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

SOUTH 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

SOUTH 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.

Abbeville
LOW

Abbeville County · 34.18 N, 82.38 W

Water and food: Water source not confirmed; cotton, corn, wheat, hay, livestock, dairy, poultry and forestry
Watch out for: A 1973 F4 tornado killed seven people; 2009 tornadoes cut power

Bishopville
MEDIUM

Lee County · 34.22 N, 80.27 W

Water and food: Lynches River in Lee State Park; Lee County has long led the state in cotton
Watch out for: Heat waves, tornadoes and hurricanes statewide (NOAA)

Cheraw
LOW

Chesterfield County · 34.69 N, 79.92 W

Water and food: Pee Dee River at the fall line; historic corn, cotton and tobacco market; current farm base not confirmed
Watch out for: Flooding

Chester
LOW

Chester County · 34.71 N, 81.22 W

Water and food: Water and farm base not confirmed
Watch out for: Crime rates above the national average

Landrum
LOW

Spartanburg County · 35.16 N, 82.21 W

Water and food: Water and farm base not confirmed
Watch out for: Steady growth since 1890

McCormick
LOW

McCormick County · 33.91 N, 82.27 W

Water and food: Water source not confirmed; home of a state agricultural high school
Watch out for: Remote

Newberry
LOW

Newberry County · 34.28 N, 81.62 W

Water and food: Water and current farm base not confirmed
Watch out for: Heat

Pickens
LOW

Pickens County · 34.90 N, 82.71 W

Water and food: Twelve Mile River feeds Lake Hartwell; farm base not confirmed
Watch out for: PCB and dioxin contamination from a former plant near the Twelve Mile River

Union
LOW

Union County · 34.73 N, 81.62 W

Water and food: Broad River nearby; early tobacco, flax, corn and wheat; current farm base not confirmed
Watch out for: Temperatures from 110 to -11 degrees Fahrenheit

Westminster
MEDIUM

Oconee County · 34.66 N, 83.11 W

Water and food: Several rivers, many waterfalls and two major lakes; commercial apple orchards and the state Apple Festival
Watch out for: Heat waves, tornadoes and hurricane remnants statewide (NOAA)

State hazards: Hurricanes, flooding, tornadoes, heat and earthquake risk around Charleston. The Savannah River Site and the coast were avoided; the Upstate and Pee Dee farm towns hold the options.

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