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

PENNSYLVANIA

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

PENNSYLVANIA: 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.

Bedford
LOW

Bedford County · 39.99 N, 78.53 W

Water and food: Raystown Branch of the Juniata River; livestock auctions at the county fair; current farm base not confirmed
Watch out for: Hilly

Belleville
LOW

Mifflin County · 40.60 N, 77.74 W

Water and food: Kishacoquillas Valley, settled by Amish by 1791 and still mostly Amish and Mennonite; water and farm base not confirmed
Watch out for: Flooding

Coudersport
LOW

Potter County · 41.78 N, 78.00 W

Water and food: Where the Allegheny River meets Mill Creek; farm base not confirmed
Watch out for: January lows near 13 degrees Fahrenheit; about 72 inches of snow a year

Honesdale
LOW

Wayne County · 41.58 N, 75.25 W

Water and food: Lackawaxen River and Dyberry Creek; a Main Street farmers' market; farm base not confirmed
Watch out for: Flooding

Huntingdon
MEDIUM

Huntingdon County · 40.50 N, 78.01 W

Water and food: Juniata River near Raystown Lake; dairy farms dominate local agriculture
Watch out for: Repeated floods in 1889, 1936, 1972 and 2004

Mifflinburg
LOW

Union County · 40.92 N, 77.05 W

Water and food: Buffalo Creek in the Buffalo Valley; farm base not confirmed
Watch out for: Flooding

Somerset
LOW

Somerset County · 40.02 N, 79.08 W

Water and food: Water and farm base not confirmed
Watch out for: Colder than nearby cities; the only Pennsylvania place with June snow (1913)

Strasburg
LOW

Lancaster County · 39.97 N, 76.18 W

Water and food: Pequea Creek watershed; farm base not confirmed
Watch out for: Peach Bottom and Three Mile Island nuclear plants in the region; crowding

Tunkhannock
LOW

Wyoming County · 41.55 N, 75.94 W

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

Wellsboro
MEDIUM

Tioga County · 41.74 N, 77.31 W

Water and food: Near Pine Creek Gorge; maple sugarhouses, plus a history of fruit and milk processing
Watch out for: Cold winters; record low -30 degrees Fahrenheit

State hazards: Flooding, winter storms, severe storms and heat. The list avoids the Philadelphia and Pittsburgh metros and Raven Rock in Adams County. Pennsylvania has large Amish and Mennonite farm communities.

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