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.

Getting There, by Andrew Dominguez, Trinfinity Enterprises. Free to download. All rights reserved.

GLOVE BOX CARD

GETTING THERE

TEXAS

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

TEXAS: 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.

Clarksville — LOW

Red River County · 33.62 N, 95.05 W

Water and food: Red River country; city water source and current farm base not confirmed
Watch out for: A violent EF4 tornado struck near town on November 4, 2022

Crockett — LOW

Houston County · 31.32 N, 95.47 W

Water and food: Trinity River watershed; creeks drain toward Lake Livingston; farm base not confirmed
Watch out for: Heat, drought, hurricanes and tornadoes statewide (NOAA)

Fredericksburg — LOW

Gillespie County · 30.28 N, 98.88 W

Water and food: Peach orchards, vineyards and herb farms; water source not confirmed
Watch out for: Heat, drought and flash flooding statewide (NOAA)

Jefferson — LOW

Marion County · 32.78 N, 94.37 W

Water and food: Big Cypress Bayou and Caddo Lake; farm base not confirmed
Watch out for: Heat, hurricanes and tornadoes statewide (NOAA)

Junction — LOW

Kimble County · 30.48 N, 99.75 W

Water and food: Where the North and South Llano rivers meet; ranching not confirmed as current
Watch out for: Flash flooding and wildfire statewide (NOAA)

Llano — LOW

Llano County · 30.72 N, 98.65 W

Water and food: Llano River; farming and ranching historic, current status not confirmed
Watch out for: The river rose about 30 feet in 12 hours in October 2018; a 42-foot crest in 1935

Mason — LOW

Mason County · 30.74 N, 99.23 W

Water and food: Comanche Creek; described as an agricultural community, current farm base not confirmed
Watch out for: Heat, drought and wildfire statewide (NOAA)

Mount Pleasant — LOW

Titus County · 33.17 N, 94.97 W

Water and food: Water source and farm base not confirmed
Watch out for: Creek and Sulphur River high water historically cut off travel

Nacogdoches — MEDIUM

Nacogdoches County · 31.62 N, 94.65 W

Water and food: Lake Nacogdoches 10 miles west, plus LaNana and Banita creeks; agriculture is a major sector and a large poultry processor is a top employer
Watch out for: A 1946 F4 tornado killed 10; hit by hurricanes Rita (2005) and Ike (2008)

Palestine — LOW

Anderson County · 31.76 N, 95.63 W

Water and food: Lake Palestine on the Neches River; farm base not confirmed
Watch out for: State prison system is a major employer

State hazards: Hurricanes, extreme heat, drought, tornadoes, flash floods and the 2021 statewide grid failure. The July 2025 Guadalupe River flood in the Hill Country showed how fast creeks there can rise. The coast, the big metros and the Pantex plant near Amarillo were avoided.

Getting There, by Andrew Dominguez, Trinfinity Enterprises. Free to download. All rights reserved.