

Get Your Medication Prior to an Emergency Evacuation

By Joseph Parish

As survivalist we must be ready for every situation whether we are in complete control of our health or not. Many of us may be on daily medications but when we have to depart and evacuate an area, we have to do it then - not later. This makes management of our medications even more important than ever before. I hope that the following tips will assist you in this task.

The most important decision that you must make is to determine what medications you will require in the event of a bug out situation. Decide ahead of time if you have sufficient blood pressure pills or insulin before the time arrives to depart. Don't wait until the last minute or you may literally miss the boat. In the event that it is too soon to refill one of your prescriptions ask your doctor about the possibility of obtaining an emergency prescription.

The larger drug store chains are all connected via computer and affords a bit of ease when needing a prescription filled when bugging out. The only problem here is that the communications infrastructure may be overloaded or not functioning at all. The best solution to this problem is to fill prescriptions at the earliest opportunity.

It is extremely important that you maintain your medications in your immediate area when bugging out. Have a designated location in your BOV where you keep and store your medicines. Don't include them in your first aid kit but keep them separate. Don't pack your medications in your BOB as you may not be able to readily get to it when you need it.

In such times as when security is heightened you may be required to prove that the name which appears on your prescription medicine matches your personal identification. Your medications should be accurately labeled so as they are easily identified.

Should you require the use of syringes while traveling in your BOV ensure that you carry a copy of the prescription needed for the syringes as well as other pertinent information to prove medical necessity.

All types of medications are labeled as to their range of temperatures necessary for storage. If you are bugging out to a hot area do not keep your medicines in the direct sunlight. Storing them in the glove compartment of your BOV is also not a very good idea either as the heat builds up there. Try to maintain your medicines in a cool, dark, and dry environment.

Some medications will require refrigeration when you are storing them. This is not a problem if your BOV has a small refrigerator such as mine does. Another solution would be to carry an insulated cooler pouch which contains an instant ice pack. This should suffice for a short period of time.

If you happen to be on a strict medication schedule where you must take pills at a certain time be sure to discuss this situation ahead of time with your doctor. They can better advise you in regards to adjusting the times according to the time zones. You can discuss possible Bug out routes with your doctor to obtain his advise on the time changing situation.

As we had mentioned earlier it may be a good idea to obtain an emergency prescription from your doctor way before you have a situation where you may need it. This standby prescription for certain drugs

that you might possibly require when bugging out could possibly save your life. Sit down with your doctor and discuss its merits as well as the level of protection you may require. This prescription should be undated and only filled if you have an emergency.

Make certain that you carry a list of all your current medications with you in your water proof emergency data bag. You should also have a emergency contact information in it for your physician. Also maintain your local pharmacy information such as the name, address and telephone number as well as a contact person. Should a question arise concerning your prescription you will be glad you obtained this information.