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 YORK

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 YORK: 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.

Canton — LOW

St. Lawrence County · 44.59 N, 75.16 W

Water and food: Grasse River, a St. Lawrence tributary; current farm base not confirmed
Watch out for: Very cold

Cazenovia — LOW

Madison County · 42.94 N, 75.84 W

Water and food: Southeast corner of Cazenovia Lake; farm base not confirmed
Watch out for: Winter storms

Cobleskill — LOW

Schoharie County · 42.68 N, 74.49 W

Water and food: North of Cobleskill Creek; county fair with livestock shows since 1876 and SUNY Cobleskill; current farm base not confirmed
Watch out for: Flooding

Cooperstown — LOW

Otsego County · 42.70 N, 74.92 W

Water and food: Foot of Otsego Lake, where the Susquehanna begins; farm base not confirmed
Watch out for: Tourism crowds

Delhi — LOW

Delaware County · 42.29 N, 74.92 W

Water and food: West Branch Delaware River; farm base not confirmed
Watch out for: New York City watershed rules limit land use

Interlaken — LOW

Seneca County · 42.62 N, 76.73 W

Water and food: Between Seneca and Cayuga lakes; farming history; current farm base not confirmed
Watch out for: Winter storms

Lowville — MEDIUM

Lewis County · 43.80 N, 75.48 W

Water and food: Black River flats with rich soil for dairy farming
Watch out for: About 127 inches of snow a year

Malone — MEDIUM

Franklin County · 44.85 N, 74.29 W

Water and food: Salmon River; dairy farms and potato growers surround the village
Watch out for: January lows average about 4 degrees Fahrenheit

Penn Yan — MEDIUM

Yates County · 42.66 N, 77.06 W

Water and food: North end of Keuka Lake; center of New York's largest Old Order Mennonite farm community
Watch out for: Flash flooding in 2014 ripped out roads and damaged downtown

Wellsville — LOW

Allegany County · 42.11 N, 77.94 W

Water and food: Genesee River; a large dairy industry historically; current farm base not confirmed
Watch out for: Hurricane Agnes flooded the village center in 1972

State hazards: Winter storms, flooding, coastal storms and heat. New York City and Long Island were avoided. Upstate has abundant water and strong farm communities.

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