MEDICINES AND HEALTH

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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.
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ONE PERSON, ONE DAY

	Driving	Hiking
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GLOVE BOX CARD

GETTING THERE

ALABAMA

10 places in this state, water and food for one person per day, and a medicine checklist

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ALABAMA: THE PLACES

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Albertville — MEDIUM

Marshall County · 34.27 N, 86.21 W

Water and food: On Sand Mountain; drains to Short Creek and Slab Creek; Wayne Farms, Pilgrim's Pride and Tyson poultry plants

Watch out for: University of Alabama in Huntsville found 32 of 49 tornadoes in the area over a decade formed atop Sand Mountain; the 1908 "Great Cyclone" killed 15 here

Clanton — MEDIUM

Chilton County · 32.84 N, 86.64 W

Water and food: Chilton County grows over 80 percent of Alabama's peaches; Lay Dam is nearby

Watch out for: Interstate 65 corridor between Birmingham and Montgomery

Cullman — MEDIUM

Cullman County · 34.18 N, 86.83 W

Water and food: Lake Catoma supplies city water; county agriculture is mainly poultry and farming; Lewis Smith Lake

Watch out for: An EF4 tornado badly damaged downtown in the April 27, 2011 outbreak

Demopolis — MEDIUM

Marengo County · 32.49 N, 87.84 W

Water and food: Where the Black Warrior and Tombigbee rivers meet; beef cattle and catfish farming in the Black Belt

Watch out for: River port and waterway traffic

Eufaula — MEDIUM

Barbour County · 31.91 N, 85.17 W

Water and food: Walter F. George Lake (Lake Eufaula) on the Chattahoochee; county agriculture includes peanuts, cattle and timber

Watch out for: Tornadoes struck the city in 2019 and 2020

Florence — LOW

Lauderdale County · 34.83 N, 87.66 W

Water and food: Tennessee River and Pickwick Lake; Wilson Dam; current farm base not confirmed

Watch out for: Browns Ferry nuclear plant sits on Wheeler Lake near Athens and Decatur

Heflin — LOW

Cleburne County · 33.61 N, 85.59 W

Water and food: Talladega National Forest borders the county; Cheaha Mountain, the state's highest point, is here; farm base not confirmed

Watch out for: Rugged terrain

Monroeville — LOW

Monroe County · 31.52 N, 87.34 W

Water and food: Alabama River in the county; current farm base not confirmed

Watch out for: Declared a federal disaster area after Hurricane Frederic (1979) and Hurricane Ivan (2004)

Oneonta — LOW

Blount County · 33.93 N, 86.47 W

Water and food: Murphree Valley; the county is drained by the Locust and Mulberry Forks of the Black Warrior River; farm base not confirmed

Watch out for: Borders Jefferson County (Birmingham)

Valley Head — LOW

DeKalb County · 34.57 N, 85.63 W

Water and food: Lookout Mountain region; water and farm base not confirmed

Watch out for: Called the coolest place in the state in winter; small town

State hazards: Tornadoes are the deadliest hazard, followed by inland flooding, hurricanes near the Gulf, and summer heat. The Gulf Coast and the Birmingham and Huntsville metros were avoided.

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Copper Center — LOW

Copper River Census Area · 61.92 N, 144.98 W

Water and food: Where the Klutina River meets the Copper River; fish and game not confirmed
Watch out for: January highs average about -5 degrees Fahrenheit; record low -60

Delta Junction — MEDIUM

Southeast Fairbanks Census Area · 64.01 N, 145.61 W

Water and food: Delta and Tanana rivers; barley, potatoes, hay, cattle and Alaska's only dairy
Watch out for: Fort Greely sits about 5 miles south; record low -63 degrees Fahrenheit

Haines — LOW

Haines Borough · 59.25 N, 135.54 W

Water and food: Chilkat River; fish and farm base not confirmed
Watch out for: Record snow seasons of 309 and 360 inches; reached by one highway and the ferry

Homer — MEDIUM

Kenai Peninsula Borough · 59.67 N, 151.46 W

Water and food: Mild maritime climate (USDA zone 6B); "Halibut Fishing Capital of the World"; commercial and sport fishing
Watch out for: The 1964 earthquake dropped the coastline and Homer Spit

Kodiak — MEDIUM

Kodiak Island Borough · 57.78 N, 152.50 W

Water and food: About 78 inches of precipitation a year; fishing is the mainstay of the economy
Watch out for: The 1964 tsunami killed 15 and destroyed much of the fishing fleet; major Coast Guard base

Nenana — MEDIUM

Yukon-Koyukuk Census Area · 64.56 N, 149.09 W

Water and food: Where the Nenana River meets the Tanana; subsistence salmon, moose, caribou and berries
Watch out for: Major floods in 1967 and 2008; record low -69 degrees Fahrenheit

Palmer — MEDIUM

Matanuska-Susitna Borough · 61.61 N, 149.07 W

Water and food: Matanuska River; 1935 Matanuska Colony farms, some still operating
Watch out for: 42 miles from Anchorage; many residents commute there

Soldotna — MEDIUM

Kenai Peninsula Borough · 60.48 N, 151.14 W

Water and food: Kenai River with all five Pacific salmon species
Watch out for: Summer fishing and tourism crowds

Talkeetna — MEDIUM

Matanuska-Susitna Borough · 62.26 N, 150.11 W

Water and food: Where the Susitna, Chulitna and Talkeetna rivers meet; fishing and hunting
Watch out for: Base for Denali expeditions; summer tourism

Willow — MEDIUM

Matanuska-Susitna Borough · 61.77 N, 150.19 W

Water and food: Willow Creek, Willow Lake and nearby salmon fishing areas
Watch out for: The 2015 Sockeye Fire burned structures and closed the Parks Highway

State hazards: Earthquakes, tsunamis, volcanic ash, wildfire, flooding and extreme cold. Growing seasons are short almost everywhere, so fish, game and stored food carry more weight than in other states.

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Camp Verde — MEDIUM

Yavapai County · 34.57 N, 111.86 W

Water and food: Verde River; local farms such as the growers behind the Corn Fest
Watch out for: Record high 118 degrees Fahrenheit; population grew from 285 in 1960 to over 12,000

Cottonwood — LOW

Yavapai County · 34.71 N, 112.01 W

Water and food: Verde River and Dead Horse Ranch State Park; farm base not confirmed
Watch out for: Growth; summer heat

Duncan — MEDIUM

Greenlee County · 32.79 N, 109.13 W

Water and food: Gila River valley; farming, ranching and mining
Watch out for: Destroyed twice by flood and once by fire

Eagar — LOW

Apache County · 33.95 N, 109.25 W

Water and food: Foot of the White Mountains next to Apache National Forest; ranching history; water source not confirmed
Watch out for: January lows average about 17 degrees Fahrenheit; evacuated during the 2011 Wallow Fire

Payson — LOW

Gila County · 34.22 N, 111.29 W

Water and food: Tonto Creek and cold-water lakes on the Mogollon Rim; farm base not confirmed
Watch out for: Early-summer wildfire risk; a 2017 flash flood killed 10 people nearby

Safford — MEDIUM

Graham County · 32.83 N, 109.63 W

Water and food: Gila River; cotton and cattle
Watch out for: Much hotter than most of eastern Arizona; record high 114 degrees Fahrenheit

Show Low — LOW

Navajo County · 34.06 N, 110.05 W

Water and food: On the Mogollon Rim at about 6,345 feet, near large forests; water source not confirmed
Watch out for: The 2002 Rodeo-Chediski Fire stopped less than half a mile from town

Snowflake — LOW

Navajo County · 34.50 N, 110.08 W

Water and food: Hog production and greenhouses; water source not confirmed
Watch out for: About 12.7 inches of precipitation a year

St. Johns — MEDIUM

Apache County · 34.50 N, 109.38 W

Water and food: Historic crossing of the Little Colorado River; farming and ranching since the 1870s
Watch out for: About 11.5 inches of precipitation a year; freezing nights

Willcox — MEDIUM

Cochise County · 32.37 N, 109.86 W

Water and food: Sulphur Springs Valley farms; grows 74 percent of Arizona's wine grapes
Watch out for: Heavy farm pumping has dropped the ground up to 12 feet since the 1950s; now an Active Management Area

State hazards: Extreme heat, drought, wildfire, flash floods and dust storms. Water decides everything here, so most places are on rivers or the high plateaus. Phoenix and Tucson were avoided.

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Batesville — LOW

Independence County · 35.78 N, 91.64 W

Water and food: White River; farm base not confirmed
Watch out for: Regional manufacturing hub

Berryville — LOW

Carroll County · 36.35 N, 93.56 W

Water and food: Carroll County; water and farm base not confirmed
Watch out for: Poultry depends on shipped feed

Booneville — LOW

Logan County · 35.14 N, 93.93 W

Water and food: Arkansas River valley between the Ouachitas and Ozarks; Petit Jean River; farm base not confirmed
Watch out for: Tornado exposure

Clinton — LOW

Van Buren County · 35.60 N, 92.48 W

Water and food: Archey Fork of the Little Red River, which feeds Greers Ferry Lake; farm base not confirmed
Watch out for: An EF4 tornado killed three people here in 2008

Harrison — LOW

Boone County · 36.24 N, 93.11 W

Water and food: Crooked Creek; Buffalo National River headquarters; farm base not confirmed
Watch out for: A 1961 flood destroyed about 80 percent of downtown

Jasper — LOW

Newton County · 36.00 N, 93.20 W

Water and food: Newton County seat; water and farm base not confirmed
Watch out for: Small and poor; 547 people in 2020

Mena — LOW

Polk County · 34.58 N, 94.22 W

Water and food: Surrounded by Ouachita National Forest; timber and farming history; water source not confirmed
Watch out for: A 2009 tornado killed three people and did $25 million in damage

Mountain Home — LOW

Baxter County · 36.33 N, 92.38 W

Water and food: Between Norfork and Bull Shoals lakes; little current farming
Watch out for: Older population: about a third are 65 or older

Mountain View — MEDIUM

Stone County · 35.87 N, 92.11 W

Water and food: White River trout fishing; agriculture is mainly cattle and chickens
Watch out for: Small valley economy built on tourism

Stuttgart — MEDIUM

Arkansas County · 34.49 N, 91.55 W

Water and food: Grand Prairie rice, soybeans, cotton, corn and wheat; home of Riceland Foods
Watch out for: Pumping threatens the alluvial and Sparta aquifers; a White River irrigation project was built to cut groundwater use

State hazards: Tornadoes, river flooding and severe storms statewide, and earthquake risk in the northeast from the New Madrid zone. The Ozarks and Ouachitas offer springs and rivers.

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Alturas — MEDIUM

Modoc County · 41.48 N, 120.55 W

Water and food: Where the north and south forks of the Pit River meet; beef, sheep, potatoes and alfalfa
Watch out for: Freezing temperatures recorded in every month; remote northeast corner of the state

Bishop — MEDIUM

Inyo County · 37.39 N, 118.44 W

Water and food: Bishop Creek from the Sierra and the Owens River; ranching since 1861
Watch out for: Los Angeles owned about 90 percent of Owens Valley land and water rights by 1928

Ferndale — MEDIUM

Humboldt County · 40.57 N, 124.25 W

Water and food: Eel River delta dairies; about 40 inches of rain a year
Watch out for: Near the Mendocino triple junction: strong quakes in 1923, 1992, 2010, 2022 and 2024; the 1923 quake caused a tsunami

Fort Jones — MEDIUM

Siskiyou County · 41.62 N, 122.88 W

Water and food: Scott River (Wild and Scenic) drains Scott Valley; cattle and dairy ranches
Watch out for: Wildfire, drought and heat statewide (NOAA)

Loyalton — MEDIUM

Sierra County · 39.66 N, 120.23 W

Water and food: Sierra Valley agriculture and livestock; drains to the Middle Fork Feather River
Watch out for: High valley at about 4,850 feet; most precipitation falls as snow

Orland — MEDIUM

Glenn County · 39.74 N, 122.16 W

Water and food: Orland Project irrigation from 1908; Stony Creek; rural farm town
Watch out for: Record high 120 degrees Fahrenheit

Quincy — LOW

Plumas County · 39.94 N, 120.93 W

Water and food: American Valley in Feather River country; farm base not confirmed
Watch out for: Heavy snow and frequent frost

Susanville — MEDIUM

Lassen County · 40.42 N, 120.65 W

Water and food: Susan River at the head of Honey Lake Valley; historic farming center
Watch out for: Dry (about 13 inches a year); state and federal prisons are the main employers

Weaverville — LOW

Trinity County · 40.73 N, 122.94 W

Water and food: Trinity Lake nearby; farm base not confirmed
Watch out for: At the foot of the Trinity Alps Wilderness

Willits — LOW

Mendocino County · 39.41 N, 123.35 W

Water and food: Little Lake Valley; about 49 inches of rain a year; farm base not confirmed
Watch out for: Groundwater was contaminated by a chrome plating plant and has been under cleanup

State hazards: Earthquakes, wildfire, drought, floods, heat, landslides and coastal tsunami. Large metros and most of the coast were avoided; the north and east of the state hold most of the options.

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MEDICINES AND HEALTH

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- 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.

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On the road

- Leave early and know a second route.
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ONE PERSON, ONE DAY

	Driving	Hiking
Water	1 gallon (8.3 lb)	2 gallons in heat or hard effort (16.7 lb)
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Scale it up

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GLOVE BOX CARD

GETTING THERE

COLORADO

10 places in this state, water and food for one person per day, and a medicine checklist

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COLORADO: THE PLACES

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Cortez — LOW

Montezuma County · 37.35 N, 108.58 W

Water and food: Dolores River water diverted into Montezuma Valley through tunnels and ditches since about 1886; farm base not confirmed
Watch out for: Drought cuts reservoir deliveries

Craig — LOW

Moffat County · 40.52 N, 107.56 W

Water and food: Where the Yampa River meets Fortification Creek; current farm base not confirmed
Watch out for: Cold, snowy winters (about 76 inches of snow a year)

Delta — LOW

Delta County · 38.73 N, 108.06 W

Water and food: Where the Uncompahgre River joins the Gunnison; farm base not confirmed
Watch out for: Drought; water fully allocated

Gunnison — MEDIUM

Gunnison County · 38.55 N, 106.93 W

Water and food: Gunnison River; cattle and irrigated hay since 1880 (about 11 inches of rain a year)
Watch out for: Record low -47 degrees Fahrenheit

Meeker — MEDIUM

Rio Blanco County · 40.04 N, 107.89 W

Water and food: White River in a fertile valley; ranching and hunting
Watch out for: Isolated; record low -43 degrees Fahrenheit and about 65 inches of snow a year

Monte Vista — LOW

Rio Grande County · 37.57 N, 106.14 W

Water and food: San Luis Valley at 7,664 feet; farm base not confirmed
Watch out for: Cold semi-arid climate at high elevation

Montrose — MEDIUM

Montrose County · 38.47 N, 107.88 W

Water and food: Uncompahgre River; the 1909 Gunnison Tunnel brought irrigation and made it a farm hub
Watch out for: Population more than doubled from 1990 to 2020

Pagosa Springs — LOW

Archuleta County · 37.25 N, 107.04 W

Water and food: San Juan River and hot springs; farm base not confirmed
Watch out for: The San Juan River overflowed in October 2025 and damaged bridges

Paonia — MEDIUM

Delta County · 38.86 N, 107.60 W

Water and food: North Fork of the Gunnison River; orchards of peaches, apples, cherries, pears and plums
Watch out for: Proposed oil and gas drilling nearby, which locals have fought in court

Salida — MEDIUM

Chaffee County · 38.53 N, 106.00 W

Water and food: Arkansas River, the main water source for local agriculture
Watch out for: Growing population

State hazards: Wildfire, drought, hail, flash floods, winter storms and avalanches. Northeastern Colorado holds part of the F.E. Warren missile silo field, so the list stays west of the Front Range.

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GLOVE BOX CARD

GETTING THERE

CONNECTICUT

7 places in this state, water and food for one person per day, and a medicine checklist

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Canaan
LOW

Litchfield County · 42.02 N, 73.32 W

Water and food: The Housatonic River forms the western town line; farm base not confirmed
Watch out for: Winter storms

Norfolk
LOW

Litchfield County · 41.99 N, 73.20 W

Water and food: Organic farm with community-supported agriculture shares; specific water sources not confirmed
Watch out for: Called the "Icebox of Connecticut"; about 75 inches of snow a year

Salisbury
LOW

Litchfield County · 42.00 N, 73.42 W

Water and food: Six lakes, including Wononscopomuc, and the Housatonic River; farm base not confirmed
Watch out for: Borders Dutchess County, New York

Sharon
LOW

Litchfield County · 41.87 N, 73.46 W

Water and food: Housatonic River and Housatonic Meadows State Park nearby; farm base not confirmed
Watch out for: Winter storms

Stafford Springs
LOW

Tolland County · 41.97 N, 72.29 W

Water and food: Near the source of the Willimantic River; historic mineral springs and farm families
Watch out for: Within reach of the Hartford area

Thompson
LOW

Windham County · 41.98 N, 71.84 W

Water and food: West Thompson Lake, Quaddick Reservoir and the French, Five Mile and Quinebaug rivers; farm base not confirmed
Watch out for: Small farms; winter storms

Woodstock
LOW

Windham County · 41.96 N, 72.00 W

Water and food: Quasset Lake and Lake Bungee; historic farm town; current farm base not confirmed
Watch out for: Small farms

State hazards: Coastal storms, inland flooding, winter storms and heat. The state is small and densely settled, and the coast holds Millstone nuclear plant and the Groton submarine base, so only seven inland areas met the standard.

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GETTING THERE

DELAWARE

5 places in this state, water and food for one person per day, and a medicine checklist

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DELAWARE: THE PLACES

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Bridgeville

LOW

Sussex County · 38.74 N, 75.61 W

Water and food: Named for a 1730 bridge over a Nanticoke River tributary; farm community since the early 1700s; current farm base not confirmed
Watch out for: Low-lying; poultry depends on shipped feed

Greenwood

LOW

Sussex County · 38.82 N, 75.59 W

Water and food: Water and farm base not confirmed
Watch out for: Delaware's record snow depth, 28 inches, was measured near here in the February 2010 blizzard

Harrington

LOW

Kent County · 38.92 N, 75.58 W

Water and food: City water and sewer; home of the Delaware State Fair; farm base not confirmed
Watch out for: Low-lying; Dover Air Force Base in the county

Laurel

LOW

Sussex County · 38.55 N, 75.56 W

Water and food: Laid out along Broad Creek in the 1790s; farm base not confirmed
Watch out for: Low-lying

Seaford

MEDIUM

Sussex County · 38.64 N, 75.60 W

Water and food: Nanticoke River; farming heritage and a poultry industry shown on the city seal
Watch out for: High violent crime rate; temperature extremes

State hazards: Coastal flooding, hurricanes, storm surge and heavy rain. The state is small and low, and the north sits near Philadelphia, so only five inland Sussex and Kent County areas made the list.

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GLOVE BOX CARD

GETTING THERE

FLORIDA

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FLORIDA: THE PLACES

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Branford
LOW

Suwannee County · 29.94 N, 82.90 W

Water and food: On the Suwannee River; Branford Springs is in town; farm base not confirmed
Watch out for: The 1896 Cedar Keys hurricane largely destroyed the town

Chipley
LOW

Washington County · 30.71 N, 85.55 W

Water and food: Near Falling Waters State Park; water and farm base not confirmed
Watch out for: Hurricane Michael hit this area in 2018

DeFuniak Springs
LOW

Walton County · 30.75 N, 86.14 W

Water and food: Lake DeFuniak, a round lake fed by natural springs; farm base not confirmed
Watch out for: Hurricane Eloise damaged the town in 1975

High Springs
LOW

Alachua County · 29.84 N, 82.62 W

Water and food: Named for nearby springs; farm base not confirmed
Watch out for: Part of the Gainesville metro area and growing

Live Oak
MEDIUM

Suwannee County · 30.29 N, 83.02 W

Water and food: Near the Suwannee River and its karst springs; timber, pine straw and watermelons
Watch out for: Hurricane and flood damage from Dora (1964), Debby (2012) and Helene (2024); record high 106 degrees Fahrenheit

Madison
LOW

Madison County · 30.48 N, 83.41 W

Water and food: Water and current farm base not confirmed
Watch out for: Hurricanes; heat

Marianna
LOW

Jackson County · 30.76 N, 85.23 W

Water and food: The Chipola River forms the city's east edge; farm base not confirmed
Watch out for: Hurricane Michael badly damaged or destroyed over 80 percent of homes and businesses in 2018

Monticello
LOW

Jefferson County · 30.52 N, 83.89 W

Water and food: Water and farm base not confirmed
Watch out for: About 26 miles from Tallahassee; Florida's record high, 109 degrees Fahrenheit, was set here in 1931

Quincy
LOW

Gadsden County · 30.59 N, 84.61 W

Water and food: Historic shade-tobacco, tomato, mushroom and soybean farming; water source not confirmed
Watch out for: About 25 miles from Tallahassee

Trenton
LOW

Gilchrist County · 29.63 N, 82.81 W

Water and food: Market town for surrounding farms and timber; Fanning Springs is 8 miles west; water source not confirmed
Watch out for: Hurricanes; heat

State hazards: Hurricanes, storm surge, flooding, heat, wildfire and sinkholes. The Floridan aquifer and big springs are the state's best water. The coast and the large metros were avoided; north Florida inland holds the options.

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GETTING THERE

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Americus — LOW

Sumter County · 32.07 N, 84.22 W

Water and food: Former cotton center; Koinonia Farm is nearby; water source not confirmed
Watch out for: An EF3 tornado destroyed about 100 homes and damaged the hospital in 2007

Bainbridge — LOW

Decatur County · 30.94 N, 84.58 W

Water and food: On the Flint River above where it joins the Chattahoochee; farm base not confirmed
Watch out for: Hurricane Michael damaged many homes in October 2018

Blairsville — MEDIUM

Union County · 34.88 N, 83.99 W

Water and food: Nottely River and Lake Nottely; sorghum and green bean harvest festivals
Watch out for: Occasional snow and cold nights; tourism to Brasstown Bald and Vogel State Park

Clayton — LOW

Rabun County · 34.88 N, 83.41 W

Water and food: Lake Rabun is the town water supply; farm base not confirmed
Watch out for: About 72 inches of precipitation a year; 30 inches of snow in 1936

Cleveland — LOW

White County · 34.58 N, 83.75 W

Water and food: Near the Chattahoochee National Forest; farm base not confirmed
Watch out for: Population nearly doubled from 2000 to 2020; 90 miles from Atlanta

Ellijay — MEDIUM

Gilmer County · 34.67 N, 84.50 W

Water and food: Where the Ellijay and Cartecay rivers meet; Gilmer County is the "Apple Capital of Georgia"
Watch out for: Population grew 15 percent from 2010 to 2020; 17 inches of snow in the 1993 Storm of the Century

Hiawassee — LOW

Towns County · 34.94 N, 83.75 W

Water and food: Chatuge Lake; farm base not confirmed
Watch out for: Tourism and trout fishing visitors

Madison — LOW

Morgan County · 33.59 N, 83.46 W

Water and food: Drains to Sugar Creek, the Oconee River and Hard Labor Creek; farm base not confirmed
Watch out for: Interstate 20 between Atlanta (57 miles) and Augusta

Tifton — LOW

Tift County · 31.45 N, 83.51 W

Water and food: University of Georgia agricultural campus and the Georgia Museum of Agriculture; water source not confirmed
Watch out for: Long, hot summers

Washington — LOW

Wilkes County · 33.73 N, 82.74 W

Water and food: Water and farm base not confirmed
Watch out for: Small town; heat

State hazards: Severe storms, tornadoes, flooding, tropical storms and heat. The Atlanta metro and the coast were avoided; the mountains and farm country hold the options.

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ONE PERSON, ONE DAY

	Driving	Hiking
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GLOVE BOX CARD

GETTING THERE

IDAHO

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IDAHO: THE PLACES

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Bonners Ferry — MEDIUM

Boundary County · 48.73 N, 116.33 W

Water and food: Kootenai River; farms cleared on the benches above town
Watch out for: Spring floods, now reduced by Libby Dam; cold, snowy winters

Challis — LOW

Custer County · 44.50 N, 114.19 W

Water and food: Along the Salmon River; ranching not confirmed
Watch out for: The 1983 Borah Peak earthquake (magnitude 6.9) damaged the town and killed two people there

Driggs — LOW

Teton County · 43.73 N, 111.12 W

Water and food: Teton Valley at the headwaters of the Teton River; farm base not confirmed
Watch out for: Population nearly doubled from 2000 to 2020

Fairfield — LOW

Camas County · 43.37 N, 114.79 W

Water and food: Magic Reservoir and Silver Creek within 10 to 30 miles; farm base not confirmed
Watch out for: Snowy winters and hot, dry summers

Grangeville — LOW

Idaho County · 45.93 N, 116.11 W

Water and food: On the Camas Prairie near Nez Perce National Forest; water and farm base not confirmed
Watch out for: Record low -25 degrees Fahrenheit

Moscow — MEDIUM

Latah County · 46.73 N, 116.99 W

Water and food: Paradise Creek; an agricultural hub where the Palouse grasslands meet wheat fields
Watch out for: A 1996 flood

Rexburg — MEDIUM

Madison County · 43.81 N, 111.79 W

Water and food: Teton River; famous for large potatoes grown in volcanic soil
Watch out for: The 1976 Teton Dam failure put most of the city underwater for days

Salmon — MEDIUM

Lemhi County · 45.16 N, 113.88 W

Water and food: Salmon and Lemhi rivers meet here; fishing and hunting
Watch out for: Cold, dry winters

Sandpoint — MEDIUM

Bonner County · 48.31 N, 116.53 W

Water and food: Lake Pend Oreille, Idaho's largest lake; ranching grew on cleared "stump ranches"
Watch out for: About 63 inches of snow a year; growing population

Weiser — MEDIUM

Washington County · 44.25 N, 116.97 W

Water and food: Where the Weiser River joins the Snake; farming, orchards and livestock
Watch out for: Chilly winters and very hot summers

State hazards: Wildfire, drought, winter storms, earthquakes and flooding. Eastern Idaho is closest to Yellowstone, and the Idaho National Laboratory sits on the Snake River Plain.

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Anna
MEDIUM

Union County · 37.47 N, 89.22 W

Water and food: Cache, Cypress and Big creeks and cool springs; grapes, dairy and cattle
Watch out for: Tornadoes, flooding and drought statewide (NOAA)

Carthage
LOW

Hancock County · 40.41 N, 91.10 W

Water and food: Corn, soybeans and hog farms; only a small lake for water nearby
Watch out for: Tornadoes

Effingham
LOW

Effingham County · 39.12 N, 88.56 W

Water and food: Water and farm base not confirmed
Watch out for: Interstates 57 and 70 cross here; Wikipedia lists 29 tornadoes, including an EF3 in June 2026

Galena
LOW

Jo Daviess County · 42.42 N, 90.42 W

Water and food: Galena River; farm base not confirmed
Watch out for: Repeated downtown floods (1937, 1993, 2010, 2011), now behind floodgates; over a million tourists a year

Golconda
LOW

Pope County · 37.35 N, 88.56 W

Water and food: On the Ohio River; farm base not confirmed
Watch out for: River flooding; New Madrid zone

Macomb
LOW

McDonough County · 40.46 N, 90.68 W

Water and food: East Fork La Moine River and Spring Lake; farm base not confirmed
Watch out for: Tornadoes

Mount Carroll
LOW

Carroll County · 42.11 N, 89.98 W

Water and food: Water and farm base not confirmed
Watch out for: Illinois' record low, -38 degrees Fahrenheit, was set here in 2019

Olney
LOW

Richland County · 38.73 N, 88.08 W

Water and food: Water and farm base not confirmed
Watch out for: Tornadoes

Pittsfield
LOW

Pike County · 39.60 N, 90.81 W

Water and food: About 8 miles from both the Mississippi and Illinois rivers; historic pork farming
Watch out for: River flooding

Vandalia
LOW

Fayette County · 38.94 N, 89.10 W

Water and food: On the Kaskaskia River; farm base not confirmed
Watch out for: Flooding

State hazards: Tornadoes, flooding, severe storms, heat and winter storms, plus earthquake risk in the far south from the New Madrid zone. The state also has many nuclear plants; the Chicago and St. Louis areas were avoided.

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GETTING THERE

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INDIANA: THE PLACES

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Berne — LOW

Adams County · 40.66 N, 84.93 W

Water and food: Buried Teays River Valley aquifer makes the area water-rich; large Amish community; farm base not confirmed
Watch out for: Flat; tornadoes

Bloomfield — LOW

Greene County · 39.03 N, 86.87 W

Water and food: White River; farm base not confirmed
Watch out for: Flooding

Jasper — MEDIUM

Dubois County · 38.40 N, 86.94 W

Water and food: Patoka River; farming is the main land use around the city
Watch out for: Tornadoes, flooding and severe storms statewide (NOAA)

LaGrange — LOW

LaGrange County · 41.65 N, 85.40 W

Water and food: Water and farm base not confirmed
Watch out for: Winter storms

Madison — LOW

Jefferson County · 38.76 N, 85.41 W

Water and food: Ohio River; farm base not confirmed
Watch out for: River flooding

Nashville — LOW

Brown County · 39.24 N, 86.22 W

Water and food: Salt, Greasy and Jackson Branch creeks; farm base not confirmed
Watch out for: Tourism crowds to Brown County State Park

Paoli — LOW

Orange County · 38.55 N, 86.45 W

Water and food: Water and farm base not confirmed
Watch out for: Karst groundwater can be easily contaminated

Rensselaer — LOW

Jasper County · 40.95 N, 87.13 W

Water and food: Iroquois River; farm base not confirmed
Watch out for: Sometimes severe cold winters

Salem — LOW

Washington County · 38.61 N, 86.08 W

Water and food: Small ponds; corn and soybeans are the main crops; water source not confirmed
Watch out for: Tornadoes

Vevay — MEDIUM

Switzerland County · 38.77 N, 85.09 W

Water and food: Ohio River; vineyards and winemaking since Swiss settlers arrived in 1802
Watch out for: Flooding and severe storms statewide (NOAA)

State hazards: Tornadoes, flooding, severe storms, winter storms and heat. The southern hills have springs and forest; the north has strong Amish farm communities.

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Bloomfield — LOW

Davis County · 40.73 N, 92.40 W

Water and food: Water and farm base not confirmed
Watch out for: Tornadoes

Cresco — LOW

Howard County · 43.36 N, 92.13 W

Water and food: Rural town; farm base and water source not confirmed
Watch out for: Long, cold winters; record lows near -36 degrees Fahrenheit

Decorah — MEDIUM

Winneshiek County · 43.32 N, 91.79 W

Water and food: Upper Iowa River, Dunning's and Siewers springs, and a trout hatchery; farming drives the county economy
Watch out for: Flooding, tornadoes, derechos and blizzards statewide (NOAA)

Elkader — LOW

Clayton County · 42.85 N, 91.41 W

Water and food: Turkey River; farm base not confirmed
Watch out for: River flooding

Harlan — MEDIUM

Shelby County · 41.64 N, 95.31 W

Water and food: West Nishnabotna River; farmsteads across Shelby County
Watch out for: An EF3 tornado damaged rural farmsteads in the county in 2024

Kalona — LOW

Washington County · 41.48 N, 91.71 W

Water and food: Large Amish settlement that farms with tractors; water source not confirmed
Watch out for: Near Iowa City

McGregor — LOW

Clayton County · 43.02 N, 91.19 W

Water and food: Mississippi River, across from Prairie du Chien; farm base not confirmed
Watch out for: A July 2017 storm damaged the city

Orange City — LOW

Sioux County · 43.02 N, 96.06 W

Water and food: Water and farm base not confirmed
Watch out for: Farm runoff affects local water

Red Oak — LOW

Montgomery County · 41.01 N, 95.23 W

Water and food: East Nishnabotna River; farm base not confirmed
Watch out for: Flooding

Waukon — LOW

Allamakee County · 43.26 N, 91.48 W

Water and food: Headwaters of Paint Creek and Village Creek; farm base not confirmed
Watch out for: Many sinkholes on the limestone plain south of town

State hazards: Tornadoes, river flooding, derechos, drought and extreme cold. Farmland is the best in the country, but farm runoff affects much of the water, so springs in the northeast Driftless area stand out.

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Cottonwood Falls — MEDIUM

Chase County · 38.36 N, 96.54 W

Water and food: South bank of the Cottonwood River in the Flint Hills; farms and cattle ranches
Watch out for: Repeated floods, including 1951, which led Kansas to build reservoirs and levees

Council Grove — LOW

Morris County · 38.67 N, 96.50 W

Water and food: Council Grove Reservoir and City Lake, with walleye, crappie and white bass; farm base not confirmed
Watch out for: Tornadoes

Eureka — MEDIUM

Greenwood County · 37.83 N, 96.30 W

Water and food: Beside the Fall River; historic cattle trading center
Watch out for: Tornadoes in 2016 and 2018

Fort Scott — MEDIUM

Bourbon County · 37.83 N, 94.70 W

Water and food: South of the Marmaton River; an agricultural center
Watch out for: Temperature extremes from 120 to -24 degrees Fahrenheit

Garnett — LOW

Anderson County · 38.29 N, 95.26 W

Water and food: Water and farm base not confirmed
Watch out for: Record high 116 and record low -23 degrees Fahrenheit

Hiawatha — LOW

Brown County · 39.87 N, 95.53 W

Water and food: Seven-acre city lake a mile south; farm base not confirmed beyond an agricultural museum
Watch out for: Tornadoes

Holton — LOW

Jackson County · 39.44 N, 95.75 W

Water and food: Banner Creek and Elk Creek; farm base not confirmed
Watch out for: Record low -23 and record high 110 degrees Fahrenheit

Marysville — LOW

Marshall County · 39.84 N, 96.64 W

Water and food: Water and farm base not confirmed
Watch out for: Flooding

Seneca — LOW

Nemaha County · 39.84 N, 96.06 W

Water and food: Water and farm base not confirmed
Watch out for: An F5 tornado struck the town in May 1896

Yates Center — LOW

Woodson County · 37.88 N, 95.73 W

Water and food: Some water area in town; once called the "Hay Capital of the World"; current farm base not confirmed
Watch out for: Wolf Creek nuclear plant is in the region

State hazards: Tornadoes, drought, heat, hail, severe storms and grass fires. The Ogallala aquifer is declining in the west, so the list stays in the wetter east.

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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.
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GLOVE BOX CARD

GETTING THERE

KENTUCKY

10 places in this state, water and food for one person per day, and a medicine checklist

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KENTUCKY: THE PLACES

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Bardstown — LOW

Nelson County · 37.81 N, 85.46 W

Water and food: Water source and farm base not confirmed; bourbon distilling is a major industry
Watch out for: Record low -26 degrees Fahrenheit; hot summers

Berea — LOW

Madison County · 37.58 N, 84.27 W

Water and food: Water and farm base not confirmed
Watch out for: An April 1996 tornado damaged 800 to 1,000 homes

Campbellsville — MEDIUM

Taylor County · 37.35 N, 85.35 W

Water and food: Green River Lake and its state park; agriculture among the town's industries
Watch out for: Flooding, tornadoes and ice storms statewide (NOAA)

Glasgow — LOW

Barren County · 36.99 N, 85.92 W

Water and food: Water and farm base not confirmed
Watch out for: Tornadoes

Hodgenville — LOW

LaRue County · 37.57 N, 85.72 W

Water and food: North Fork of the Nolin River; farm base not confirmed
Watch out for: Tornadoes

Liberty — LOW

Casey County · 37.31 N, 84.97 W

Water and food: Green River valley; farm base not confirmed
Watch out for: Hilly

Russellville — MEDIUM

Logan County · 36.85 N, 86.89 W

Water and food: Town Branch valley in the Green River watershed; the surrounding region is largely farmland
Watch out for: Flooding, tornadoes and drought statewide (NOAA)

Somerset — LOW

Pulaski County · 37.07 N, 84.60 W

Water and food: Lake Cumberland; farm base not confirmed
Watch out for: An EF4 tornado struck in 2025; low lake levels during dam work

Springfield — LOW

Washington County · 37.70 N, 85.24 W

Water and food: Water and farm base not confirmed
Watch out for: Tornadoes

Tompkinsville — LOW

Monroe County · 36.71 N, 85.70 W

Water and food: Town Creek and Mill Creek; farm base not confirmed
Watch out for: Small town; hilly

State hazards: Flooding, tornadoes, landslides, winter storms and severe storms, plus New Madrid earthquake risk in the far west. The deadly 2022 eastern Kentucky floods hit narrow hollows, so the list favors wider valleys in the central part of the state.

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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.
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Arcadia — LOW

Bienville Parish · 32.56 N, 92.92 W

Water and food: Poultry center with up to 300 growers supplying a feed mill; water source not confirmed
Watch out for: Heat; tornadoes

Columbia — LOW

Caldwell Parish · 32.11 N, 92.10 W

Water and food: Southwest bank of the Ouachita River; historic cotton plantations; current farm base not confirmed
Watch out for: River flooding

Farmerville — LOW

Union Parish · 32.75 N, 92.32 W

Water and food: Lake D'Arbonne for fishing and boating; farm base not confirmed
Watch out for: An EF3 tornado injured 14 people in December 2022

Homer — LOW

Claiborne Parish · 32.77 N, 93.03 W

Water and food: Water and farm base not confirmed
Watch out for: Muggy summers

Jena — LOW

LaSalle Parish · 31.67 N, 92.11 W

Water and food: Water and farm base not confirmed
Watch out for: Heavy winter rain; hot, rainy summers

Many — LOW

Sabine Parish · 31.59 N, 93.46 W

Water and food: Near Toledo Bend; water and farm base not confirmed
Watch out for: Hurricane remnants

Marksville — LOW

Avoyelles Parish · 31.14 N, 92.08 W

Water and food: Trading center for former cotton plantation country; water source not confirmed
Watch out for: Flooding

Natchitoches — LOW

Natchitoches Parish · 31.76 N, 93.09 W

Water and food: Cane River Lake, an old channel of the Red River; farming reduced by mechanization
Watch out for: Severe storms, hail and tornadoes

Ruston — LOW

Lincoln Parish · 32.53 N, 92.64 W

Water and food: A small campus lake; historic peach farming and an annual Peach Festival; water source not confirmed
Watch out for: Tornadoes

Winnfield — LOW

Winn Parish · 31.92 N, 92.64 W

Water and food: Saline Bayou; a lumber mill is a major employer; farm base not confirmed
Watch out for: Heat

State hazards: Hurricanes, storm surge, flooding, heat and coastal land loss. The south and the coast were avoided; the north and center of the state sit higher.

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GETTING THERE

MAINE

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Bethel — LOW

Oxford County · 44.42 N, 70.80 W

Water and food: Androscoggin, Alder, Pleasant and Sunday rivers; hay and potato farming historically; current farm base not confirmed
Watch out for: Cold; short season

Dover-Foxcroft — LOW

Piscataquis County · 45.19 N, 69.20 W

Water and food: Piscataquis River; historic potato, corn and grain farming; current farm base not confirmed
Watch out for: Cold winters that can be extremely harsh

Farmington — LOW

Franklin County · 44.67 N, 70.13 W

Water and food: Sandy River; historic hay, orchards and sheep; current farm base not confirmed
Watch out for: Heavy rain events, such as December 1969

Fort Fairfield — MEDIUM

Aroostook County · 46.76 N, 67.84 W

Water and food: Aroostook River; potato and broccoli farming
Watch out for: A large levee holds back spring floodwaters

Fryeburg — LOW

Oxford County · 44.03 N, 70.97 W

Water and food: Saco River and fertile soil with a farming history; home of the Fryeburg Fair; current farm base not confirmed
Watch out for: About 300,000 fair visitors each October

Houlton — LOW

Aroostook County · 46.12 N, 67.86 W

Water and food: Meduxnekeag River; historic pea and potato harvests; current farm base not confirmed
Watch out for: Cold, snowy winters

Machias — LOW

Washington County · 44.72 N, 67.48 W

Water and food: Machias River on Machias Bay; farm and fishing base not confirmed
Watch out for: Coastal storms

Presque Isle — MEDIUM

Aroostook County · 46.68 N, 68.01 W

Water and food: Aroostook River and Presque Isle Stream; potatoes are the leading crop
Watch out for: Long, cold winters

Skowhegan — LOW

Somerset County · 44.78 N, 69.70 W

Water and food: Kennebec River; historic hay, potato, wheat and wool farming; current farm base not confirmed
Watch out for: Floods in 1901, 1936 and 1987

Unity — MEDIUM

Waldo County · 44.60 N, 69.33 W

Water and food: Unity Pond; home of the Maine Organic Farmers and Gardeners Association and its Common Ground Fair
Watch out for: Cold waves, ice storms and nor'easters statewide (NOAA)

State hazards: Winter storms, coastal storms, flooding, extreme cold and some wildfire. Water is plentiful; the short growing season is the limit.

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GETTING THERE

MARYLAND

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MARYLAND: THE PLACES

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Accident
LOW

Garrett County · 39.64 N, 79.31 W

Water and food: On the Appalachian plateau at 2,356 feet; water and farm base not confirmed
Watch out for: Cold winters; snow

Chestertown
LOW

Kent County · 39.21 N, 76.07 W

Water and food: Head of navigation on the Chester River; historic farms; current farm base not confirmed
Watch out for: Low elevation, about 20 feet

Denton
LOW

Caroline County · 38.88 N, 75.84 W

Water and food: Choptank River; farm heritage shown in the Museum of Rural Life; current farm base not confirmed
Watch out for: Low-lying

Flintstone
LOW

Allegany County · 39.70 N, 78.57 W

Water and food: Flintstone Creek flows to the Potomac; farm base not confirmed
Watch out for: Narrow valley between Tussey and Warrior mountains

Grantsville
LOW

Garrett County · 39.68 N, 79.15 W

Water and food: Half a mile from the Casselman River; founded as an Amish and Mennonite settlement; current farm base not confirmed
Watch out for: Cold winters

Hancock
LOW

Washington County · 39.70 N, 78.18 W

Water and food: Potomac tributaries and the C&O Canal; farm base not confirmed
Watch out for: Flooding

Oakland
LOW

Garrett County · 39.40 N, 79.39 W

Water and food: Garrett County buckwheat tradition; water source not confirmed
Watch out for: One of Maryland's coldest and snowiest towns, about 106 inches of snow a year

Snow Hill
LOW

Worcester County · 38.19 N, 75.40 W

Water and food: Head of navigation on the Pocomoke River; farm base not confirmed
Watch out for: Low-lying; hurricanes

State hazards: Coastal flooding, tropical storms, inland flooding, heat and winter storms. The state sits close to Washington and Baltimore and has major military and federal sites, so only eight areas met the standard.

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GETTING THERE

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Ashfield

MEDIUM

Franklin County · 42.52 N, 72.81 W

Water and food: South and Swift rivers, brooks and Ashfield Lake; a long-standing mostly agrarian economy

Watch out for: Winter storms, flooding and nor'easters statewide (NOAA)

Cummington

LOW

Hampshire County · 42.44 N, 72.91 W

Water and food: East Branch of the Westfield River; farm base not confirmed beyond its 4-H fair

Watch out for: Cold

Great Barrington

LOW

Berkshire County · 42.20 N, 73.36 W

Water and food: Housatonic River valley; farming history; current farm base not confirmed

Watch out for: An F4 tornado killed three people in 1995

Hadley

MEDIUM

Hampshire County · 42.36 N, 72.57 W

Water and food: Connecticut River; Hadley loam farmland famous for asparagus

Watch out for: Flooding and winter storms statewide (NOAA)

Hardwick

LOW

Worcester County · 42.35 N, 72.20 W

Water and food: Quabbin Reservoir waters reach into town; farming roots; current farm base not confirmed

Watch out for: Quabbin Reservation land is protected

Sheffield

LOW

Berkshire County · 42.10 N, 73.36 W

Water and food: Fertile Housatonic River floodplain where agriculture was the main industry; current farm base not confirmed

Watch out for: Floodplain location

Shelburne Falls

LOW

Franklin County · 42.60 N, 72.74 W

Water and food: Deerfield River; farm base not confirmed

Watch out for: Flooding

Williamstown

LOW

Berkshire County · 42.71 N, 73.20 W

Water and food: Hoosic River; historic dairy, sheep and wool; current farm base not confirmed

Watch out for: Cold

State hazards: Coastal storms, flooding, winter storms and heat. The eastern half is densely settled and the Quabbin watershed is closed to settlement, so only eight western areas met the standard.

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Alpena
LOW

Alpena County · 45.08 N, 83.46 W

Water and food: Near the Thunder Bay River and Lake Huron; farm base not confirmed
Watch out for: Cold; about 84 inches of snow a year

Big Rapids
LOW

Mecosta County · 43.69 N, 85.48 W

Water and food: Muskegon River; farm base not confirmed
Watch out for: Cold

Cadillac
LOW

Wexford County · 44.25 N, 85.43 W

Water and food: Lake Cadillac and Lake Mitchell; Christmas tree farms; food farming not confirmed
Watch out for: About 81 inches of snow a year

Escanaba
LOW

Delta County · 45.77 N, 87.09 W

Water and food: Little Bay de Noc and the Escanaba River; farm base not confirmed
Watch out for: Cold, snowy winters

Fennville
MEDIUM

Allegan County · 42.58 N, 86.12 W

Water and food: Lake Michigan moderates the climate; fruit orchards and you-pick farms
Watch out for: Spring freezes, severe storms and heavy snow statewide (NOAA)

Fremont
LOW

Newaygo County · 43.47 N, 85.96 W

Water and food: Some lakes in town; farm roots and the birthplace of Gerber baby food; current farm base not confirmed
Watch out for: An 1871 forest fire

Gaylord
LOW

Otsego County · 45.03 N, 84.67 W

Water and food: Otsego Lake; farm base not confirmed
Watch out for: An EF3 tornado struck the city on May 20, 2022; heavy lake-effect snow

Hastings
LOW

Barry County · 42.64 N, 85.29 W

Water and food: Thornapple River; farm base not confirmed
Watch out for: Tornadoes

Ionia
LOW

Ionia County · 42.99 N, 85.07 W

Water and food: Grand River; farm base not confirmed
Watch out for: Damaging spring floods on the Grand River

Ithaca
LOW

Gratiot County · 43.28 N, 84.61 W

Water and food: Water source and farm base not confirmed beyond a county agricultural fair
Watch out for: Farm runoff affects local water

State hazards: Winter storms, flooding, extreme cold, severe storms and heat. The Great Lakes give Michigan plenty of water; the list avoids the Detroit area and the lakeshore nuclear plants.

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MEDICINES AND HEALTH

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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.
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ONE PERSON, ONE DAY

	Driving	Hiking
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GLOVE BOX CARD

GETTING THERE

MINNESOTA

10 places in this state, water and food for one person per day, and a medicine checklist

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MINNESOTA: THE PLACES

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Alexandria — LOW

Douglas County · 45.88 N, 95.38 W

Water and food: Chain of lakes popular for fishing; farm base not confirmed
Watch out for: Cold winters with record lows near -38 degrees Fahrenheit; downwind of the Plains silo fields

Caledonia — LOW

Houston County · 43.62 N, 91.48 W

Water and food: Water and farm base not confirmed
Watch out for: Flash flooding

Detroit Lakes — LOW

Becker County · 46.83 N, 95.80 W

Water and food: Detroit Lake and several others; farm base not confirmed; tourism is the main industry
Watch out for: January highs average about 17 degrees Fahrenheit; downwind of the Plains silo fields

Grand Marais — MEDIUM

Cook County · 47.78 N, 90.34 W

Water and food: Lake Superior; a fishing town with a fresh herring tradition
Watch out for: Average yearly minimums near -23 degrees Fahrenheit; 110 miles from Duluth

Lanesboro — LOW

Fillmore County · 43.72 N, 91.99 W

Water and food: South Branch of the Root River; Amish community nearby; farm base not confirmed
Watch out for: Flash flooding

Long Prairie — LOW

Todd County · 45.96 N, 94.90 W

Water and food: Long Prairie River; a food processing center; farm base not confirmed
Watch out for: Temperatures from about -40 to above 90 degrees Fahrenheit

Park Rapids — LOW

Hubbard County · 46.94 N, 95.04 W

Water and food: Over 70 lakes and the Mississippi headwaters at Itasca; farm base not confirmed
Watch out for: Long, cold, snowy winters

Preston — LOW

Fillmore County · 43.66 N, 92.10 W

Water and food: Root River and its South Branch; farm base not confirmed
Watch out for: Flash flooding

Wabasha — LOW

Wabasha County · 44.37 N, 92.04 W

Water and food: Mississippi River at the foot of Lake Pepin, near the Zumbro River; farm base not confirmed
Watch out for: River flooding; Prairie Island nuclear plant upstream

Wadena — LOW

Wadena County · 46.44 N, 95.13 W

Water and food: An agricultural community; water source not confirmed
Watch out for: An EF4 tornado damaged at least 232 homes in June 2010

State hazards: Winter storms, flooding, tornadoes and extreme cold. Water is plentiful. Princeton and Columbia fallout modeling of an attack on Plains missile silos showed most Minnesotans receiving high average doses, which lowers the state on conflict scenarios.

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GLOVE BOX CARD

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Brookhaven — LOW

Lincoln County · 31.59 N, 90.45 W

Water and food: Water and farm base not confirmed
Watch out for: Long, hot summers; about 61.6 inches of rain a year

Houston — LOW

Chickasaw County · 33.90 N, 88.97 W

Water and food: Water and farm base not confirmed
Watch out for: Tornadoes

Kosciusko — MEDIUM

Attala County · 33.04 N, 89.57 W

Water and food: Yockanookany River; cotton is still an important local crop
Watch out for: Tornadoes, flooding and extreme heat statewide (NOAA)

Louisville — LOW

Winston County · 33.11 N, 89.03 W

Water and food: Water and farm base not confirmed
Watch out for: An EF4 tornado killed ten people on April 28, 2014

Magee — LOW

Simpson County · 31.85 N, 89.75 W

Water and food: Little Goodwater Creek; farm base not confirmed
Watch out for: An EF3 tornado destroyed 60 homes in 2009

New Albany — MEDIUM

Union County · 34.49 N, 89.00 W

Water and food: Founded beside the Tallahatchie River as a hub for regional farming and trade
Watch out for: Tornadoes and severe storms statewide (NOAA)

Philadelphia — LOW

Neshoba County · 32.76 N, 89.12 W

Water and food: City water and sewer; farm base not confirmed
Watch out for: A 2011 EF5 tornado killed three people in the north part of town

Pontotoc — LOW

Pontotoc County · 34.22 N, 88.99 W

Water and food: Water and farm base not confirmed
Watch out for: A major tornado struck in 2001

Ripley — LOW

Tippah County · 34.75 N, 88.92 W

Water and food: Water and farm base not confirmed
Watch out for: Tornadoes

Tylertown — LOW

Walthall County · 31.15 N, 90.12 W

Water and food: Walthall County farms raised hay and eggs; water source not confirmed
Watch out for: An EF4 tornado killed five people on March 15, 2025

State hazards: Hurricanes, tornadoes, flooding and heat. The coast and the Delta floodplain were avoided; north and central hill country holds the options.

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GLOVE BOX CARD

GETTING THERE

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Ava
LOW

Douglas County · 36.94 N, 92.68 W

Water and food: Militia Springs and Prairie Creek; agriculture and lumbering drew a railroad in 1910; current farm base not confirmed
Watch out for: Hilly

Eminence
LOW

Shannon County · 37.16 N, 91.45 W

Water and food: Inside the Ozark National Scenic Riverways, popular for hunting and fishing; farm base not confirmed
Watch out for: Little farmland; flash floods

Houston
LOW

Texas County · 37.32 N, 91.95 W

Water and food: Water and farm base not confirmed
Watch out for: Hilly

Jamesport
LOW

Daviess County · 39.98 N, 93.78 W

Water and food: Missouri's largest Amish community; water source not confirmed
Watch out for: Tornadoes

Kirksville
LOW

Adair County · 40.19 N, 92.59 W

Water and food: Hazel Creek Lake and Forrest Lake supply the city; farm base not confirmed
Watch out for: Cold, snowy winters; deadly tornadoes in 1899 and 2009

Macon
LOW

Macon County · 39.75 N, 92.46 W

Water and food: Macon Lake; farm base not confirmed
Watch out for: Temperatures from -28 to 116 degrees Fahrenheit

Mountain Grove
MEDIUM

Wright County · 37.16 N, 92.28 W

Water and food: Streams flow north and south from the town's drainage divide; Missouri State University's 190-acre Fruit Experiment Station
Watch out for: Heat, drought, flooding, tornadoes and ice storms statewide (NOAA)

Salem
LOW

Dent County · 37.62 N, 91.53 W

Water and food: Near Montauk State Park and the headwaters of the Current River; farm base not confirmed
Watch out for: Hilly

Seymour
LOW

Webster County · 37.17 N, 92.79 W

Water and food: Headwater streams of the Gasconade and James rivers; Old Order Amish community and an apple festival; farm base not confirmed
Watch out for: Hilly

West Plains
LOW

Howell County · 36.73 N, 91.87 W

Water and food: Water and farm base not confirmed
Watch out for: An F4 tornado killed three people in 1982

State hazards: Tornadoes, flooding, severe storms and heat, plus New Madrid earthquake risk in the southeast. Whiteman Air Force Base, home of the B-2 bombers, is in Johnson County. The Ozarks have the state's best springs.

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GLOVE BOX CARD

GETTING THERE

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Deer Lodge — LOW

Powell County · 46.39 N, 112.75 W

Water and food: Clark Fork River; the Grant-Kohrs Ranch preserves the cattle era; current farm base not confirmed
Watch out for: Montana State Prison is a major employer; cold winters

Dillon — MEDIUM

Beaverhead County · 45.23 N, 112.64 W

Water and food: Beaverhead River; cattle ranching since 1865 and sheep since 1869
Watch out for: Cold, dry winters; record low -42 degrees Fahrenheit in 2024

Eureka — LOW

Lincoln County · 48.84 N, 115.00 W

Water and food: Tobacco River and Lake Koocanusa; farm base not confirmed
Watch out for: About 66 miles from Kalispell

Hamilton — LOW

Ravalli County · 46.24 N, 114.17 W

Water and food: Historic Bitterroot Stock Farm; water source not confirmed
Watch out for: The 2000 Bitterroot Valley wildfires forced evacuations; growing population

Philipsburg — LOW

Granite County · 46.32 N, 113.31 W

Water and food: Water and farm base not confirmed
Watch out for: Long, dry winters

Plains — LOW

Sanders County · 47.47 N, 114.89 W

Water and food: Straddles the Clark Fork River; farm base not confirmed
Watch out for: Wildfire

Polson — LOW

Lake County · 47.69 N, 114.14 W

Water and food: Southern shore of Flathead Lake, which moderates the climate; farm base not confirmed
Watch out for: Population grew from about 1,100 in 1920 to over 5,100 in 2020

Ronan — LOW

Lake County · 47.55 N, 114.11 W

Water and food: On the Flathead Indian Reservation; water and farm base not confirmed
Watch out for: Water rights settled under the Flathead Reservation compact

Thompson Falls — LOW

Sanders County · 47.60 N, 115.36 W

Water and food: Clark Fork River near the Cabinet Mountains; farm base not confirmed
Watch out for: Wildfire; limited flat land

Twin Bridges — LOW

Madison County · 45.53 N, 112.35 W

Water and food: Where the Beaverhead, Big Hole and Ruby rivers form the Jefferson; farm base not confirmed
Watch out for: Cold winters

State hazards: Wildfire, drought, winter storms, flooding and earthquakes. Malmstrom Air Force Base and its missile silo field cover much of central Montana, and fallout modeling of an attack on the silo fields shows high average doses there, so the list stays west of the Continental Divide.

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NEBRASKA: THE PLACES

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Albion — LOW

Boone County · 41.70 N, 98.00 W

Water and food: Water and farm base not confirmed
Watch out for: Tornadoes

Broken Bow — LOW

Custer County · 41.41 N, 99.64 W

Water and food: Nebraska's biggest feedlot (85,000 head) is 2 miles south; water source not confirmed
Watch out for: Drought

Burwell — LOW

Garfield County · 41.81 N, 99.10 W

Water and food: Water and farm base not confirmed; home of Nebraska's Big Rodeo
Watch out for: Remote

Falls City — LOW

Richardson County · 40.07 N, 95.59 W

Water and food: North of the Big Nemaha River; farm base not confirmed
Watch out for: Flooding

Ord — LOW

Valley County · 41.60 N, 98.94 W

Water and food: Valley County farm produce ships by rail; water source not confirmed
Watch out for: Tornadoes

Pawnee City — LOW

Pawnee County · 40.11 N, 96.15 W

Water and food: Water and farm base not confirmed
Watch out for: An 1881 fire destroyed two-thirds of downtown

Tekamah — LOW

Burt County · 41.78 N, 96.23 W

Water and food: Water and farm base not confirmed
Watch out for: Flooding, including 2019

Valentine — MEDIUM

Cherry County · 42.81 N, 100.62 W

Water and food: Just north of the Niobrara River on the edge of the Sandhills; cattle ranching nearby
Watch out for: Severe winter cold, record low -39 degrees Fahrenheit; blizzards statewide (NOAA)

Wayne — LOW

Wayne County · 42.23 N, 97.02 W

Water and food: Water and farm base not confirmed
Watch out for: Tornadoes

West Point — LOW

Cuming County · 41.85 N, 96.73 W

Water and food: East bank of the Elkhorn River; current farm base not confirmed
Watch out for: Elkhorn River flooding damaged the railroad in 1982

State hazards: Tornadoes, drought, flooding, heat and blizzards. The southwest Panhandle holds part of the F.E. Warren missile silo field, and fallout modeling shows high average doses across much of the state. The list leans east and toward the Sandhills' large aquifer.

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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
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Make water safe

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GLOVE BOX CARD

GETTING THERE

NEVADA

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NEVADA: THE PLACES

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Carson Valley (Minden, Gardnerville, Genoa) — MEDIUM

Douglas County · 39.02 N, 119.73 W

Water and food: The East and West Forks of the Carson River are diverted across the valley floor through canals and ditches to flood-irrigate pasture and crops. Pasture and alfalfa dominate the valley floor, and the valley has a long ranching history
Watch out for: Earthquakes: the Genoa fault is one of the most active in Nevada

Lamoille Valley (Lamoille) — MEDIUM

Elko County · 40.72 N, 115.48 W

Water and food: Lamoille Creek and other streams come off the Ruby Mountains, one of the best-watered ranges in the Great Basin. Irrigated pasture and hay throughout the community, with cattle the main food base
Watch out for: All water depends on one mountain snowpack, which warming is expected to shrink

Meadow Valley (Panaca) — LOW

Lincoln County · 37.79 N, 114.39 W

Water and food: Panaca was founded around the Meadow Valley oasis, and early settlers dug irrigation ditches from it. Farming is still the town's main economy
Watch out for: Water details unconfirmed

Moapa Valley (Overton, Logandale, Moapa) — LOW

Clark County · 36.64 N, 114.38 W

Water and food: The Muddy River begins at the Warm Springs Natural Area and flows through the valley to Lake Mead. At about 1,265 feet, the valley has the longest growing season on this list
Watch out for: Extreme heat, which is increasing in southern Nevada

Pahranagat Valley (Alamo, Ash Springs, Hiko) — MEDIUM

Lincoln County · 37.33 N, 115.31 W

Water and food: Three large natural springs, Hiko, Crystal and Ash, plus many smaller ones, water a long green strip of farmland. Mainly an agricultural community since the late 1800s
Watch out for: It is about 100 miles north of Las Vegas on US 93, the main road north out of the metro area

Paradise Valley — MEDIUM

Humboldt County · 41.49 N, 117.53 W

Water and food: Martin Creek and the Little Humboldt River enter the valley from the northeast and recharge the alluvial aquifer. A small, historic ranching town of about 110 people
Watch out for: USGS documented groundwater declines from 1968 to 1982, and one real estate listing describes the basin as closed to new groundwater pumping

Ruby Valley — LOW

Elko and White Pine counties · 40.40 N, 115.23 W

Water and food: Spring-fed marshes and ponds make up Ruby Lake National Wildlife Refuge on the valley floor, at about 6,000 feet, east of the Ruby Mountains. Farm and ranch use on private land around the refuge was not confirmed for this edition
Watch out for: Very remote from medical care and supplies

Smith Valley (Smith, Wellington) — LOW

Lyon County · 38.92 N, 119.39 W

Water and food: Walker River irrigation, backed up by groundwater pumping. An established farming valley at a lower elevation than the eastern picks
Watch out for: USGS estimated that groundwater storage in Smith Valley fell by about 287,600 acre-feet from 1970 to 2020, because pumping outpaces recharge

Snake Valley (Baker) — LOW

White Pine County · 39.07 N, 114.25 W

Water and food: Snowpack on the Snake Range recharges the regional carbonate aquifer, which feeds the valley's springs and wetlands. Farming and ranching, especially sheep, are the main industries
Watch out for: The Southern Nevada Water Authority has proposed pumping up to 137,000 acre-feet a year from Snake and Spring valleys, which local ranchers say could dry up springs

White River Valley (Lund, Preston) — MEDIUM

White Pine County · 38.86 N, 115.01 W

Water and food: Large year-round springs at Preston and Lund are fed by the regional carbonate-rock aquifer, and the water reaches fields by gravity through ditches. Farmed and ranched since Latter-day Saint settlers arrived in 1897 and 1898
Watch out for: Cold winters and a short season

State hazards: Nevada is the driest state in the nation and the third most seismically active, behind Alaska and California. Drought, earthquakes and wildfire are the main natural hazards, and about half of the state's groundwater basins are already fully or over-committed. The places that work here are almost all old farming valleys built around reliable springs or mountain streams. Most share one weakness: short, cold growing seasons at elevation, or extreme heat at low elevation.

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Colebrook — MEDIUM

Coos County · 44.91 N, 71.48 W

Water and food: Connecticut River on the west line; dairy farming since the 1880s
Watch out for: Severely cold winters with long-lasting snowpack

Conway — LOW

Carroll County · 43.97 N, 71.15 W

Water and food: Saco and Swift rivers; farm base not confirmed
Watch out for: Tourism is the biggest industry

Haverhill — LOW

Grafton County · 44.04 N, 72.06 W

Water and food: Connecticut and Ammonoosuc rivers; farm base not confirmed
Watch out for: Flooding

Lancaster — LOW

Coos County · 44.49 N, 71.56 W

Water and food: Connecticut and Israel rivers; fertile meadows that were once productive farmland; current farm base not confirmed
Watch out for: Cold, snowy winters, about 70 inches of snow a year

Littleton — LOW

Grafton County · 44.31 N, 71.78 W

Water and food: Ammonoosuc River; farm base not confirmed
Watch out for: Cold

New London — LOW

Merrimack County · 43.41 N, 71.99 W

Water and food: Lake Sunapee, Little Sunapee Lake and Pleasant Lake; farm base not confirmed
Watch out for: Cold

Peterborough — LOW

Hillsborough County · 42.89 N, 71.95 W

Water and food: Contoocook River; farm base not confirmed
Watch out for: Winter storms

Plymouth — LOW

Grafton County · 43.76 N, 71.68 W

Water and food: Pemigewasset and Baker rivers; farm base not confirmed
Watch out for: Flooding

Walpole — LOW

Cheshire County · 43.08 N, 72.42 W

Water and food: Connecticut River on the west line; farm base not confirmed
Watch out for: Flooding

Whitefield — LOW

Coos County · 44.37 N, 71.60 W

Water and food: Johns River, Bog Brook and Forest, Burns and Mirror lakes; farm base not confirmed
Watch out for: Record low -38 degrees Fahrenheit

State hazards: Winter storms, flooding, coastal storms and extreme cold. Water is plentiful; the short season is the limit. Seabrook nuclear plant on the coast was avoided.

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GETTING THERE

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Belvidere

LOW

Warren County · 40.83 N, 75.05 W

Water and food: Delaware River; farm base not confirmed
Watch out for: River flooding

Blairstown

LOW

Warren County · 40.97 N, 74.97 W

Water and food: Paulins Kill; farm base not confirmed
Watch out for: Close to New York commuter areas

Flemington

LOW

Hunterdon County · 40.52 N, 74.85 W

Water and food: South Branch of the Raritan River in the Amwell Valley; farming history with poultry and dairy; current farm base not confirmed
Watch out for: Close to large metros

Frenchtown

LOW

Hunterdon County · 40.52 N, 75.03 W

Water and food: Delaware River; grew on grain and farm trade and later poultry; current farm base not confirmed
Watch out for: Hurricane Diane flooded the streets in 1955, and later storms have too

Hammonton

LOW

Atlantic County · 39.64 N, 74.79 W

Water and food: Over 50 farms grow more than 80 percent of New Jersey's blueberries; water source not confirmed
Watch out for: The 2022 Mullica River Fire burned over 15,000 acres nearby

Newton

LOW

Sussex County · 41.06 N, 74.78 W

Water and food: Near the headwaters of the Paulins Kill and Pequest watersheds; farm base not confirmed beyond a maple syrup farm
Watch out for: Nor'easters bring blizzards and flooding; 40 to 50 inches of snow a year

Sussex

LOW

Sussex County · 41.23 N, 74.60 W

Water and food: Wallkill River watershed, Glen Brook and Clove Lake; farm base not confirmed
Watch out for: Temperatures from -29 to 106 degrees Fahrenheit

State hazards: Coastal storms, storm surge, flooding and heat, in the most densely settled state. Seven areas in the northwest hills and the Pine Barrens met the standard.

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Aztec — LOW

San Juan County · 36.82 N, 108.01 W

Water and food: Water comes from surface sources including the Animas River; farm base not confirmed
Watch out for: Project Gasbuggy, an underground nuclear test, took place nearby

Chama — LOW

Rio Arriba County · 36.90 N, 106.58 W

Water and food: Rio Chama; railroads and timber; farm base not confirmed
Watch out for: Long, cold winters

Cliff — MEDIUM

Grant County · 32.96 N, 108.61 W

Water and food: Gila River valley; primarily a ranching and farming community
Watch out for: Wildfire, drought and monsoon flash floods statewide (NOAA)

Dixon — MEDIUM

Rio Arriba County · 36.18 N, 105.86 W

Water and food: Embudo Creek and acequias in use since 1725; fruit orchards, grapes and two wineries
Watch out for: Drought and wildfire statewide (NOAA)

Hatch — MEDIUM

Dona Ana County · 32.66 N, 107.16 W

Water and food: Rio Grande ditches, nearby reservoirs and groundwater wells; famous for New Mexico chile
Watch out for: Extreme heat and drought statewide (NOAA)

Mora — LOW

Mora County · 36.00 N, 105.31 W

Water and food: Mora River runs through town; settled as a farm community in 1835; current farm base not confirmed
Watch out for: The 2022 Hermits Peak and Calf Canyon Fire burned here

Reserve — LOW

Catron County · 33.69 N, 108.80 W

Water and food: San Francisco River valley inside Gila National Forest; farm base not confirmed
Watch out for: Flash floods

Silver City — LOW

Grant County · 32.79 N, 108.27 W

Water and food: Water source not confirmed; mining is the economic base
Watch out for: An 1895 flood; runoff worsened by past overgrazing

Taos — MEDIUM

Taos County · 36.40 N, 105.58 W

Water and food: Rio Fernando de Taos watershed; Taos Pueblo residents keep fields near their homes
Watch out for: Watershed waters are rated impaired; tourism

Truth or Consequences — LOW

Sierra County · 33.14 N, 107.25 W

Water and food: Rio Grande near Elephant Butte Reservoir; hot springs; part of the Rio Grande irrigation project; farm base not confirmed
Watch out for: Hot, dry summers

State hazards: Drought, wildfire, heat and flash floods. The state has major national laboratories and military ranges. Water is the limit, so the list follows rivers and traditional acequia (community irrigation ditch) farming.

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Canton — LOW

St. Lawrence County · 44.59 N, 75.16 W

Water and food: Grasse River, a St. Lawrence tributary; current farm base not confirmed
Watch out for: Very cold

Cazenovia — LOW

Madison County · 42.94 N, 75.84 W

Water and food: Southeast corner of Cazenovia Lake; farm base not confirmed
Watch out for: Winter storms

Cobleskill — LOW

Schoharie County · 42.68 N, 74.49 W

Water and food: North of Cobleskill Creek; county fair with livestock shows since 1876 and SUNY Cobleskill; current farm base not confirmed
Watch out for: Flooding

Cooperstown — LOW

Otsego County · 42.70 N, 74.92 W

Water and food: Foot of Otsego Lake, where the Susquehanna begins; farm base not confirmed
Watch out for: Tourism crowds

Delhi — LOW

Delaware County · 42.29 N, 74.92 W

Water and food: West Branch Delaware River; farm base not confirmed
Watch out for: New York City watershed rules limit land use

Interlaken — LOW

Seneca County · 42.62 N, 76.73 W

Water and food: Between Seneca and Cayuga lakes; farming history; current farm base not confirmed
Watch out for: Winter storms

Lowville — MEDIUM

Lewis County · 43.80 N, 75.48 W

Water and food: Black River flats with rich soil for dairy farming
Watch out for: About 127 inches of snow a year

Malone — MEDIUM

Franklin County · 44.85 N, 74.29 W

Water and food: Salmon River; dairy farms and potato growers surround the village
Watch out for: January lows average about 4 degrees Fahrenheit

Penn Yan — MEDIUM

Yates County · 42.66 N, 77.06 W

Water and food: North end of Keuka Lake; center of New York's largest Old Order Mennonite farm community
Watch out for: Flash flooding in 2014 ripped out roads and damaged downtown

Wellsville — LOW

Allegany County · 42.11 N, 77.94 W

Water and food: Genesee River; a large dairy industry historically; current farm base not confirmed
Watch out for: Hurricane Agnes flooded the village center in 1972

State hazards: Winter storms, flooding, coastal storms and heat. New York City and Long Island were avoided. Upstate has abundant water and strong farm communities.

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MEDICINES AND HEALTH

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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.
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	Driving	Hiking
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GLOVE BOX CARD

GETTING THERE

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NORTH CAROLINA: THE PLACES

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Boone
LOW

Watauga County · 36.21 N, 81.67 W

Water and food: Water and farm base not confirmed
Watch out for: Helene flooding hit this region in 2024

Elkin
MEDIUM

Surry County · 36.29 N, 80.86 W

Water and food: Yadkin River; over 40 vineyards in the Yadkin Valley wine region
Watch out for: Hurricanes, flooding and winter storms statewide (NOAA)

Franklin
LOW

Macon County · 35.18 N, 83.39 W

Water and food: Where the Cullasaja River joins the Little Tennessee; farm base not confirmed
Watch out for: Flash floods

Mount Airy
LOW

Surry County · 36.50 N, 80.61 W

Water and food: Ararat River; farm base not confirmed beyond historic tobacco
Watch out for: Record high 105 degrees Fahrenheit

Murphy
LOW

Cherokee County · 35.08 N, 84.10 W

Water and food: Where the Hiwassee and Valley rivers meet; farming is minimal (under 2 percent of jobs)
Watch out for: North Carolina's westernmost county seat

Siler City
MEDIUM

Chatham County · 35.74 N, 79.46 W

Water and food: Loves Creek watershed; poultry processing
Watch out for: Population grew about 75 percent from 1990 to 2016

Sparta
LOW

Alleghany County · 36.51 N, 81.14 W

Water and food: Water and farm base not confirmed
Watch out for: A magnitude 5.1 earthquake struck here in 2020

Taylorsville
LOW

Alexander County · 35.90 N, 81.21 W

Water and food: Water and farm base not confirmed
Watch out for: Tornadoes

West Jefferson
LOW

Ashe County · 36.38 N, 81.49 W

Water and food: Water and farm base not confirmed
Watch out for: Cold winters

Yanceyville
MEDIUM

Caswell County · 36.39 N, 79.35 W

Water and food: S.R. Farmer Lake supplies drinking water; tobacco farmers diversifying into other crops
Watch out for: Tornadoes, hurricanes and severe storms; aging water infrastructure

State hazards: Hurricanes, flooding, tornadoes, winter storms and heat. Hurricane Helene caused catastrophic flooding in the western mountains in 2024, and the state has several large military bases. The list mixes Blue Ridge and Piedmont farm towns.

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NORTH DAKOTA: THE PLACES

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Bowman — LOW

Bowman County · 46.17 N, 103.40 W

Water and food: Water and farm base not confirmed
Watch out for: Remote; chinook winds make winters milder than most of the state

Carrington — LOW

Foster County · 47.45 N, 99.11 W

Water and food: Water and farm base not confirmed
Watch out for: Cold, sometimes severely cold, winters

Dickinson — LOW

Stark County · 46.89 N, 102.79 W

Water and food: Water and farm base not confirmed
Watch out for: Oil boom growth in the 2010s with rising crime and homelessness

Hettinger — LOW

Adams County · 46.03 N, 102.58 W

Water and food: NDSU livestock and sheep research station nearby; water source not confirmed
Watch out for: Semi-arid

Jamestown — MEDIUM

Stutsman County · 46.91 N, 98.71 W

Water and food: Where the James River meets Pipestem Creek; reservoir lakes; agriculture and food processing
Watch out for: Very cold, snowy winters

Lisbon — LOW

Ransom County · 46.42 N, 97.66 W

Water and food: Sheyenne River valley; farm base not confirmed
Watch out for: Flooding

Mott — MEDIUM

Hettinger County · 46.40 N, 102.31 W

Water and food: Cannonball River; long a farming and ranching area
Watch out for: A 1997 flood destroyed the river bridge; an F4 tornado struck in 1975

Oakes — MEDIUM

Dickey County · 46.13 N, 98.10 W

Water and food: About a mile from the James River; grain elevators handle large volumes of corn
Watch out for: Cold, sometimes severe winters

Valley City — LOW

Barnes County · 46.93 N, 98.00 W

Water and food: Sheyenne River valley, the "City of Bridges"; farm base not confirmed
Watch out for: Flooding

Wahpeton — MEDIUM

Richland County · 46.27 N, 96.61 W

Water and food: Where the Bois de Sioux and Otter Tail rivers form the Red River; fertile valley farmland
Watch out for: Voters set aside sales tax for flood protection in 2009

State hazards: Blizzards, extreme cold, flooding, drought and tornadoes. Minot Air Force Base and its missile silo field sit in the north-central part of the state, and fallout modeling shows high average doses statewide. The list stays as far from Minot as the state allows, but every place here rates poorly for nuclear conflict.

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GETTING THERE

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OHIO: THE PLACES

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Athens
LOW

Athens County · 39.32 N, 82.10 W

Water and food: Hocking River; region known for fruit growing by 1935; current farm base not confirmed
Watch out for: Repeated Hocking River floods (1832, 1873, 1907, 1964) until the channel was moved in 1969

Bryan
LOW

Williams County · 41.47 N, 84.56 W

Water and food: Water and farm base not confirmed
Watch out for: Record high 106 and record low -20 degrees Fahrenheit

Coshocton
LOW

Coshocton County · 40.28 N, 81.87 W

Water and food: Where the Walhonding and Tuscarawas rivers form the Muskingum; farm base not confirmed
Watch out for: Flooding

Hillsboro
LOW

Highland County · 39.17 N, 83.61 W

Water and food: Water and farm base not confirmed
Watch out for: Tornadoes

McConnelsville
LOW

Morgan County · 39.67 N, 81.84 W

Water and food: East bank of the Muskingum River; farm base not confirmed
Watch out for: Flooding

Middlefield
LOW

Geauga County · 41.45 N, 81.04 W

Water and food: Amish settlement; water and farm base not confirmed
Watch out for: Lake-effect snow

Millersburg
LOW

Holmes County · 40.56 N, 81.83 W

Water and food: Near Killbuck Creek in the heart of Ohio's Amish Country; farm base not confirmed
Watch out for: Tourism; record low -35 degrees Fahrenheit

Mount Vernon
LOW

Knox County · 40.38 N, 82.49 W

Water and food: Kokosing River; farm base not confirmed
Watch out for: A 1959 flood forced 500 homes to evacuate

West Union
LOW

Adams County · 38.80 N, 83.53 W

Water and food: Water and farm base not confirmed
Watch out for: Hilly

Woodsfield
LOW

Monroe County · 39.75 N, 81.10 W

Water and food: Water and farm base not confirmed
Watch out for: Plant closures and job losses

State hazards: Tornadoes, flooding, severe storms, winter storms and heat. Wright-Patterson Air Force Base and the large metros were avoided. Ohio has the largest Amish community in the country.

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GETTING THERE

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OKLAHOMA: THE PLACES

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Ada — LOW

Pontotoc County · 34.78 N, 96.69 W

Water and food: Water and farm base not confirmed
Watch out for: Tornadoes

Antlers — LOW

Pushmataha County · 34.23 N, 95.63 W

Water and food: Kiamichi River; farm base not confirmed
Watch out for: An April 12, 1945 tornado killed 67 residents

Idabel — MEDIUM

McCurtain County · 33.89 N, 94.80 W

Water and food: Little River, Red River and Broken Bow Lake nearby; chicken farms and pine plantations
Watch out for: A November 2022 tornado damaged the southeast part of town

Jay — LOW

Delaware County · 36.44 N, 94.78 W

Water and food: Water and farm base not confirmed
Watch out for: Tornadoes

Pawhuska — MEDIUM

Osage County · 36.69 N, 96.31 W

Water and food: Bird Creek; cattle ranches near the Tallgrass Prairie Preserve are a major source of work
Watch out for: Drought, wildfire and tornadoes statewide (NOAA)

Poteau — LOW

Le Flore County · 35.06 N, 94.61 W

Water and food: Poteau River; historic cattle ranching; current farm base not confirmed
Watch out for: Tornadoes

Stilwell — LOW

Adair County · 35.81 N, 94.63 W

Water and food: Sallisaw and Little Lee creeks, but mercury contaminates the local aquifer; only seven strawberry farms remain
Watch out for: Mercury in the water, earthquakes linked to oil and gas activity, and the 2025 hospital closure

Tahlequah — LOW

Cherokee County · 35.91 N, 94.98 W

Water and food: Water and farm base not confirmed
Watch out for: Tourism crowds

Talihina — LOW

Le Flore County · 34.74 N, 95.00 W

Water and food: Kiamichi Valley; historic cattle, timber and cotton shipping; water source not confirmed
Watch out for: Remote: about 39 miles from Poteau

Vinita — LOW

Craig County · 36.63 N, 95.14 W

Water and food: Near Grand Lake; cattle ranching shaped the early economy; current farm base not confirmed
Watch out for: Tornadoes

State hazards: Tornadoes, drought, heat, ice storms and earthquakes linked to oil and gas wastewater injection. The list leans toward the wetter, wooded east.

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Baker City
LOW

Baker County · 44.78 N, 117.83 W

Water and food: Powder River runs through downtown; ranching history; current farm base not confirmed
Watch out for: December averages about 29 degrees Fahrenheit; record low -34

Burns
MEDIUM

Harney County · 43.51 N, 119.05 W

Water and food: Silvies River; cattle ranching was about 65 percent of county farm revenue in 2011
Watch out for: The Silvies River flooded parts of the city in spring 2025; vast, sparsely settled county

Enterprise
LOW

Wallowa County · 45.44 N, 117.29 W

Water and food: Water source not confirmed; cattle ranching dominates, with over 24,000 mother cows
Watch out for: About 41 inches of snow a year; record lows near -36 degrees Fahrenheit

Hood River
LOW

Hood River County · 45.67 N, 121.54 W

Water and food: Apples, pears and cherries in the Hood River Valley; water source not confirmed
Watch out for: About 30 miles north of Mount Hood

Independence
LOW

Polk County · 44.85 N, 123.19 W

Water and food: West bank of the Willamette River; historic hop growing; current farm base not confirmed
Watch out for: A December 1861 flood wiped out the commercial district and farms

John Day
LOW

Grant County · 44.41 N, 119.11 W

Water and food: John Day River; historic sheep and cattle ranching; current farm base not confirmed
Watch out for: Wildfire; remote

Joseph
LOW

Wallowa County · 45.35 N, 117.21 W

Water and food: Near Wallowa Lake; grain and livestock ranching history; current farm base not confirmed
Watch out for: Very cold winters; record low -34 degrees Fahrenheit

La Grande
LOW

Union County · 45.33 N, 118.09 W

Water and food: Grande Ronde River and valley; began as a farming town; current farm base not confirmed
Watch out for: Cold winters

Lakeview
MEDIUM

Lake County · 42.19 N, 120.38 W

Water and food: Goose Lake Valley at the foot of the Warner Mountains; cattle ranching and hay
Watch out for: Remote: 96 miles from Klamath Falls; needed state money for a new water treatment plant

Prineville
LOW

Crook County · 44.30 N, 120.83 W

Water and food: Crooked River at the mouth of Ochoco Creek; farm base not confirmed
Watch out for: Large data centers within city limits

State hazards: A Cascadia Subduction Zone earthquake and tsunami is the state's biggest hazard west of the Cascades. Wildfire, drought and volcanoes follow. Most picks are east of the Cascades; one is in the Willamette Valley for its farmland.

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MEDICINES AND HEALTH

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- 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

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GLOVE BOX CARD

GETTING THERE

PENNSYLVANIA

10 places in this state, water and food for one person per day, and a medicine checklist

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PENNSYLVANIA: 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.

Bedford
LOW

Bedford County · 39.99 N, 78.53 W

Water and food: Raystown Branch of the Juniata River; livestock auctions at the county fair; current farm base not confirmed
Watch out for: Hilly

Belleville
LOW

Mifflin County · 40.60 N, 77.74 W

Water and food: Kishacoquillas Valley, settled by Amish by 1791 and still mostly Amish and Mennonite; water and farm base not confirmed
Watch out for: Flooding

Coudersport
LOW

Potter County · 41.78 N, 78.00 W

Water and food: Where the Allegheny River meets Mill Creek; farm base not confirmed
Watch out for: January lows near 13 degrees Fahrenheit; about 72 inches of snow a year

Honesdale
LOW

Wayne County · 41.58 N, 75.25 W

Water and food: Lackawaxen River and Dyberry Creek; a Main Street farmers' market; farm base not confirmed
Watch out for: Flooding

Huntingdon
MEDIUM

Huntingdon County · 40.50 N, 78.01 W

Water and food: Juniata River near Raystown Lake; dairy farms dominate local agriculture
Watch out for: Repeated floods in 1889, 1936, 1972 and 2004

Mifflinburg
LOW

Union County · 40.92 N, 77.05 W

Water and food: Buffalo Creek in the Buffalo Valley; farm base not confirmed
Watch out for: Flooding

Somerset
LOW

Somerset County · 40.02 N, 79.08 W

Water and food: Water and farm base not confirmed
Watch out for: Colder than nearby cities; the only Pennsylvania place with June snow (1913)

Strasburg
LOW

Lancaster County · 39.97 N, 76.18 W

Water and food: Pequea Creek watershed; farm base not confirmed
Watch out for: Peach Bottom and Three Mile Island nuclear plants in the region; crowding

Tunkhannock
LOW

Wyoming County · 41.55 N, 75.94 W

Water and food: Water and farm base not confirmed
Watch out for: Flooding

Wellsboro
MEDIUM

Tioga County · 41.74 N, 77.31 W

Water and food: Near Pine Creek Gorge; maple sugarhouses, plus a history of fruit and milk processing
Watch out for: Cold winters; record low -30 degrees Fahrenheit

State hazards: Flooding, winter storms, severe storms and heat. The list avoids the Philadelphia and Pittsburgh metros and Raven Rock in Adams County. Pennsylvania has large Amish and Mennonite farm communities.

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GETTING THERE

RHODE ISLAND

5 places in this state, water and food for one person per day, and a medicine checklist

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RHODE ISLAND: THE PLACES

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Chepachet

LOW

Providence County · 41.92 N, 71.68 W

Water and food: Chepachet River runs through the village; farm base not confirmed
Watch out for: Small farms

Foster

LOW

Providence County · 41.78 N, 71.72 W

Water and food: Some ponds and reservoirs; founded as a farm community; current farm base not confirmed
Watch out for: Close to the Scituate Reservoir, which supplies Providence

Harrisville

LOW

Providence County · 41.98 N, 71.65 W

Water and food: Ponds cover about 3.5 percent of the area; farm base not confirmed
Watch out for: Small farms

Hope Valley

LOW

Washington County · 41.51 N, 71.73 W

Water and food: Wood River, dammed for mills around 1770; farm base not confirmed
Watch out for: Small farms

Wyoming

LOW

Washington County · 41.52 N, 71.68 W

Water and food: Wood River on the Richmond and Hopkinton town line; farm base not confirmed
Watch out for: Small farms

State hazards: Coastal storms, flooding and winter storms in the smallest and one of the most densely settled states. Five inland western areas met the standard.

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GETTING THERE

SOUTH CAROLINA

10 places in this state, water and food for one person per day, and a medicine checklist

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SOUTH CAROLINA: THE PLACES

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Abbeville
LOW

Abbeville County · 34.18 N, 82.38 W

Water and food: Water source not confirmed; cotton, corn, wheat, hay, livestock, dairy, poultry and forestry
Watch out for: A 1973 F4 tornado killed seven people; 2009 tornadoes cut power

Bishopville
MEDIUM

Lee County · 34.22 N, 80.27 W

Water and food: Lynches River in Lee State Park; Lee County has long led the state in cotton
Watch out for: Heat waves, tornadoes and hurricanes statewide (NOAA)

Cheraw
LOW

Chesterfield County · 34.69 N, 79.92 W

Water and food: Pee Dee River at the fall line; historic corn, cotton and tobacco market; current farm base not confirmed
Watch out for: Flooding

Chester
LOW

Chester County · 34.71 N, 81.22 W

Water and food: Water and farm base not confirmed
Watch out for: Crime rates above the national average

Landrum
LOW

Spartanburg County · 35.16 N, 82.21 W

Water and food: Water and farm base not confirmed
Watch out for: Steady growth since 1890

McCormick
LOW

McCormick County · 33.91 N, 82.27 W

Water and food: Water source not confirmed; home of a state agricultural high school
Watch out for: Remote

Newberry
LOW

Newberry County · 34.28 N, 81.62 W

Water and food: Water and current farm base not confirmed
Watch out for: Heat

Pickens
LOW

Pickens County · 34.90 N, 82.71 W

Water and food: Twelve Mile River feeds Lake Hartwell; farm base not confirmed
Watch out for: PCB and dioxin contamination from a former plant near the Twelve Mile River

Union
LOW

Union County · 34.73 N, 81.62 W

Water and food: Broad River nearby; early tobacco, flax, corn and wheat; current farm base not confirmed
Watch out for: Temperatures from 110 to -11 degrees Fahrenheit

Westminster
MEDIUM

Oconee County · 34.66 N, 83.11 W

Water and food: Several rivers, many waterfalls and two major lakes; commercial apple orchards and the state Apple Festival
Watch out for: Heat waves, tornadoes and hurricane remnants statewide (NOAA)

State hazards: Hurricanes, flooding, tornadoes, heat and earthquake risk around Charleston. The Savannah River Site and the coast were avoided; the Upstate and Pee Dee farm towns hold the options.

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	Driving	Hiking
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GETTING THERE

SOUTH DAKOTA

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SOUTH DAKOTA: THE PLACES

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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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GLOVE BOX CARD

GETTING THERE

TENNESSEE

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TENNESSEE: THE PLACES

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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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- **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.
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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)
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GLOVE BOX CARD

GETTING THERE

TEXAS

10 places in this state, water and food for one person per day, and a medicine checklist

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Clarksville — LOW

Red River County · 33.62 N, 95.05 W

Water and food: Red River country; city water source and current farm base not confirmed
Watch out for: A violent EF4 tornado struck near town on November 4, 2022

Crockett — LOW

Houston County · 31.32 N, 95.47 W

Water and food: Trinity River watershed; creeks drain toward Lake Livingston; farm base not confirmed
Watch out for: Heat, drought, hurricanes and tornadoes statewide (NOAA)

Fredericksburg — LOW

Gillespie County · 30.28 N, 98.88 W

Water and food: Peach orchards, vineyards and herb farms; water source not confirmed
Watch out for: Heat, drought and flash flooding statewide (NOAA)

Jefferson — LOW

Marion County · 32.78 N, 94.37 W

Water and food: Big Cypress Bayou and Caddo Lake; farm base not confirmed
Watch out for: Heat, hurricanes and tornadoes statewide (NOAA)

Junction — LOW

Kimble County · 30.48 N, 99.75 W

Water and food: Where the North and South Llano rivers meet; ranching not confirmed as current
Watch out for: Flash flooding and wildfire statewide (NOAA)

Llano — LOW

Llano County · 30.72 N, 98.65 W

Water and food: Llano River; farming and ranching historic, current status not confirmed
Watch out for: The river rose about 30 feet in 12 hours in October 2018; a 42-foot crest in 1935

Mason — LOW

Mason County · 30.74 N, 99.23 W

Water and food: Comanche Creek; described as an agricultural community, current farm base not confirmed
Watch out for: Heat, drought and wildfire statewide (NOAA)

Mount Pleasant — LOW

Titus County · 33.17 N, 94.97 W

Water and food: Water source and farm base not confirmed
Watch out for: Creek and Sulphur River high water historically cut off travel

Nacogdoches — MEDIUM

Nacogdoches County · 31.62 N, 94.65 W

Water and food: Lake Nacogdoches 10 miles west, plus LaNana and Banita creeks; agriculture is a major sector and a large poultry processor is a top employer
Watch out for: A 1946 F4 tornado killed 10; hit by hurricanes Rita (2005) and Ike (2008)

Palestine — LOW

Anderson County · 31.76 N, 95.63 W

Water and food: Lake Palestine on the Neches River; farm base not confirmed
Watch out for: State prison system is a major employer

State hazards: Hurricanes, extreme heat, drought, tornadoes, flash floods and the 2021 statewide grid failure. The July 2025 Guadalupe River flood in the Hill Country showed how fast creeks there can rise. The coast, the big metros and the Pantex plant near Amarillo were avoided.

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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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GLOVE BOX CARD

GETTING THERE

VERMONT

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VERMONT: THE PLACES

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Barton — LOW

Orleans County · 44.74 N, 72.16 W

Water and food: Barton and Willoughby rivers and Crystal Lake; farm base not confirmed
Watch out for: The 1810 Runaway Pond flood; extreme cold and a power outage on February 14, 2016

Brandon — LOW

Rutland County · 43.81 N, 73.09 W

Water and food: Rivers powered early mills but none is named; dairying grew in the 1900s, current status not confirmed
Watch out for: Floods, ice and heavy snow statewide (NOAA)

Enosburg Falls — LOW

Franklin County · 44.90 N, 72.79 W

Water and food: Missisquoi River and its falls; hosts the Vermont Dairy Festival, but current dairy farming is not confirmed
Watch out for: Floods and heavy snow statewide (NOAA)

Hardwick — MEDIUM

Caledonia County · 44.51 N, 72.36 W

Water and food: Lamoille River and tributaries; local farm and food businesses, a food venture kitchen and a food co-op
Watch out for: River and flash floods, ice storms and blizzards statewide (NOAA)

Middlebury — LOW

Addison County · 44.01 N, 73.17 W

Water and food: Otter Creek and the Middlebury River; current farm base not confirmed
Watch out for: A 2007 train derailment forced an evacuation

Newport — LOW

Orleans County · 44.94 N, 72.21 W

Water and food: South shore of Lake Memphremagog, fed by the Clyde, Barton and Black rivers; a feed company ships here, but farming is not confirmed
Watch out for: Floods and heavy snow statewide (NOAA)

Randolph — MEDIUM

Orange County · 43.94 N, 72.67 W

Water and food: Two branches of the White River; a commercial center for the farm towns around it
Watch out for: Floods, ice and heavy snow statewide (NOAA)

St. Johnsbury — MEDIUM

Caledonia County · 44.43 N, 72.01 W

Water and food: Passumpsic, Moose and Sleepers rivers; home of the largest pure maple syrup packer in the U.S.
Watch out for: Floods, ice and heavy snow statewide (NOAA)

Vergennes — LOW

Addison County · 44.13 N, 73.28 W

Water and food: Otter Creek runs north through town past a 37-foot falls; farm base not confirmed
Watch out for: The falls basin occasionally floods

Woodstock — MEDIUM

Windsor County · 43.62 N, 72.54 W

Water and food: Ottauquechee River; an operating dairy farm at the Billings Farm and Museum
Watch out for: River floods and heavy snow statewide (NOAA)

State hazards: Flooding, winter storms and extreme cold. Floods in July 2023 and July 2024 hit many valleys hard. Water is plentiful; the short season is the limit.

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GETTING THERE

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Abingdon — LOW

Washington County · 36.69 N, 82.02 W

Water and food: Between the Middle and North Forks of the Holston River; farm base not confirmed
Watch out for: Severe storms, winter storms and hurricane remnants statewide (NOAA)

Dayton — MEDIUM

Rockingham County · 38.43 N, 78.99 W

Water and food: Cooks Creek runs north of downtown; Old Order Mennonite farm communities and a poultry processing plant in town
Watch out for: Severe storms, winter storms and heat statewide (NOAA)

Farmville — LOW

Prince Edward County · 37.30 N, 78.41 W

Water and food: Appomattox River, through the town treatment plant; tobacco history, current farm base not confirmed
Watch out for: Gross Creek often exceeds federal E. coli and coliform limits

Floyd — LOW

Floyd County · 36.92 N, 80.32 W

Water and food: Water source and current farm base not confirmed
Watch out for: Cold for the region

Hillsville — LOW

Carroll County · 36.74 N, 80.72 W

Water and food: Water source not confirmed; seasonal farmers market with local produce, meat and honey
Watch out for: Severe storms and winter storms statewide (NOAA)

Lexington — MEDIUM

Rockbridge County · 37.79 N, 79.46 W

Water and food: Maury River forms the northeast city line; a university agricultural research farm is nearby
Watch out for: Severe storms, winter storms and hurricane remnants statewide (NOAA)

Luray — LOW

Page County · 38.65 N, 78.46 W

Water and food: South Fork of the Shenandoah River and Hawksbill Creek; farm base not confirmed
Watch out for: Flooding

Monterey — LOW

Highland County · 38.41 N, 79.59 W

Water and food: Water source not confirmed; the town is heavily dependent on agriculture and hosts the Highland County Maple Festival
Watch out for: Winter storms statewide (NOAA)

Tazewell — LOW

Tazewell County · 37.11 N, 81.51 W

Water and food: Headwaters of the Clinch River; farm base not confirmed
Watch out for: Coal region

Woodstock — LOW

Shenandoah County · 38.89 N, 78.52 W

Water and food: North Fork of the Shenandoah River (the Seven Bends); wineries, but a food base is not confirmed
Watch out for: Erosion damaged a local road in 2019

State hazards: Hurricane remnants, flooding, winter storms and heat. Northern Virginia, the Hampton Roads military complex and the federal relocation sites in the north were avoided. The Shenandoah Valley and the southwest hold the options.

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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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MEDICINES AND HEALTH

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Special handling

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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)
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Scale it up

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GLOVE BOX CARD

GETTING THERE

WEST VIRGINIA

10 places in this state, water and food for one person per day, and a medicine checklist

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WEST VIRGINIA: THE PLACES

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Berkeley Springs
LOW

Morgan County · 39.59 N, 78.22 W

Water and food: Mineral springs in town; Warm Spring Run and Sleepy Creek flow to the Potomac; farm base not confirmed
Watch out for: Flooding, ice storms and derechos statewide (NOAA)

Buckhannon
LOW

Upshur County · 38.98 N, 80.22 W

Water and food: Buckhannon River runs through the city; farm base not confirmed
Watch out for: The November 4, 1985 flood (from Hurricane Juan) crested near 30 feet; declared a major disaster area

Elkins
LOW

Randolph County · 38.93 N, 79.85 W

Water and food: Tygart Valley River and Leading Creek; current farm base not confirmed
Watch out for: 5.02 inches of rain in one day (1985); 19.9 inches of snow (2009)

Franklin
LOW

Pendleton County · 38.64 N, 79.35 W

Water and food: South Branch of the Potomac River runs along town; farm base not confirmed
Watch out for: The 1985 Election Day flood crested at 22.6 feet against a 7-foot flood stage

Lewisburg
LOW

Greenbrier County · 37.81 N, 80.44 W

Water and food: About a mile north of the Greenbrier River; drinking water source and farm base not confirmed
Watch out for: Karst ground with sinkholes

Marlinton
LOW

Pocahontas County · 38.23 N, 80.06 W

Water and food: Greenbrier River runs along town; farm base not confirmed
Watch out for: Flooding statewide (NOAA)

Moorefield
LOW

Hardy County · 39.06 N, 78.98 W

Water and food: Where the South Branch and South Fork of the Potomac meet; county history of farming, stock raising and poultry, current status not confirmed
Watch out for: Flooding statewide (NOAA)

Petersburg
LOW

Grant County · 38.98 N, 79.13 W

Water and food: Water source and farm base not confirmed; adequate rain year-round
Watch out for: Flooding statewide (NOAA)

Romney
LOW

Hampshire County · 39.34 N, 78.75 W

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

Union
LOW

Monroe County · 37.58 N, 80.52 W

Water and food: Water source and farm base not confirmed; historic mineral springs nearby
Watch out for: Remote

State hazards: Flooding, landslides, winter storms and severe storms. The deadly 2016 flood hit the Greenbrier valley. Water is plentiful; flat farmland is the limit.

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GETTING THERE

WISCONSIN

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Antigo — MEDIUM
Langlade County · 45.13 N, 89.14 W
Water and food: Eau Claire River branches and Spring Brook; potatoes and dairy are key local products
Watch out for: Tornadoes, derechos and ice storms statewide (NOAA)

Cashton — LOW
Monroe County · 43.75 N, 90.76 W
Water and food: Water source not confirmed; the state's largest Amish settlement and a large organic food cooperative employer
Watch out for: Severe storms and winter storms statewide (NOAA)

Darlington — MEDIUM
Lafayette County · 42.69 N, 90.11 W
Water and food: Pecatonica River flows through town; economy tied to dairy food plants, including cheese and whey
Watch out for: Heavy rain and flooding statewide (NOAA)

Medford — LOW
Taylor County · 45.15 N, 90.35 W
Water and food: Black River flows through the city; mink fur farms, but a food base is not confirmed
Watch out for: A great fire in May 1885

Mineral Point — LOW
Iowa County · 42.85 N, 90.16 W
Water and food: Water source and current farm base not confirmed; lead and zinc mining history
Watch out for: Hilly

Rhinelander — LOW
Oneida County · 45.65 N, 89.41 W
Water and food: Where the Wisconsin and Pelican rivers meet; farm base not confirmed
Watch out for: Prone to Arctic cold snaps

Richland Center — LOW
Richland County · 43.36 N, 90.39 W
Water and food: Pine River runs through the west side; farm base not confirmed
Watch out for: Flooding statewide (NOAA)

Spooner — LOW
Washburn County · 45.85 N, 91.92 W
Water and food: Water source and farm base not confirmed
Watch out for: Long, cold winters with about 56 inches of snow a year

Viroqua — LOW
Vernon County · 43.54 N, 90.89 W
Water and food: Water source not confirmed; over 200 organic farms in the surrounding area
Watch out for: A June 28, 1865 tornado killed 22 people

Westby — MEDIUM
Vernon County · 43.66 N, 90.87 W
Water and food: Headwaters of the Bad Axe River; economy built on farming, with a cooperative creamery
Watch out for: Severe storms and flooding statewide (NOAA)

State hazards: Winter storms, flooding, tornadoes and extreme cold. Water is plentiful. The Driftless Area in the southwest has springs, trout streams and strong farm communities.

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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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