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

VIRGINIA

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

VIRGINIA: 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.

Abingdon — LOW

Washington County · 36.69 N, 82.02 W

Water and food: Between the Middle and North Forks of the Holston River; farm base not confirmed
Watch out for: Severe storms, winter storms and hurricane remnants statewide (NOAA)

Dayton — MEDIUM

Rockingham County · 38.43 N, 78.99 W

Water and food: Cooks Creek runs north of downtown; Old Order Mennonite farm communities and a poultry processing plant in town
Watch out for: Severe storms, winter storms and heat statewide (NOAA)

Farmville — LOW

Prince Edward County · 37.30 N, 78.41 W

Water and food: Appomattox River, through the town treatment plant; tobacco history, current farm base not confirmed
Watch out for: Gross Creek often exceeds federal E. coli and coliform limits

Floyd — LOW

Floyd County · 36.92 N, 80.32 W

Water and food: Water source and current farm base not confirmed
Watch out for: Cold for the region

Hillsville — LOW

Carroll County · 36.74 N, 80.72 W

Water and food: Water source not confirmed; seasonal farmers market with local produce, meat and honey
Watch out for: Severe storms and winter storms statewide (NOAA)

Lexington — MEDIUM

Rockbridge County · 37.79 N, 79.46 W

Water and food: Maury River forms the northeast city line; a university agricultural research farm is nearby
Watch out for: Severe storms, winter storms and hurricane remnants statewide (NOAA)

Luray — LOW

Page County · 38.65 N, 78.46 W

Water and food: South Fork of the Shenandoah River and Hawksbill Creek; farm base not confirmed
Watch out for: Flooding

Monterey — LOW

Highland County · 38.41 N, 79.59 W

Water and food: Water source not confirmed; the town is heavily dependent on agriculture and hosts the Highland County Maple Festival
Watch out for: Winter storms statewide (NOAA)

Tazewell — LOW

Tazewell County · 37.11 N, 81.51 W

Water and food: Headwaters of the Clinch River; farm base not confirmed
Watch out for: Coal region

Woodstock — LOW

Shenandoah County · 38.89 N, 78.52 W

Water and food: North Fork of the Shenandoah River (the Seven Bends); wineries, but a food base is not confirmed
Watch out for: Erosion damaged a local road in 2019

State hazards: Hurricane remnants, flooding, winter storms and heat. Northern Virginia, the Hampton Roads military complex and the federal relocation sites in the north were avoided. The Shenandoah Valley and the southwest hold the options.

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