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

DELAWARE

5 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

DELAWARE: 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.

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.

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