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

GEORGIA

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

GEORGIA: 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.

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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