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

MICHIGAN

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

MICHIGAN: 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.

Alpena
LOW

Alpena County · 45.08 N, 83.46 W

Water and food: Near the Thunder Bay River and Lake Huron; farm base not confirmed
Watch out for: Cold; about 84 inches of snow a year

Big Rapids
LOW

Mecosta County · 43.69 N, 85.48 W

Water and food: Muskegon River; farm base not confirmed
Watch out for: Cold

Cadillac
LOW

Wexford County · 44.25 N, 85.43 W

Water and food: Lake Cadillac and Lake Mitchell; Christmas tree farms; food farming not confirmed
Watch out for: About 81 inches of snow a year

Escanaba
LOW

Delta County · 45.77 N, 87.09 W

Water and food: Little Bay de Noc and the Escanaba River; farm base not confirmed
Watch out for: Cold, snowy winters

Fennville
MEDIUM

Allegan County · 42.58 N, 86.12 W

Water and food: Lake Michigan moderates the climate; fruit orchards and you-pick farms
Watch out for: Spring freezes, severe storms and heavy snow statewide (NOAA)

Fremont
LOW

Newaygo County · 43.47 N, 85.96 W

Water and food: Some lakes in town; farm roots and the birthplace of Gerber baby food; current farm base not confirmed
Watch out for: An 1871 forest fire

Gaylord
LOW

Otsego County · 45.03 N, 84.67 W

Water and food: Otsego Lake; farm base not confirmed
Watch out for: An EF3 tornado struck the city on May 20, 2022; heavy lake-effect snow

Hastings
LOW

Barry County · 42.64 N, 85.29 W

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

Ionia
LOW

Ionia County · 42.99 N, 85.07 W

Water and food: Grand River; farm base not confirmed
Watch out for: Damaging spring floods on the Grand River

Ithaca
LOW

Gratiot County · 43.28 N, 84.61 W

Water and food: Water source and farm base not confirmed beyond a county agricultural fair
Watch out for: Farm runoff affects local water

State hazards: Winter storms, flooding, extreme cold, severe storms and heat. The Great Lakes give Michigan plenty of water; the list avoids the Detroit area and the lakeshore nuclear plants.

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