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

WEST 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/

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WEST 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.

Berkeley Springs
LOW

Morgan County · 39.59 N, 78.22 W

Water and food: Mineral springs in town; Warm Spring Run and Sleepy Creek flow to the Potomac; farm base not confirmed
Watch out for: Flooding, ice storms and derechos statewide (NOAA)

Buckhannon
LOW

Upshur County · 38.98 N, 80.22 W

Water and food: Buckhannon River runs through the city; farm base not confirmed
Watch out for: The November 4, 1985 flood (from Hurricane Juan) crested near 30 feet; declared a major disaster area

Elkins
LOW

Randolph County · 38.93 N, 79.85 W

Water and food: Tygart Valley River and Leading Creek; current farm base not confirmed
Watch out for: 5.02 inches of rain in one day (1985); 19.9 inches of snow (2009)

Franklin
LOW

Pendleton County · 38.64 N, 79.35 W

Water and food: South Branch of the Potomac River runs along town; farm base not confirmed
Watch out for: The 1985 Election Day flood crested at 22.6 feet against a 7-foot flood stage

Lewisburg
LOW

Greenbrier County · 37.81 N, 80.44 W

Water and food: About a mile north of the Greenbrier River; drinking water source and farm base not confirmed
Watch out for: Karst ground with sinkholes

Marlinton
LOW

Pocahontas County · 38.23 N, 80.06 W

Water and food: Greenbrier River runs along town; farm base not confirmed
Watch out for: Flooding statewide (NOAA)

Moorefield
LOW

Hardy County · 39.06 N, 78.98 W

Water and food: Where the South Branch and South Fork of the Potomac meet; county history of farming, stock raising and poultry, current status not confirmed
Watch out for: Flooding statewide (NOAA)

Petersburg
LOW

Grant County · 38.98 N, 79.13 W

Water and food: Water source and farm base not confirmed; adequate rain year-round
Watch out for: Flooding statewide (NOAA)

Romney
LOW

Hampshire County · 39.34 N, 78.75 W

Water and food: Water source and farm base not confirmed
Watch out for: Flooding statewide (NOAA)

Union
LOW

Monroe County · 37.58 N, 80.52 W

Water and food: Water source and farm base not confirmed; historic mineral springs nearby
Watch out for: Remote

State hazards: Flooding, landslides, winter storms and severe storms. The deadly 2016 flood hit the Greenbrier valley. Water is plentiful; flat farmland is the limit.

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