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

ILLINOIS

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

ILLINOIS: 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.

Anna
MEDIUM

Union County · 37.47 N, 89.22 W

Water and food: Cache, Cypress and Big creeks and cool springs; grapes, dairy and cattle
Watch out for: Tornadoes, flooding and drought statewide (NOAA)

Carthage
LOW

Hancock County · 40.41 N, 91.10 W

Water and food: Corn, soybeans and hog farms; only a small lake for water nearby
Watch out for: Tornadoes

Effingham
LOW

Effingham County · 39.12 N, 88.56 W

Water and food: Water and farm base not confirmed
Watch out for: Interstates 57 and 70 cross here; Wikipedia lists 29 tornadoes, including an EF3 in June 2026

Galena
LOW

Jo Daviess County · 42.42 N, 90.42 W

Water and food: Galena River; farm base not confirmed
Watch out for: Repeated downtown floods (1937, 1993, 2010, 2011), now behind floodgates; over a million tourists a year

Golconda
LOW

Pope County · 37.35 N, 88.56 W

Water and food: On the Ohio River; farm base not confirmed
Watch out for: River flooding; New Madrid zone

Macomb
LOW

McDonough County · 40.46 N, 90.68 W

Water and food: East Fork La Moine River and Spring Lake; farm base not confirmed
Watch out for: Tornadoes

Mount Carroll
LOW

Carroll County · 42.11 N, 89.98 W

Water and food: Water and farm base not confirmed
Watch out for: Illinois' record low, -38 degrees Fahrenheit, was set here in 2019

Olney
LOW

Richland County · 38.73 N, 88.08 W

Water and food: Water and farm base not confirmed
Watch out for: Tornadoes

Pittsfield
LOW

Pike County · 39.60 N, 90.81 W

Water and food: About 8 miles from both the Mississippi and Illinois rivers; historic pork farming
Watch out for: River flooding

Vandalia
LOW

Fayette County · 38.94 N, 89.10 W

Water and food: On the Kaskaskia River; farm base not confirmed
Watch out for: Flooding

State hazards: Tornadoes, flooding, severe storms, heat and winter storms, plus earthquake risk in the far south from the New Madrid zone. The state also has many nuclear plants; the Chicago and St. Louis areas were avoided.

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