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

NEW HAMPSHIRE

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

NEW HAMPSHIRE: 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.

Colebrook — MEDIUM

Coos County · 44.91 N, 71.48 W

Water and food: Connecticut River on the west line; dairy farming since the 1880s
Watch out for: Severely cold winters with long-lasting snowpack

Conway — LOW

Carroll County · 43.97 N, 71.15 W

Water and food: Saco and Swift rivers; farm base not confirmed
Watch out for: Tourism is the biggest industry

Haverhill — LOW

Grafton County · 44.04 N, 72.06 W

Water and food: Connecticut and Ammonoosuc rivers; farm base not confirmed
Watch out for: Flooding

Lancaster — LOW

Coos County · 44.49 N, 71.56 W

Water and food: Connecticut and Israel rivers; fertile meadows that were once productive farmland; current farm base not confirmed
Watch out for: Cold, snowy winters, about 70 inches of snow a year

Littleton — LOW

Grafton County · 44.31 N, 71.78 W

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

New London — LOW

Merrimack County · 43.41 N, 71.99 W

Water and food: Lake Sunapee, Little Sunapee Lake and Pleasant Lake; farm base not confirmed
Watch out for: Cold

Peterborough — LOW

Hillsborough County · 42.89 N, 71.95 W

Water and food: Contoocook River; farm base not confirmed
Watch out for: Winter storms

Plymouth — LOW

Grafton County · 43.76 N, 71.68 W

Water and food: Pemigewasset and Baker rivers; farm base not confirmed
Watch out for: Flooding

Walpole — LOW

Cheshire County · 43.08 N, 72.42 W

Water and food: Connecticut River on the west line; farm base not confirmed
Watch out for: Flooding

Whitefield — LOW

Coos County · 44.37 N, 71.60 W

Water and food: Johns River, Bog Brook and Forest, Burns and Mirror lakes; farm base not confirmed
Watch out for: Record low -38 degrees Fahrenheit

State hazards: Winter storms, flooding, coastal storms and extreme cold. Water is plentiful; the short season is the limit. Seabrook nuclear plant on the coast was avoided.

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