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

NORTH CAROLINA

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

NORTH CAROLINA: 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.

Boone
LOW

Watauga County · 36.21 N, 81.67 W

Water and food: Water and farm base not confirmed
Watch out for: Helene flooding hit this region in 2024

Elkin
MEDIUM

Surry County · 36.29 N, 80.86 W

Water and food: Yadkin River; over 40 vineyards in the Yadkin Valley wine region
Watch out for: Hurricanes, flooding and winter storms statewide (NOAA)

Franklin
LOW

Macon County · 35.18 N, 83.39 W

Water and food: Where the Cullasaja River joins the Little Tennessee; farm base not confirmed
Watch out for: Flash floods

Mount Airy
LOW

Surry County · 36.50 N, 80.61 W

Water and food: Ararat River; farm base not confirmed beyond historic tobacco
Watch out for: Record high 105 degrees Fahrenheit

Murphy
LOW

Cherokee County · 35.08 N, 84.10 W

Water and food: Where the Hiwassee and Valley rivers meet; farming is minimal (under 2 percent of jobs)
Watch out for: North Carolina's westernmost county seat

Siler City
MEDIUM

Chatham County · 35.74 N, 79.46 W

Water and food: Loves Creek watershed; poultry processing
Watch out for: Population grew about 75 percent from 1990 to 2016

Sparta
LOW

Alleghany County · 36.51 N, 81.14 W

Water and food: Water and farm base not confirmed
Watch out for: A magnitude 5.1 earthquake struck here in 2020

Taylorsville
LOW

Alexander County · 35.90 N, 81.21 W

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

West Jefferson
LOW

Ashe County · 36.38 N, 81.49 W

Water and food: Water and farm base not confirmed
Watch out for: Cold winters

Yanceyville
MEDIUM

Caswell County · 36.39 N, 79.35 W

Water and food: S.R. Farmer Lake supplies drinking water; tobacco farmers diversifying into other crops
Watch out for: Tornadoes, hurricanes and severe storms; aging water infrastructure

State hazards: Hurricanes, flooding, tornadoes, winter storms and heat. Hurricane Helene caused catastrophic flooding in the western mountains in 2024, and the state has several large military bases. The list mixes Blue Ridge and Piedmont farm towns.

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