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

WYOMING

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

WYOMING: 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.

Afton
LOW

Lincoln County · 42.71 N, 110.94 W

Water and food: Main supply is an intermittent spring about 5 miles east; Swift Creek runs through town; farm base not confirmed
Watch out for: Record low -46 degrees Fahrenheit (1979)

Buffalo
LOW

Johnson County · 44.35 N, 106.71 W

Water and food: Water source not confirmed; agriculture is a major part of the economy
Watch out for: Blizzards, drought and wildfire statewide (NOAA)

Lander
LOW

Fremont County · 42.86 N, 108.74 W

Water and food: Middle Fork of the Popo Agie River; agriculture is no longer a major part of the economy
Watch out for: Blizzards, drought and wildfire statewide (NOAA)

Lovell
LOW

Big Horn County · 44.83 N, 108.41 W

Water and food: Shoshone River nearby, but the town water source and farm base are not confirmed
Watch out for: Record high 111 and low -48 degrees Fahrenheit

Pinedale
LOW

Sublette County · 42.85 N, 109.86 W

Water and food: Pine Creek flows from Fremont Lake through town; ranching not confirmed; natural gas fields nearby
Watch out for: Record low -49 degrees Fahrenheit (December 1990); wildfires, bears and rockfall

Powell
LOW

Park County · 44.76 N, 108.78 W

Water and food: Shoshone Project land, but the water source is not stated; sugar beets, barley, pinto beans and beef
Watch out for: Blizzards, hail and drought statewide (NOAA)

Riverton
LOW

Fremont County · 43.05 N, 108.41 W

Water and food: Just north of the Wind River, but the town water source and farm base are not confirmed
Watch out for: Blizzards and drought statewide (NOAA)

Sheridan
LOW

Sheridan County · 44.78 N, 106.96 W

Water and food: Big Goose Creek area; city water source not confirmed; working ranches nearby but city farmland has become subdivisions
Watch out for: Blizzards and drought statewide (NOAA)

Thayne
LOW

Lincoln County · 42.93 N, 111.01 W

Water and food: Near the Salt River; grassland and ranches, but water source and current farm base not confirmed
Watch out for: Blizzards statewide (NOAA)

Worland
MEDIUM

Washakie County · 44.01 N, 107.96 W

Water and food: Bighorn River; sugar beets are the top farm product
Watch out for: Record low -51 degrees Fahrenheit (1930 and 1936); drought and blizzards statewide (NOAA)

State hazards: Blizzards, drought, wind, wildfire and extreme cold. F.E. Warren Air Force Base and its missile silo field are near Cheyenne in the southeast, fallout modeling shows high average doses across much of the state, and the northwest corner is closest to Yellowstone. Every place here carries real conflict and volcanic risk.

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