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

MARYLAND

8 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

MARYLAND: 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.

Accident
LOW

Garrett County · 39.64 N, 79.31 W

Water and food: On the Appalachian plateau at 2,356 feet; water and farm base not confirmed
Watch out for: Cold winters; snow

Chestertown
LOW

Kent County · 39.21 N, 76.07 W

Water and food: Head of navigation on the Chester River; historic farms; current farm base not confirmed
Watch out for: Low elevation, about 20 feet

Denton
LOW

Caroline County · 38.88 N, 75.84 W

Water and food: Choptank River; farm heritage shown in the Museum of Rural Life; current farm base not confirmed
Watch out for: Low-lying

Flintstone
LOW

Allegany County · 39.70 N, 78.57 W

Water and food: Flintstone Creek flows to the Potomac; farm base not confirmed
Watch out for: Narrow valley between Tussey and Warrior mountains

Grantsville
LOW

Garrett County · 39.68 N, 79.15 W

Water and food: Half a mile from the Casselman River; founded as an Amish and Mennonite settlement; current farm base not confirmed
Watch out for: Cold winters

Hancock
LOW

Washington County · 39.70 N, 78.18 W

Water and food: Potomac tributaries and the C&O Canal; farm base not confirmed
Watch out for: Flooding

Oakland
LOW

Garrett County · 39.40 N, 79.39 W

Water and food: Garrett County buckwheat tradition; water source not confirmed
Watch out for: One of Maryland's coldest and snowiest towns, about 106 inches of snow a year

Snow Hill
LOW

Worcester County · 38.19 N, 75.40 W

Water and food: Head of navigation on the Pocomoke River; farm base not confirmed
Watch out for: Low-lying; hurricanes

State hazards: Coastal flooding, tropical storms, inland flooding, heat and winter storms. The state sits close to Washington and Baltimore and has major military and federal sites, so only eight areas met the standard.

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