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

NEW JERSEY

7 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 JERSEY: 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.

Belvidere

LOW

Warren County · 40.83 N, 75.05 W

Water and food: Delaware River; farm base not confirmed
Watch out for: River flooding

Blairstown

LOW

Warren County · 40.97 N, 74.97 W

Water and food: Paulins Kill; farm base not confirmed
Watch out for: Close to New York commuter areas

Flemington

LOW

Hunterdon County · 40.52 N, 74.85 W

Water and food: South Branch of the Raritan River in the Amwell Valley; farming history with poultry and dairy; current farm base not confirmed
Watch out for: Close to large metros

Frenchtown

LOW

Hunterdon County · 40.52 N, 75.03 W

Water and food: Delaware River; grew on grain and farm trade and later poultry; current farm base not confirmed
Watch out for: Hurricane Diane flooded the streets in 1955, and later storms have too

Hammonton

LOW

Atlantic County · 39.64 N, 74.79 W

Water and food: Over 50 farms grow more than 80 percent of New Jersey's blueberries; water source not confirmed
Watch out for: The 2022 Mullica River Fire burned over 15,000 acres nearby

Newton

LOW

Sussex County · 41.06 N, 74.78 W

Water and food: Near the headwaters of the Paulins Kill and Pequest watersheds; farm base not confirmed beyond a maple syrup farm
Watch out for: Nor'easters bring blizzards and flooding; 40 to 50 inches of snow a year

Sussex

LOW

Sussex County · 41.23 N, 74.60 W

Water and food: Wallkill River watershed, Glen Brook and Clove Lake; farm base not confirmed
Watch out for: Temperatures from -29 to 106 degrees Fahrenheit

State hazards: Coastal storms, storm surge, flooding and heat, in the most densely settled state. Seven areas in the northwest hills and the Pine Barrens met the standard.

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