MEDICINES AND HEALTH

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

Special handling

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

Also in the bag

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

On the road

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

ONE PERSON, ONE DAY

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

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

Scale it up

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

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

Make water safe

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

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

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GLOVE BOX CARD

GETTING THERE

FLORIDA

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

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

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

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

trinfinityenterprises.com/books/getting-there/

TRINFINITY Enterprises

FLORIDA: 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.

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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