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

VERMONT

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

VERMONT: 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.

Barton — LOW

Orleans County · 44.74 N, 72.16 W

Water and food: Barton and Willoughby rivers and Crystal Lake; farm base not confirmed
Watch out for: The 1810 Runaway Pond flood; extreme cold and a power outage on February 14, 2016

Brandon — LOW

Rutland County · 43.81 N, 73.09 W

Water and food: Rivers powered early mills but none is named; dairying grew in the 1900s, current status not confirmed
Watch out for: Floods, ice and heavy snow statewide (NOAA)

Enosburg Falls — LOW

Franklin County · 44.90 N, 72.79 W

Water and food: Missisquoi River and its falls; hosts the Vermont Dairy Festival, but current dairy farming is not confirmed
Watch out for: Floods and heavy snow statewide (NOAA)

Hardwick — MEDIUM

Caledonia County · 44.51 N, 72.36 W

Water and food: Lamoille River and tributaries; local farm and food businesses, a food venture kitchen and a food co-op
Watch out for: River and flash floods, ice storms and blizzards statewide (NOAA)

Middlebury — LOW

Addison County · 44.01 N, 73.17 W

Water and food: Otter Creek and the Middlebury River; current farm base not confirmed
Watch out for: A 2007 train derailment forced an evacuation

Newport — LOW

Orleans County · 44.94 N, 72.21 W

Water and food: South shore of Lake Memphremagog, fed by the Clyde, Barton and Black rivers; a feed company ships here, but farming is not confirmed
Watch out for: Floods and heavy snow statewide (NOAA)

Randolph — MEDIUM

Orange County · 43.94 N, 72.67 W

Water and food: Two branches of the White River; a commercial center for the farm towns around it
Watch out for: Floods, ice and heavy snow statewide (NOAA)

St. Johnsbury — MEDIUM

Caledonia County · 44.43 N, 72.01 W

Water and food: Passumpsic, Moose and Sleepers rivers; home of the largest pure maple syrup packer in the U.S.
Watch out for: Floods, ice and heavy snow statewide (NOAA)

Vergennes — LOW

Addison County · 44.13 N, 73.28 W

Water and food: Otter Creek runs north through town past a 37-foot falls; farm base not confirmed
Watch out for: The falls basin occasionally floods

Woodstock — MEDIUM

Windsor County · 43.62 N, 72.54 W

Water and food: Ottauquechee River; an operating dairy farm at the Billings Farm and Museum
Watch out for: River floods and heavy snow statewide (NOAA)

State hazards: Flooding, winter storms and extreme cold. Floods in July 2023 and July 2024 hit many valleys hard. Water is plentiful; the short season is the limit.

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