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

MAINE

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/

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MAINE: 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.

Bethel — LOW

Oxford County · 44.42 N, 70.80 W

Water and food: Androscoggin, Alder, Pleasant and Sunday rivers; hay and potato farming historically; current farm base not confirmed
Watch out for: Cold; short season

Dover-Foxcroft — LOW

Piscataquis County · 45.19 N, 69.20 W

Water and food: Piscataquis River; historic potato, corn and grain farming; current farm base not confirmed
Watch out for: Cold winters that can be extremely harsh

Farmington — LOW

Franklin County · 44.67 N, 70.13 W

Water and food: Sandy River; historic hay, orchards and sheep; current farm base not confirmed
Watch out for: Heavy rain events, such as December 1969

Fort Fairfield — MEDIUM

Aroostook County · 46.76 N, 67.84 W

Water and food: Aroostook River; potato and broccoli farming
Watch out for: A large levee holds back spring floodwaters

Fryeburg — LOW

Oxford County · 44.03 N, 70.97 W

Water and food: Saco River and fertile soil with a farming history; home of the Fryeburg Fair; current farm base not confirmed
Watch out for: About 300,000 fair visitors each October

Houlton — LOW

Aroostook County · 46.12 N, 67.86 W

Water and food: Meduxnekeag River; historic pea and potato harvests; current farm base not confirmed
Watch out for: Cold, snowy winters

Machias — LOW

Washington County · 44.72 N, 67.48 W

Water and food: Machias River on Machias Bay; farm and fishing base not confirmed
Watch out for: Coastal storms

Presque Isle — MEDIUM

Aroostook County · 46.68 N, 68.01 W

Water and food: Aroostook River and Presque Isle Stream; potatoes are the leading crop
Watch out for: Long, cold winters

Skowhegan — LOW

Somerset County · 44.78 N, 69.70 W

Water and food: Kennebec River; historic hay, potato, wheat and wool farming; current farm base not confirmed
Watch out for: Floods in 1901, 1936 and 1987

Unity — MEDIUM

Waldo County · 44.60 N, 69.33 W

Water and food: Unity Pond; home of the Maine Organic Farmers and Gardeners Association and its Common Ground Fair
Watch out for: Cold waves, ice storms and nor'easters statewide (NOAA)

State hazards: Winter storms, coastal storms, flooding, extreme cold and some wildfire. Water is plentiful; the short growing season is the limit.

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