sound metros and naval bases, Hanford and Fairchild Air Force Base were avoided. Most picks are east of the Cascades.

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