MEDICINES AND HEALTH

- Every daily prescription in its original labeled container, in a waterproof bag, on you or in your go-bag.
- A written list: each medicine, strength, how often, prescribing doctor, pharmacy phone, allergies and conditions.
- Never stop or change a prescription to make it last. Some are dangerous to stop suddenly. Ask a doctor or pharmacist.
- Top priority for an extra supply: heart, blood pressure, thyroid, seizure and mental health medicines.

Special handling

- **Insulin:** FDA says vials and cartridges can stay unrefrigerated at 59 to 86 degrees F for up to 28 days. Keep cool and out of sun; never use insulin that froze. Bring needles, meter, strips and fast sugar.
- **Inhalers:** at least one spare.
- **Epinephrine auto-injectors:** two per person who needs them.
- **Glasses:** a spare pair, even an old prescription.
- **Hearing aids:** spare batteries or a way to charge.
- **CPAP and powered devices:** battery pack or vehicle power adapter.

Also in the bag

- Pain reliever, anti-diarrhea medicine, antacid, motion sickness medicine.
- Children's versions measured for their weight, with the dosing cup or syringe.
- First aid kit, phone and radio power, cash, copies of IDs and papers.

On the road

- Leave early and know a second route.
- Pick a destination not exposed to the hazard you are leaving.
- Start with a full tank, a spare tire and traction devices in winter.

ONE PERSON, ONE DAY

	Driving	Hiking
Water	1 gallon (8.3 lb)	2 gallons in heat or hard effort (16.7 lb)
Food, adult	2,200 calories (about 1.4 lb no-cook food)	3,000 calories (about 1.5 lb trail food)
Food, school-age child	1,600 calories (about 1 lb)	2,000 calories (about 1 lb)
Medicines	1 day of each, plus your full reserve	
Socks	1 clean pair	1 pair, plus a dry pair for sleeping

Driving: carry 7 days of water and food per person, even for a 1-day drive. **Hiking:** carry enough to reach the next safe water, not the whole trip.

Scale it up

Water (gallons) = people x gallons per day x days
Food (calories) = people x calories per day x days

Example: 4 people driving, 7-day buffer = 4 × 1 × 7 = 28 gallons (about 234 lb).

Make water safe

- Boil at a rolling boil for 1 full minute, then let it cool.
- Or add 1/8 teaspoon plain, unscented bleach (5.25 to 6.0 percent) per gallon, stir, wait 30 minutes.
- Never assume creek, spring, canal or lake water is safe because it looks clean.

The 1-gallon figure is the Ready.gov minimum; Ready.gov notes needs can double in very hot weather. Calorie and weight figures are planning figures.

Getting There, by Andrew Dominguez, Trinfinity Enterprises. Free to download. All rights reserved.

GLOVE BOX CARD

GETTING THERE

CONNECTICUT

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

If someone is hurt, trapped or in danger, call 911 first. Follow your local officials.

These are areas to study, not promises of safety, and not permission to enter or use anyone's property. Respect private land, closures and local rules.

Print tip: both sides, flip on short edge. Fold on the dashed lines so this panel is on the front.

trinfinityenterprises.com/books/getting-there/

TRINFINITY Enterprises

CONNECTICUT: 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.

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.

Getting There, by Andrew Dominguez, Trinfinity Enterprises. Free to download. All rights reserved.