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 MEXICO

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 MEXICO: 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.

Aztec — LOW

San Juan County · 36.82 N, 108.01 W

Water and food: Water comes from surface sources including the Animas River; farm base not confirmed
Watch out for: Project Gasbuggy, an underground nuclear test, took place nearby

Chama — LOW

Rio Arriba County · 36.90 N, 106.58 W

Water and food: Rio Chama; railroads and timber; farm base not confirmed
Watch out for: Long, cold winters

Cliff — MEDIUM

Grant County · 32.96 N, 108.61 W

Water and food: Gila River valley; primarily a ranching and farming community
Watch out for: Wildfire, drought and monsoon flash floods statewide (NOAA)

Dixon — MEDIUM

Rio Arriba County · 36.18 N, 105.86 W

Water and food: Embudo Creek and acequias in use since 1725; fruit orchards, grapes and two wineries
Watch out for: Drought and wildfire statewide (NOAA)

Hatch — MEDIUM

Dona Ana County · 32.66 N, 107.16 W

Water and food: Rio Grande ditches, nearby reservoirs and groundwater wells; famous for New Mexico chile
Watch out for: Extreme heat and drought statewide (NOAA)

Mora — LOW

Mora County · 36.00 N, 105.31 W

Water and food: Mora River runs through town; settled as a farm community in 1835; current farm base not confirmed
Watch out for: The 2022 Hermits Peak and Calf Canyon Fire burned here

Reserve — LOW

Catron County · 33.69 N, 108.80 W

Water and food: San Francisco River valley inside Gila National Forest; farm base not confirmed
Watch out for: Flash floods

Silver City — LOW

Grant County · 32.79 N, 108.27 W

Water and food: Water source not confirmed; mining is the economic base
Watch out for: An 1895 flood; runoff worsened by past overgrazing

Taos — MEDIUM

Taos County · 36.40 N, 105.58 W

Water and food: Rio Fernando de Taos watershed; Taos Pueblo residents keep fields near their homes
Watch out for: Watershed waters are rated impaired; tourism

Truth or Consequences — LOW

Sierra County · 33.14 N, 107.25 W

Water and food: Rio Grande near Elephant Butte Reservoir; hot springs; part of the Rio Grande irrigation project; farm base not confirmed
Watch out for: Hot, dry summers

State hazards: Drought, wildfire, heat and flash floods. The state has major national laboratories and military ranges. Water is the limit, so the list follows rivers and traditional acequia (community irrigation ditch) farming.

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